



STUDENT HANDBOOK 2020

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A Message from the Principal.....	4
Positive Behaviour for Learning (PBL).....	5
BELL TIMES	6
Academic Achievement Requirements	7
Assessment Tasks (Year 10 - 12)	7
Assessment Tasks (Year 7 - 9)	8
The Forest High School Guidelines	8
Absence	9
Address (change of) or personal details	9
Appointments	9
Attendance	9
Awards System	9
Ball Games	10
Bicycles.....	10
Bus Behaviour.....	10
BYOD.....	10
Canteen	10
Careers Adviser	10
Car Park.....	11
Cars	11
Chewing Gum	11
Clean Up Duty.....	11
Crossing Roads.....	11
Daily Notices	12
Detention.....	12
Diary	12
Discipline.....	12
Disobedience	12
Energy/Caffeine Drinks	12
English as a Second Language	12
Evacuation Procedures	12
Excursions	13
Extra-Curricular Activities	13
Fractional Truancy	13
Girls' Supervisor	14
Homework.....	14
Illegal	14
Lateness	14
Leave Passes.....	14
Library.....	14
Lockers	15
Lost Property.....	15
Make Up.....	15
Mobile Phones and other electronic devices	15
Office Hours	17
Out of Bounds Areas	17
Out of Class Pass	18
P & C Association	18
Pastoral Care Class	18
Personal Development, Health and Physical Education (PDHPE).....	18
Problems that may arise.....	19
School Council	20
School Psychologist	20
School Hours.....	20



School Uniform Information	21
Senior Privileges	23
Sick Bay/First Aid	23
Skateboards and Scooters	23
Smoking	23
Sport	23
Student Advisers	24
Student Assistance Scheme.....	24
Student Leadership	24
Student and Parent Portal	24
Student Representative Council	25
Student Support and Wellbeing Committee.....	25
Study Skills	25
Toilets	25
Travelling to and from School.....	26
Valuables/Property	26
Wet Weather	26
Classroom Behaviour for Learning Chart.....	27
Buses	28
Extra-Curricular Activities	33
School Map	34



A Message from the Principal

We would like to take this opportunity to welcome you to The Forest High School. We welcome you and your family as part of our learning community and we are confident you will make the most of the opportunities offered to you by this school.

The essential purpose of The Forest High School is **LEARNING** and we are committed to providing a quality learning environment for your benefit. Learning is not something that only occurs during lesson time, it happens in the playground, on excursions, on the sporting field and through performance and leadership opportunities.

We believe all students at The Forest High School can learn and as a student of our school we have three expectations of you:

We want to ensure **RESPECT** for all staff and students

We want everyone to take **RESPONSIBILITY** for themselves, others and property

We want everyone to strive for **PERSONAL BEST**

These expectations underpin everything we do at The Forest High School. They were collaboratively developed by students, staff and parents as part of **Positive Behaviour for Learning (PBL)**. PBL is a whole school system supporting appropriate student behaviours. Through PBL student engagement is enhanced through increased teaching time and consistent expectations of behaviour.

Our newsletter is emailed twice a term to parents who have subscribed by providing their email address to the front office, and appears on our website.

It is also important that parents provide a mobile number (if available) to the school. Please advise the school if any of your contact details change during the year.

We welcome you to our school community.

Rosemary McDowall
Principal

Cathryn Thompson
Deputy Principal

Mathew Finley
Deputy Principal

Peter Santamaria
Deputy Principal



Positive Behaviour for Learning (PBL)

Our approach is simple and comes down to three things:

We want to ensure **RESPECT** for all staff and students

We want everyone to take **RESPONSIBILITY** for themselves, others and property

We want everyone to strive for **PERSONAL BEST**

The school code of behaviour has been established through the implementation of the **Positive Behaviour for Learning Framework (PBL)**. These core behavioural expectations apply to all settings across the school, to students and all staff.

The Forest High School aims to develop in students an acceptance of responsibility for their own behaviours.

In order to develop this responsibility:

- The school will place appropriate and consistent limits on student behaviours
- Through PBL, students will be taught the skills to enable them to actively participate in the development, implementation and review of their school's behaviour codes, and will be involved in decision-making processes within the school
- Students will be taught that behaviour is an action made by an individual within a social context
- The school behaviour code will reflect processes for restorative and reconciliatory actions
- Student's responsibility for their own behaviour will be reinforced consistently in a positive manner which enhances their understanding of responsible social behaviour
- Social Skills will be explicitly taught across all the curriculum areas and be modelled in all aspects of the school environment through PBL
- Staff will model and teach values of Respect, Responsibility and Personal Best, and reward students appropriately
- Where necessary, students will have access to services and agencies which can support them in developing strategies to enable them to take responsibility for their own behaviour.



BELL TIMES

A WEEK	Mon A	Tue A	Wed A	Thu A	Fri A
Pastoral Care	8:35-8:55	8:35-8:55	8:35-8:45	8:35-8:55	8:35-8:55
Period 1	8:55-9:55	8:55-9:55	8:45-9:45	8:55-9:55	8:55-9:55
Period 2	9:55-10:55	9:55-10:55	9:45-10:45	9:55-10:55	9:55-10:55
Recess	10:55-11:15	10:55-11:15	10:45-11:00	10:55-11:15	10:55-11:15
Period 3	11:15-12:15	11:15-12:15	11:00-12:00	11:15-12:15	11:15-12:15
Period 4	12:15-13:15	12:15-13:15		12:15-13:15	12:15-13:15
Lunch 1	13:15-13:37	13:15-13:37	12:00-12:23	13:15-13:37	13:15-13:37
Lunch 2	13:37-14:00	13:37-14:00	12:23-12:45	13:37-14:00	13:37-14:00
Lunch 3			12:45-13:00		
Period 5	14:00-15:00	14:00-15:00	Sport 12:30- 14:30	14:00-15:00	14:00-15:00
			YEAR 7		
			(P4) 13:00-14:00		
			(P5) 14:00-15:00		

B WEEK	Mon B	Tue B	Wed B	Thu B	Fri B
Pastoral Care	8:35-8:55	8:35-8:45	8:35-8:45	8:35-8:55	8:35-8:55
Period 1	8:55-9:55	8:45-9:40	8:45-9:45	8:55-9:55	8:55-9:55
Period 2	9:55-10:55	9:40-10:35	9:45-10:45	9:55-10:55	9:55-10:55
Assembly		10:35-11:10			
Recess	10:55-11:15	11:10-11:30	10:45-11:00	10:55-11:15	10:55-11:15
Period 3	11:15-12:15	11:30-12:25	11:00-12:00	11:15-12:15	11:15-12:15
Period 4	12:15-13:15	12:25-13:20		12:15-13:15	12:15-13:15
Lunch 1	13:15-13:37	13:20-13:42	12:00-12:23	13:15-13:37	13:15-13:37
Lunch 2	13:37-14:00	13:42-14:05	12:23-12:45	13:37-14:00	13:37-14:00
Lunch 3			12:45 -13:00		
Period 5	14:00-15:00	14:05-15:00	Sport 12:30- 14:30	14:00-15:00	14:00-15:00
			YEAR 7		
			(P4) 13:00-14:00		
			(P5) 14:00 -15:00		



Academic Achievement Requirements

RECORD OF STUDENT ACHIEVEMENT

Students will receive a Record of Student Achievement (RoSA) if they have successfully completed Year 10 and leave school before completion of the HSC Course. There will be no external examinations. Students will receive grades based on school assessments. These grades will be recorded on their RoSA.

YEAR 11 COURSE

1. Students must study a mandatory 12 units, generally six, 2unit subjects.
2. Marks are awarded for school assessment tasks which may include tests, assignments and practical work.
Assessment tasks must be submitted on time.
Failure to do so will result in zero marks (unless medical certificates supplied).
3. Students failing to meet the Year 11 course requirements may be disqualified from continuing the Year 12 course and may rule the student ineligible for the HSC as the number of mandatory units have not been met.
4. At the end of the Year 11 course students will be awarded a grade for each subject.

HIGHER SCHOOL CERTIFICATE GRADINGS

For each subject, students receive two marks:

1. Higher School Certificate examination mark.
2. Assessment mark which is adjusted according to the student's performance in the Higher School Certificate.

Students who apply for university entrance will receive their Australian Tertiary Admission Rank (ATAR) direct from university authorities some time later than the release of Higher School Certificate results. Universities re-scale Higher School Certificate marks to arrive at this index based on a student's best ten units, including English.

Students maximise their result by choosing courses in which they can excel.

N DETERMINATION

Teachers can recommend an **N Determination** when a student has failed to meet one or more of the following requirements:

- a) Participation in the required learning experiences and assessment tasks;
- b) Applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course;
- c) Achieved some or all of the course outcomes.

Students in danger of receiving an N Determination receive official warning letters.

Assessment Tasks (Year 10 - 12)

Students are expected to be aware of and perform all scheduled tasks. When a student misses an assessment task, that student **must**:

- If ill, bring a medical certificate or a statutory declaration and when possible inform the school by telephone;
- On the first day back, approach the teacher concerned to arrange rescheduling of the missed tasks.



Students will be awarded a **zero** mark for tasks which have not been submitted on time, except in the event of illness (medical certificate supplied) or exceptional circumstances as determined by the Principal or the Head of the Department concerned.

Refer to the Assessment Policy and Guidelines for more details.

Assessment Tasks (Year 7 - 9)

Students in Year 7 – 9 who have missed an assessment task must:

- If ill, phone the school and on the first day back approach the teacher concerned to arrange rescheduling of the missed tasks.
- Students will lose 10% per day for 5 days. After that they will score 0(zero) but will still be expected to complete the task to achieve course outcomes.

The Forest High School Guidelines

School Motto: **“SPECTEMUR AGENDO”** (Let us be judged by our actions.)



Absence

All absences must be explained by a note from your parent/caregiver on the day you return to school, stating the date absent and Roll Class. The note is to be handed to your roll call teacher. Unexplained absences will be documented.

An SMS text message is sent informing parents/carers of a student's absence on the day and this should be replied to as soon as possible. If an SMS is sent in reply to advice regarding absences, a note is not required.

Late arrivals must report to the Print room on arrival for a Late Pass. Students will then be directed to late roll call in DR0050.

Address (change of) or personal details

Changes of address or personal details (including changes in legal status of guardianship or legal access to students) should be reported, in writing, to the Year Adviser and to the Front Office. This would include change of work telephone number for either parent (forms available at the Front Office), mobile phone numbers or email addresses.

Appointments

Appointments to see the Principal and/or Deputy Principals may be made by telephoning 9451-5111.

Appointments relating to matters concerning the welfare of students may be made with Year Advisers, or the relevant Deputy Principal.

Deputy Principal for Year 7	Mr Santamaria
Deputy Principal for Years 8, 10 and 12	Mr Finley
Deputy Principal for Years 9 and 11	Ms Thompson

Appointments to see members of staff must be made through their subject Head Teacher.

Assemblies

On Tuesday morning B Week throughout the year, whole school assemblies are held in the Assembly Hall. These assemblies are for the benefit of all students. Students are expected to be courteous, to listen and to allow others to listen.

Attendance

Students are expected to attend school from the first day of term to the last day of the term. Any work given in this period may be assessed. If days are taken for holidays or family matters, an application for Extended Leave form must be filled in and returned to the front office for the Principal's approval.

Awards System

The Forest High School has a 4 Level Awards Scheme:

1. Merit awards: may be awarded for a positive change in attitude; consistently sound work/behaviour; effort in any area; excellence in any area; and any outstanding performance or service to the school and/or wider community



2. Certificate of Achievement: 10 Merit Awards for subjects studied OR outstanding performance/achievement/service or attendance over 95%.
3. Forest Silver: 5 Certificates of Achievement
4. Forest Gold: 5 Silvers

The key to this scheme is positive reinforcement and reflects Positive Behaviour for Learning (PBL). It is meant to encourage maximum effort and achievement from all students of The Forest High School.

Ball Games

Handball only is permitted in the quadrangles. Other ball sports (except tackle football) are permitted on the oval.

Bicycles

Riding in the playground is dangerous and is not permitted during school hours. Bicycles should be properly secured, preferably with a chain and padlock in the bike shed next to the Toilet/Canteen (B Block).

Bus Behaviour

Students catching afternoon buses from school must assemble under the cola as directed by the teacher on duty. When their bus has arrived and is ready for loading, the students should proceed to their bus under the direction of the teacher. Students must use their OPAL card to tap on and off the bus.

BYOD

Students at The Forest High School benefit from learning in an educational environment where innovation and the use of technology are ever present. Students use technology to develop their learning in all curriculum areas and actively engage with their peers and teachers to broaden the boundaries of their education. (Further information is on Page 16)

Canteen

The school has a busy canteen which caters to student needs. Our canteen follows the guidelines for “Healthy School Canteens” as approved by NSW Department of Education.

The School Canteen sells a wide variety of tasty healthy food. The Canteen is open for breakfast, recess and lunch.

Conduct in the canteen area is to be orderly and without undue noise. ONE student only from each queue may stand at the canteen counter. At all times students are to display courtesy and good manners to the staff in the canteen.

EFTPOS is available for student use.

Careers Adviser

The Careers Adviser is available to promote the vocational development of all students through the following:

- Careers lessons in Years 10 and Careers workshop presented by community mentors.
- Year 9 careers experiences and information workshop
- Interviews with individuals and small groups particularly in the senior years



- A one week Work Experience program in Year 10. Individual work experience opportunities in Years 10 and 11
- One week volunteer opportunity for Year 10 students
- Careers Market and Tertiary Awareness Symposiums
- Visits to TAFE Colleges and Universities
- Excursions/industrial visits
- Maintenance of a Careers Reference Centre in Careers Room (G Block) with updated careers information
- Distribution of U.A.C. books and application forms to Year 12 students
- Co-ordination with outside community groups such as Rotary in order to set up mock interviews and The Youth Enhancement Scheme
- Community Liaison with industry and Centrelink

The main focus has been to develop knowledge of the world of work in a rapidly changing society and to develop effective liaison between the school and the community.

Car Park

STAFF CAR PARK: For the sake of safety, students are not permitted to walk through the car park areas. Parents may drop off and pick up their children in the lower western car park in the designated student drop off point.

STUDENT PARKING: Limited parking is provided in the lower western staff car park. Police advise that cars blocking access to driveways in Bluegum Crescent and surrounding streets will receive a parking infringement notice. Senior students must register their number plate details when collected a student parking permit. This car park will be locked at 9.30am and reopened at 2.00pm.

Students who intend to leave the campus during this time should find alternate parking.

Cars

Cars may not be driven to school activities without special permission. Passengers are not allowed without special approval from the Deputy Principal and parents.

Chewing Gum

Chewing gum causes considerable damage to school furniture and flooring and should not be eaten at school.

Clean Up Duty

When placed on a disciplinary clean up duty, the student must report to the teacher on duty, clean the assigned area, have the form signed then return it to the teacher who assigned the duty. Students who do not report will be given a double duty or a detention. Courtesy is expected at all times both to staff and fellow students.

Crossing Roads

Students crossing Frenchs Forest Road, Wakehurst Parkway, Warringah Road and Forest Way must use pedestrian crossings and walkways and comply with traffic rules such as crossing safely with the traffic lights and follow any temporary changes due to the road works.



Daily Notices

Communication within the school is through the Daily Notice Announcements on Sentral. Notices are read at Roll Call by the Roll Teacher. It is the student's responsibility to listen to these announcements. This may be the only notification of coming events or other important information for both the student and/or parents.

Detention

Detention is held on at lunchtime and monitored by Head Teachers of faculty areas. Detentions are issued by Head Teachers and Deputy Principals for failure to comply with school policies.

- A student who misses a detention due to illness/absence must automatically attend the next available detention as negotiated with faculty Head Teacher.

Diary

Students in Year 7 and 8 are issued with a School diary and students in Years 9 – 12 are required to keep a digital diary or other form of diary according to personal choice.

Diaries/digital diaries should be used in class:

- to record set homework and due dates for assignments and assessment tasks,
- to act as a means of communication between school and home.

Parents are requested to check the diary regularly for homework entries.

Discipline

In the classroom students must be responsible for their own actions and accept the consequences under the PBL Classroom Management system in use at the school.

Students should:

- Make learning their first goal
- Act in a sensible considerate and responsible manner
- Take care of the environment
- Not interfere with the learning of others

Disobedience

Students who are persistently disobedient, insolent or engage in verbal harassment or abuse may be suspended. Students who persistently disrupt and prevent the learning and teaching of others may also be suspended. Eating is not permitted in classrooms.

Energy/Caffeine Drinks

Drinks such as: Mother, Red Bull and V that contain high levels of caffeine are NOT permitted to be drunk on school grounds. Students will be requested to empty such drinks.

English as a Second Language

The EALD (English as a Second Language or Dialect) English teacher, Mr Rowland, is available in the English staffroom (top of A Block) to assist students from a non-English speaking background. Mr Finley is the Deputy Principal responsible for EALD students. His office is in D Block.

Evacuation Procedures

If an evacuation of the school is necessary, all students will be moved to a safe area that is far enough away so that the students can be kept safe. Students will assemble



on the oval and a roll call will be taken. Mandatory evacuation drills are held so students become familiar with the process.

EVACUATION PROCEDURES



The signal to evacuate is a whoop, whoop alert

Take bag, if practicable

Close windows and doors (do not lock)

Leave the building via the nearest exit

Walk to the oval, with your teacher, via the route shown on the map in classroom

Assemble in your pastoral care class area on the oval

Line up in your roll class and sit down

Once name has been marked, remain seated until the ALL CLEAR is given

Emergency Exit Routes

E Block and Block (canteen)

Upon leaving the building proceed to oval via rear of gym

D Block

Upon leaving the building proceed to oval via rear of gym or side of the quadrangle (past the hall and G Block)

F Block (Hall)

Upon leaving the building proceed via the side of the quadrangle (past G Block) A, C, G Blocks (including PAC), H Block (Library) and I Block (Gym)

Upon leaving the building proceed directly to the oval by the shortest route

Excursions

Students must return a permission note signed by parent or caregiver before being permitted to attend an excursion. Our preferred payment option is to pay online through the school's website, which must be done before the student can go on an excursion. **FULL SCHOOL UNIFORM** will be worn unless special permission is given by the Principal. Behaviour which enhances the name of The Forest High School is expected.

Extra-Curricular Activities

Students can participate in a variety of sporting and cultural activities outside the classroom, e.g. school band, drama group, orchestra, choir, dance, drama/musical production, art club, chess club, sporting teams, debating, High Resolves program, Interact, Young Speakers, Gifted and Talented Program. (See list of activities in Appendix)

Fractional Truancy

Students who truant are issued with a school detention. The truancy is recorded and parents/caregivers are notified. Students have a responsibility to complete work that has been missed. Persistent truancy may result in suspension, parent interview and referral to the Home School Liaison Officer.



Girls' Supervisor

The Girls' Supervisor is responsible for co-ordinating student health and welfare programs within the school and ensuring that students perform at their best. The 2020 supervisor is Ms Lee Chaloner.

Homework

It is school policy that homework should be a purposeful learning experience which consolidates and/or enriches the school's program as well as strengthening the partnerships between school and home.

Students are to record set homework in their diary or digital diary. Homework is to be completed and handed in on time. Students are also to record due dates for major assignments and assessment tasks in their school diary. Students should revise each day's work as part of a homework program to assist them to develop effective study habits.

Parents/caregivers should regularly monitor the diary or check teacher contact regarding homework on Sentral. Where possible, a place or desk should be provided for home study.

Teachers may wish to speak with parents if homework is not completed.

Illegal

Drugs, alcohol, tobacco, lighters, matches and weapons are prohibited. In accordance with Government policy, any student caught in possession of illegal items will be reported to the police. A school suspension will be issued if drugs or weapons are found.

Lateness

Students arriving after roll call must report to the Account's Office, have a Late Note issued and then proceed to D0050 for late roll call. This note is to be shown to the teacher of the first class attended. The other slip is to be taken home, signed by parent with reason for lateness noted, then brought back to school and given to the front office.

Repeated late arrivals will be given a school detention. Students who are late to class at any time during the day will be disciplined by the teacher for whom they are late. Repeated unexplained or unacceptable lateness to class will receive a detention.

Leave Passes

No student is permitted to leave the school grounds between 8.35am and 3.00pm without a Leave Pass. Students requiring a Leave Pass must provide a letter written by their parent or caregiver to the front office before school commences.

Parents or caregivers will be contacted by the office before a leave pass is approved by a Deputy Principal or the Principal. Students wishing to have a Leave Pass for Wednesday, sport day Years 8-10, must request one the day before.

Library

The Library is open to students from 8.15am to approximately 3.15pm each day. At recess it is open to senior students only for private study. Borrowing is for two weeks. Please return books on time to avoid penalty. Books may be renewed if



required. Students are expected to be considerate of other users and respect the library furniture and resources.

The library also have an e-library where students can borrow digital books.

Lockers

Lockers are available from the Print Room in D Block on a 'first in, first served' basis. Lockers may not be exchanged between students. The cost of a locker is \$20.00 per year hire fee. All lockers are either key-locked or padlocked (supplied by the school). Lost keys or replacement padlocks are charged for at \$10.00 each. At the end of each year the lockers need to be cleaned out and keys & padlocks returned. This process is usually completed in Week 8 Term 4.

Lost Property

If you have lost articles, please enquire at the Print Room in D Block. Items lost during P.E. and Sport are generally kept at the Gym. Uncollected lost property is cleared at the end of each term.

Make Up

Light face make-up is acceptable. Lipstick and eye make-up are not acceptable at school.

Mobile Phones and other electronic devices

The Forest High School has simple guidelines around personal mobile device use at school.

Use

- Mobile devices should be switched to flight mode, with their Wi-Fi disabled, when entering the classroom.
 - Mobile devices should always be stored in a location that does not distract the student from learning.
 - Mobile devices will be confiscated if they are distracting a student from learning.
 - Personal mobile devices, unless identified in a student's Individual Learning Plan, are not essential to classroom learning.
 - All app usage requires teacher's permission.
 - All contact with your child during school hours must occur through the front office. Phone calls and text messages during class time distract the student from learning.
-

Mobile Device Ban

- Students who repeatedly infringe the mobile device procedures will either:
 - a. be banned from bringing their device to school
 - or
 - b. during roll call will deposit their mobile device in a secure locker for the day
 - The school has procedures for confiscating phones that are being used inappropriately. All confiscated phones are deposited to a Deputy Principal, who will store in a locker until collected.
-



Liability

- Mobile phones are not required at school. We discourage students bringing their own phones if they are unable to regulate their behaviour.
- Students who use a personal mobile device or accessory at The Forest High School do so at their own risk. Do not bring a device you cannot afford to replace.
- While the device is at school or during a school related activity, The Forest High School will not be responsible for any loss, theft or damage to the device, or data stored on the device.
- Trays, drawers, or boxes supplied by teaching staff for mobile phones are for voluntary student use only. In this voluntary use, The Forest High School will not be responsible for any loss, theft or damage to the device.
- Parents and students should consider whether their device requires insurance and whether specific accidental loss and breakage insurance is appropriate for the device.

Rational

Why the need for procedures specific to mobile devices?

The use of electronic devices is ubiquitous in our society. While we all enjoy the benefits of having this powerful tool in our pocket, the negative impact on our mental health and wellbeing is becoming increasingly clear.

Most of us check our phones 85 times per day. In a Stanford University study of cognitive control in media multitaskers, they found frequent interruptions; kill prioritisation, decrease work quality, drains energy, increases stress, hampers creativity, and shrinks and rewires your brain.

Objectives

We all share a responsibility to ensure students are equipped with the technical skills and social and emotional competencies to use technology responsibly and respectfully.

For the majority of our students, self-regulation and personal responsibility will ensure a healthier and happier school community.

Where students are unable to regulate use of their mobile device at school, an individual ban may be implemented. We also suggest counselling for students who are unable to regulate phone use.

During breaks, students are encouraged to rest their brains, be social, be active, and eat. Device use is discouraged during these times. Students need to be mindful of themselves and others, and be alert to their surroundings at the playground. Students are not to walk using a phone or laptop, nor have headphones at a volume that prevents hearing when others speak.

BYOD

Bring your own device (BYOD) allows students to use personal mobile electronic devices at school to access the NSW Department of Education (DoE) Wi-Fi network to access courses and content, apply learning in a digital platform, and to research material. **Tablets** and **laptops** are the preferred technology for students who require regular access to technology in the classroom. For most students, The Forest High School provides necessary access to technology through computer rooms, the library, and mobile device loans.



The term 'device' refers to any mobile electronic equipment, including assistive technologies that have the capability of connecting to the DoE's Wi-Fi network.

Students and parents must be aware of and consent to the program's boundaries described in the BYOD Student Agreement.

A single appropriate device for all students is not mandated. Appropriate devices are dependent on a student's stage of development and pattern of study.

The full policy on BYOD is available here: <https://theforest-h.schools.nsw.gov.au/about-our-school/rules-and-policies/bring-your-own-device/byod-program.html>

The school will not accept responsibility for devices which are lost, stolen or damaged on school premises.

If a parent needs to urgently contact a student this should be done by contacting the school office on 9451 5111 and not contact the student during class time. Similarly, if students need to contact their parents from school this should be done through the school office.

Use of electronic communication devices during exams:

Students using electronic communication and entertainment devices during exams and assessments will be dealt with through the 'Assessment and Examination Policies' of the school in accordance with NESA examination policies. This may result in the student receiving zero marks or a 'non serious attempt' determination for the task or exam.

School staff may at times, be required to use a mobile phone in the course of their duties, e.g. roll-marking and are delegated with authority to do so under the DoE employ guidelines.

Office Hours

The office is situated in D Block and is open between 8.30am to 3.30pm. Receipting of monies is only done at recess and lunchtime. All payments for fees, excursions etc. are made at the Accounts office, payments can also be made online via our website (our preferred option).

General enquiries such as bus passes and lost property (excluding Sport/PE articles) etc. are also dealt with at the office. Students are not permitted to come to the office during lesson time unless they have a note from their teacher.

Out of Bounds Areas

Out of bounds areas are those which are not under teacher supervision and cannot be easily supervised, or create disturbance or inconvenience by their use. (See map at back of booklet).

Buildings are out of bounds during recess and lunchtime except in wet weather students will be supervised by teachers.



Games are allowed on the school oval during recess and lunch breaks only. Students may not sit or eat on the oval. Toilets and bubblers are off-limits during lesson time (except with permission).

Out of Class Pass

No student should be out of class without a signed pass.

Students who wish to leave class to go to the toilet or library must have a pass signed by the teacher.

Students who return to class after seeing the Deputy, counsellor or other teacher must bring a signed pass back to their classroom teacher.

P & C Association

We have an active P&C body who meets on the 4th Wednesday of each month at 7:00pm in the Library. All parents are encouraged to join this group where a more active role can be taken in school affairs. The P&C runs the uniform shop and profits go back to the school. We hope that you will become involved.

Pastoral Care Class

You are assigned to a Pastoral Care Class when you enrol and the Pastoral Care period is compulsory.

It is the responsibility of students to arrive promptly to Pastoral Care after the 8.35am bell to listen to all announcements, return absence notes and remain in class until the bell rings.

After the rolls are marked, students will move with their Pastoral Care teacher to Year Meeting in a designated area.

Monday	Year 9	COLA	Year 10	Flag Garden
Thursday	Year 11	COLA	Year 12	DBLC
Friday	Year 7	COLA	Year 8	Assembly Quad

Personal Development, Health and Physical Education (PDHPE)

Uniform: For basic hygiene and safety it is essential that every student changes for P.E. lessons. The school has a P.E. uniform. If for some reason the students are unable to wear their sports uniform, a note explaining the reason from the parent/caregiver should be given to the class teacher and alternate clothes should be worn.

This includes for boys and girls (all items [except shoes] available from Uniform Shop):

- school sports T-shirt
- black shorts (plain black only)
- appropriate footwear (cross trainers or joggers)
- school sports tracksuit (optional) to be worn when representing the school at sporting events and for Wednesday sport only (items sold separately)
- drink bottle

Students must change back into full school uniform after the completion of their P.E. lesson. No gear will result in a lunchtime detention.



For continued failure to bring P.E. Uniform or note, the following will occur:

- Three times or more in one term – parental notification and possible afternoon detention.

Note: Continued non-participation places a student's Record of Student Achievement in jeopardy.

Changing Procedures

Students are to go upstairs to the change rooms and have five minutes to get ready for the lesson. Roll marking will then occur.

Note: Bags are to be taken to the change rooms and not left in the gym. **Valuables must be left with the teacher.** No responsibility will be taken in the case of loss or theft from the change rooms.

Students will be given five minutes to change into their full school uniform. At the beginning of the day, students are to arrive in school uniform, not P.E. clothes. However, if they have PE in period 5 they may go home in their full P.E. uniform.

A student's name should appear on all clothing for easy identification if lost. Boys' ties should be placed inside their school bags during the lesson.

Notes:

Sick or Injured Students

- If you suffer a disability which may affect your participation in certain aspects of the program, please inform your PE teacher by the second lesson in Term 1.
- A note from your parents must be brought if you are temporarily unable to participate in your lesson. The note must state your reasons and possible length of illness/injury.
- For prolonged absences, a doctor's certificate is required. These students will be given alternative theoretical work to do to fulfil course requirements.

Wednesday Sport

Full Sports Uniform to be worn to school by Years 8-10 on a Wednesday. Year 7 have normal classes on a Wednesday. Year 7 to wear full School uniform every day. Year 7 are to bring their Sports Uniform to change into when they have PDHPE lessons.

Problems that may arise

If you have problems, realise that this is normal and most are very easily solved. The first step to solving the problem as soon as possible is to talk to someone about it.

Within the school there are a number of people you can talk to:

- If the problem is about work in a particular subject, first see your teacher for that subject.
- For other problems, several people are available:
 - Year Adviser for your Year group
 - Assistant Welfare Coordinator
 - School Counsellor - Ground Floor D Block
 - The Deputy Principals or the Principal in D Block



School Council

The School Council is a democratically elected body with members representing parents, staff, students and the community. It meets monthly on the third Wednesday between 6 and 7.00pm in the Library to consider school policies and their implementation, thus providing parents with direct input to the management and life of the school.

School Psychologist

The School Psychologists are concerned with the academic performance, emotional adjustment and social development of all students. As well as functioning as a psychologist to individuals and groups of students, the psychologists act as a consultant to staff and parents on these matters. The School Psychologists are available for interviews with parents and students. Appointments can be made by telephoning the school on 9451 5111.

School Hours

A bell is rung at 8.35am each day for Roll Call and classes finish at 3pm. On a Wednesday school finishes at 2.30pm except for Year 7 who finish at 3pm.

The bells at the end of recess and lunch indicate that students are to move promptly to class. Moving to toilets, bubblers or lockers after the bells, without permission, means that students are truanting from class.



School Uniform Information

The school community has endorsed the wearing of a uniform at The Forest High School. This policy can only be maintained if the school and parents work together to ensure students are appropriately dressed to undertake their classes.

All garments should be clearly marked with pupil's name so they can be returned should they be misplaced.

BOYS UNIFORM	Description
Shirt	White, regulation short sleeved school shirt, embroidered with school crest on pocket A plain white long sleeve skivvy or shirt may be worn under school shirt in colder weather
Shorts	Black Shorts – (No 'Utility' cotton drill, elastic-waisted or cargo style to be worn)
Pants	Straight Long Dress Pants can be purchased from Lowes, Big W and Target
Tie	Regulation bottle green with red and gold stripes (Junior: Years 7-10) Regulation bottle green (Senior: Years 11 and 12)
Socks	Black socks only. No branded or coloured socks allowed.
Black Jacket	Regulation black jacket with gold "F" embroidered on left side near pocket
Sports Jacket	Regulation green, white and black sport jacket embroidered with gold "F"
Blazer	Worn when required for official occasions. Forest green blazer, embroidered with school crest on pocket (Junior and Senior). The Blazers can be leased from the Library.
GIRLS UNIFORM	Description
Blouse	White, regulation short sleeved school blouse, embroidered with school crest on pocket A plain white long sleeve skivvy or shirt may be worn under school shirt in colder weather
Skirt – Junior	Regulation green plaid skirt (Junior – Years 7-10)
Skirt – Senior	Regulation green skirt (Senior – Years 11 & 12)
Shorts	Black Shorts – (No 'Utility' cotton drill, elastic-waisted or cargo style to be worn)
Tights	Thick black stockings are also acceptable to be worn with skirts
Pants	Straight Long Dress Pants can be purchased from Lowes, Big W and Target
Socks	Black socks only. (No branded or coloured socks or sockettes to be worn)
N.B. BLACK LEGGINGS, TRACK SUIT PANTS and BLACK/BLUE JEANS are not part of the School Uniform and must not be worn on any day of the week	
Jumper	Sloppy Joe – green with School logo
Black Jacket	Regulation black jacket with gold "F" embroidered on left side near pocket
Sports Jacket	Regulation green, white and black sport jacket embroidered with gold "F"
Blazer	Worn when required for official occasions. Forest green blazer, embroidered with school crest on pocket (Junior and Senior). The Blazers can be leased from the Library.



SHOES

Traditional black leather (**No coloured laces**).

Safety in Practical Classes: The Department of Education and Training has issued guidelines making it compulsory for all students to wear shoes with stout sole and firm leather uppers to protect their feet from injury due to accidents involving dangerous liquids, heavy materials and sharp instruments or tools. Students who do not wear correct shoes may be refused entry to a practical lesson for safety reasons.

PDHPE UNIFORM

Full Sports Uniform to be worn to school by Years 8-10 on a Wednesday.

Year 7 have normal classes on a Wednesday.

Year 7 to wear full School Uniform every day.

Year 7 are to bring their Sports Uniform to change into when they have PDHPE lessons.

For basic hygiene and safety it is essential that every student changes for PE lessons. Students not in the correct uniform should bring a note of explanation from home and alternative clothes should be worn. The PDHPE uniform is the same for the boys and girls.

Polo Shirt	School sports polo shirt with school crest
Shorts	Black shorts. No leggings to be worn by girls, except in dance classes.
Shoes	Appropriate sports shoes.
Sports Jacket	Regulation green, white and black sport jacket embroidered with gold "F".
Pants	Plain black tracksuit pants (Wednesdays and when representing the school at sporting events).
Hat	Students are encouraged to wear a black cap during sport lessons.

JEWELLERY

Students may not wear jewellery that can be a WH&S issue. This includes large earrings, large nose rings, large mouth piercings and bracelets.

STUDENTS NOT IN CORRECT SCHOOL UNIFORM:

Students not in the correct uniform should bring a note of explanation from home and are required to obtain a pink "Out of Uniform Slip" from their Roll Call teacher. Failure to do so will result in disciplinary action and records of these infringements are kept on students' files. In extreme cases, parents will be requested to collect children, take them home to change and return them to school in the correct school uniform. Senior students out of uniform will be sent home to change into the correct uniform.

NOT ACCEPTABLE AS A SUBSTITUTE FOR THE SCHOOL UNIFORM:

The following clothing is **not acceptable** as a substitute for the school uniform.

- Gym boots, sneakers, joggers runners, ladies boots, clogs
- Black leggings, corduroy pants, work pants, beach pants, "Billabong", "Mambos", "Quicksilver", elastic-waisted pants, cargo style pants, coloured tracksuit pants, jeans, etc.
- Jackets of any style other than school black jacket or school sports track jacket.
- Non-uniform Sloppy Joes or sweaters
- Coloured skivvies worn under blouse or coloured/printed T-shirts worn under shirts/blouses.

UNIFORM SHOP HOURS ARE:

Monday 8.00am – 9.30am

Thursday

2.00pm – 3.30pm



Senior Privileges

Year 12 students will be issued with a Senior Privileges form. These forms should be completed, signed by a parent and returned to the front office and allow students the privilege of late arrival or early departure (depending on their timetable). These forms also give information to the school if students wish to park their car on site. Year 11 students are not allowed to leave school during periods 3 & 4 if they have study periods, rather they should use the Library and other allocated spaces in the school for private or group study.

Year 12 have a flexible timetable and need to attend every timetabled class. Year 12 may leave the school grounds during study periods if they wish to. They must sign the sign out/sign in sheet in the Accounts Office.

Sick Bay/First Aid

Students who are ill should not come to school.

Sick Bay is located in D Block. Students must report to the front office then a staff member will contact the parent/carer and the student will be cared for until their parents collect them. Students should not contact their parents until seen by the First Aid Officer, who will ring them if necessary. Minor injuries are treated by a First Aid Officer. If there is a serious injury an ambulance is called.

An accurate contact phone number is essential for use in case of illness or accident. Please notify the office of any changes.

Skateboards and Scooters

Students are discouraged from bringing these to school. Skateboards are not to be carried from class to class and must be stored for safekeeping in the bicycle shed until the end of the school day.

The school accepts no responsibility for loss/damage to these items.

Smoking

Smoking is not permitted. You will receive one detention for a first offence, with a parent Interview and possible suspension for further offences. Students who remain in the company of smokers will be treated similarly.

Sport

All students in years 8-10 must enrol in a sport. Sport occurs on a Wednesday from 12.30 – 2.30pm. Years 8-10 students must wear Sports Uniform to school on Wednesdays. If students in Years 8—10 have a practical lesson, they need to bring leather shoes.

Year 7 students have normal lessons on a Wednesday. Year 7 students wear their full School Uniform to school and are to bring their Sports Uniform to change into for PDHPE on Wednesday and sport on Friday afternoon.

For Years 11 & 12 sport is not compulsory. Year 11 & 12 students who do not wish to attend sport may leave school according to Senior Privileges arrangements or attend the Library for private study.



Student Advisers

All students are cared for by a Student Year Adviser who is the first point of contact for students, parents and teachers.

The Student Advisers are available for discussion by telephone or personal interview on matters related to academic, behavioural or any other concerns when free from class room teaching. An appointment is appreciated.

Student Advisers for 2020 are:

Year	Name	Faculty	Phone Ext.
7	Mr Gordon Kovacs	Science (G Block)	120
8	Ms Erin McWhirter	HSIE Department (G Block)	121
9	Ms Kate Board	English Department (G Block)	127
10	Ms Georgia Yam	Science Department (A Block)	207
11	Mr Dylan Fisher	Learning Support (E Block)	133
12	Ms Hilary Dawson	Mathematics Department (E Block)	113

Student Assistance Scheme

The School has limited funds to assist students and families. If you have difficulties in meeting the financial commitment of maintaining your child/children at high school, please contact the Principal, Ms McDowall to request an application form for assistance. Applications will be totally confidential.

Student Leadership

Through the Student Representative Council students are able to take an active part in decisions made regarding the running of the school. The SRC and its committees meet regularly to discuss issues and formulate proposals on a variety of important school matters. The SRC provides a forum for the development and appropriate expression of student leadership.

A Peer Support Program operates within the school to foster friendship and support for younger students by senior students. Peer leaders from Year 10 work with new Year 7 students to make the adjustment to high school more comfortable, less threatening and more positive.

Student and Parent Portal

Parents and students are able to access information through the Student and Parent Portal. This provides both parents and students discreet information about each student's progress in our school. Students and parents can access attendance data, timetables, homework, reports and a range of other useful information from this portal.

Please log on to the Internet and register for access to our Parent Portal here:

<http://web1.theforest-h.schools.nsw.edu.au/portal/register>



You must use a valid email address to create your username. Once successfully registered you will be prompted to enter your username (email address) and the password you created. To see information from the school and to link to your enrolled children, enter the unique access key which has been sent out to you. If you do not have your access key, please contact the school.

The URL for continued access to the portal after you have registered is:

<http://web1.theforest-h.schools.nsw.edu.au/portal>

Student Representative Council

Through the Student Representative Council, students take an active part in decisions made regarding the running of the school. The SRC was formed in 1987 as a means of giving students a more active role in school affairs and consists of elected representatives from each academic year. Its mandate is to provide leadership by example, to encourage student involvement in all aspects of school activity and, most importantly, to reflect student opinion on a variety of issues. Student representatives are elected by their peers to serve a one year term and there is an equal distribution of members in the junior and senior years. In turn the SRC elects 2 representatives to serve on the School Council, further widening its role in the decision making process.

The SRC conducts School Assemblies and meets every week. The SRC assists with the promotion of various school activities and specific charities; such involvement in school affairs encourages student leadership and fosters school spirit. It also provides valuable training for the future as members of the wider community.

Student Support and Wellbeing Committee

The Student Support and Wellbeing Committee is made up of the Year Advisers, Head Teacher Wellbeing, Head Teacher Learning and Support Teachers, School Psychologists, the Girls' Supervisor and Deputy Principals. Matters concerning students and their welfare are discussed and recommendations are put to the Executive and staff for consideration. These may incorporate both welfare and discipline matters.

Study Skills

All year groups will be offered a study skills program delivered by Elevate Education. The one hour seminar for each year group will be scheduled and parents informed of the date and time.

These seminars commence in Year 7, introducing students to strategies for organising, planning, goal setting and senior exam preparation, and build skills across the years until Year 12.

Payment for these seminars is incorporated in the school's annual fee payment structure.

Toilets

Toilets are located in the Canteen building - girls at the eastern end and boys at the western end.

Students require their teacher's permission to use the toilets during class time. Students should carry an out-of-class pass.



Travelling to and from School

The school is accessible by both Government and Private buses from areas on the Peninsula, Manly, Seaforth, Balgowlah, Elanora Heights, Terrey Hills and Chatswood.

Bus Travel: The conduct of students on buses must be of a high standard and must bring credit to the student and to the name of the school. Students are to walk, not run, to buses. Misbehaviour of any nature while travelling to and from the school will be viewed most seriously. Remember, the school is judged by your conduct while you are in public view and while you are in school uniform.

Please note: All students catching buses from school to home in the afternoon MUST wait under the COLA with the teacher in charge, until given instructions to walk to the buses.

Valuables/Property

It is the responsibility of all students to look after their own property. On the rare occasion when valuables need to be brought to school, they may be left with your class teacher or with the Deputy Principals. Care will be taken, but no responsibility is accepted.

Wet Weather

During wet weather the following areas may be used, provided that they are left in a neat and tidy condition:

E, D and A Blocks, corridors, COLA and Library. These areas will be supervised by teachers on playground duty.

Sport Days: Junior students (other than Year 7) will be assigned a wet weather room to do private study or to watch an appropriate video.

Senior students will be given specific directions about arrangement on wet weather days. Year 7 will have normal timetabled lessons until 3pm



Classroom Behaviour for Learning Chart

Level	Behaviours Observed	Management Strategies
Positive Behaviour Aim: 4x as much positive reinforcement than negative	<ul style="list-style-type: none"> Complete all work set for them Follow instructions On time Ready to learn, right equipment Respect themselves and others Value property and equipment Wear school uniform Work to their personal best 	Classroom Teacher Management <ul style="list-style-type: none"> PBL Values Displayed/Reinforced Explicit Instruction Lesson Objectives Communicated at Start of Lesson Regular Individual Verbal and Non-Verbal Feedback Individual and Personal Learning Plan Adjustments Establish seating plan Green slips/Merits Communication with home/positive phone call Letter/Email
Low level disruption Record on Sentral including management strategies implemented	<ul style="list-style-type: none"> Disruptive behaviour /preventing others from learning Frequent phone/device use in class Malpractice Non-compliance Not following the classroom expectations Physical Contact Property Misuse – school, staff, student and computer Undirected swearing or offensive language 	Classroom Teacher Management <ul style="list-style-type: none"> Adjust teaching and learning strategies Change seating plan Classroom Detention/Senior Class Placement Contact parent Interview with student after lesson Keep workbook/resources at school Liaise with Head Teacher Remind/redirect/caution
	<ul style="list-style-type: none"> Uniform Infringement Class truancy 	<ul style="list-style-type: none"> Item confiscated and rental issued – to DP Contact office to advise DP – mark as partial truant – HT to issue detention
Medium level Record on Sentral including management strategies implemented Notify Year Adviser *Including online and social media	<ul style="list-style-type: none"> Aggressive behaviour * Defiance Harassment of others * Repeated low level incidents 	Head Teacher Management <ul style="list-style-type: none"> Faculty Detention Faculty monitoring card Information Request from teachers – are similar behaviours occurring in other classes & not being reported in Sentral Interview with student Letter/phone call home
	<ul style="list-style-type: none"> Repeated uniform infringements 	<ul style="list-style-type: none"> HT interview with parents Uniform monitoring School event and excursion ban
	<ul style="list-style-type: none"> Racial/Religious Harassment * Sexual Harassment* 	<ul style="list-style-type: none"> Refer to Anti-Racism Contact Officer and Sexual Harassment Contact Officer/Girls Adviser
High Level Record on Sentral Management strategies implemented Students involved and witnesses must complete an incident report. Notify Year Adviser Refer to Deputy Principal *Including online and social media	<ul style="list-style-type: none"> Alcohol/Intoxication Physical Aggression Recurrent Medium Level Smoking Verbal Abuse * 	Deputy Principal/HT Welfare/Clinical Psychologist <ul style="list-style-type: none"> Contact parent External wellbeing programs Intervention programs School Counsellor Student Behaviour Support Plan Suspension warning Suspension Whole school monitoring card
	<ul style="list-style-type: none"> Criminal Behaviour * – Cybercrime, property damage, theft, fraud, extortion, assault violence resulting in injury, prohibited weapon Serious Verbal Abuse * Suspected illegal substance 	<ul style="list-style-type: none"> Direct referral to DP Suspension Police Report
	<ul style="list-style-type: none"> School Truancy – Unsatisfactory School Attendance 	<ul style="list-style-type: none"> HT Welfare – DP – Year Adviser - HSLO – Counsellor– Child Wellbeing Unit



Buses

If you would like to view the map of the bus routes, go to: www.sydneybuses.info then put the Route number below in to see if there have been any changes to times etc.

Route 680

AM Services

Wheeler Heights Shops	07:33
Cromer Heights	07:37
Carawa & Carcoola Rds	07:44
Narraweena – McIntosh & Alfred	07:50
Patanga Rd & Iris St	07:58
Frenchs Forest High School	08:07

Route 720

AM Services

Wyuna Ave & Oliver Sts	07:13
Nth Curl Curl - Griffin & Pitt Rds	07:18
Dee Why - Howard Ave	07:24
Carawa Rd & Alfred St	07:33
Narraweena - McIntosh & Alfred	07:37
Patanga Rd & Iris St	07:47
Forest High School	07:54

Route 730

AM Services

Seaforth - Frenchs Forest & Sydney Rds	07:50
Brook Rd & Yatama St	07:52
North Balgowlah	07:54
North Seaforth (Lister Ave)	07:58
Forest High School	08:12

PM Services

Forest High School	15:05
North Seaforth (Lister Avenue)	15:16
North Balgowlah	15:21
Balgowlah Boys High	15:27



Route 776

AM Services

Warringah Mall - Pittwater Rd	07:29
Allambie Heights Shops	07:39
Skyline Shops	07:45
Forest High School	07:55

PM Services

Forest High School	15:08
Allambie Heights Shops	15:20
Condamine St & Kentwell Rd	15:27
Warringah Mall - Pittwater Rd	15:31

Route 621

No AM Services operate on this route

PM Services

Forest High School	15:08
Oxford Falls Grammar School	15:21
Narraweena - McIntosh & Alfred	15:32
Carawa & Carcoola Rds	15:39
Wheeler Heights Primary	15:49
Collaroy Plateau Primary	15:54
Dee Why	16:02
Brookvale Shops - Pittwater Rd	16:07
Warringah Mall (inside)	16:10

Route 739

No AM Services operate on this route

PM Services

Forest High School	15:08	15:11
Narraweena - McIntosh & Alfred	15:25	15:26
Dee Why - Howard Ave	15:31	15:32
Nth Curl Curl - Griffin & Pitt Rds	15:37	15:38
Stella Maris Manly	15:48	15:49
Manly Wharf	15:54	-
Balgowlah Shops	16:00	-
Seaforth - Coral St	16:03	-



Route 777

No AM Services operate on this route

PM Services

Forest High School	15:05	15:08
Skyline Shops	15:11	15:14
Warringah & Pittwater Rds	15:23	15:26
Warringah Mall - Pittwater Rd	15:30	15:33
Condamine & Balgowlah (in)	15:36	15:39

Route 722

No AM Services operate on this route

PM Services

Forest High School	15:21
Frenchs Forest Primary - Infants	15:25
Yarraman Ave & Bantry Bay Rd	15:34
Allambie Heights Shops	15:44
Condamine St & Kentwell Rd	15:48
Manly Vale Shops	15:51
North Balgowlah	15:58
Seaforth Shops	16:06

Route 778

PM Services

Forest High School	15:10
Skyline Shops	15:17
Narraweena - McIntosh & Alfred	15:26
Pittwater House	15:34



Morning Bus Routes

Route Number	Route Time	Stops
109	7:25am	TERREY HILLS, COOYONG ROAD (OUTSIDE TERREY HILLS SCHOOL) – VIA COOYONG ROAD, (R)KALLAROO ROAD, (R)BOORALIE ROAD, (R)MYOORA ROAD, FOREST WAY, (L)WEARDEN ROAD, (R)PRINCE CHARLES ROAD,(7.35) (L)ESPLANADE, CARNARVON DR, (R)EPPING (L)RABBETT STREET TO SCHOOL (ARR. 7.45)
Route Number	Route Time	Stops
280	7:35am	CHATSWOOD TO WARRINGAH MALL STAND A- VIA (R)ORCHARD ROAD, (L)ANDERSON STREET, (R)ASHLEY STREET, (L)ARCHER STREET, (R)BOUNDARY STREET, WARRINGAH ROAD, JAMIESON SQUARE (7.49), FORESTWAY SHOPS (7.54) ARRIVE SCHOOL 7.56
Route Number	Route Time	Stops
280	7:55am	CHATSWOOD TO WARRINGAH MALL STAND A- VIA (R)ORCHARD ROAD, (L)ANDERSON STREET, (R)ASHLEY STREET, (L)ARCHER STREET, (R)BOUNDARY STREET, WARRINGAH ROAD, JAMIESON SQUARE (8.09), FORESTWAY SHOPS (8.16) ARRIVE SCHOOL 8.18
Route Number	Route Time	Stops
280	8:05am	CHATSWOOD TO WARRINGAH MALL STAND A- VIA (R)ORCHARD ROAD, (L)ANDERSON STREET, (R)ASHLEY STREET, (L)ARCHER STREET, (R)BOUNDARY STREET, WARRINGAH ROAD, JAMIESON SQUARE (8.19), FORESTWAY SHOPS (8.26) ARRIVE SCHOOL 8.28
Route Number	Route Time	Stops
284	7:55am	CHATSWOOD TO TERREY HILLS STAND A – VIA (R)ORCHARD ROAD, (L)ANDERSON STREET, (R)ASHLEY STREET, (L)ARCHER STREET, (R)BOUNDARY STREET, WARRINGAH ROAD, JAMIESON SQUARE (8.09), FORESTWAY SHOPS (8.13) FOREST HIGH STUDENTS DISEMBARK AT FORESTWAY SHOPS.
Route Number	Route Time	Stops

280	8:15am	ROUTE 280 CHATSWOOD STATION TO WARRINGAH MALL STAND A- VIA (R)ORCHARD ROAD, (L)ANDERSON STREET, (R)ASHLEY STREET, (L)ARCHER STREET, (R)BOUNDARY STREET, WARRINGAH ROAD, JAMIESON SQUARE (8.29), (L)FOREST WAY, (R)NAREE ROAD, (R)RABBETT STREET, FORESTWAY SHOPS (8.36), (L) WARRINGAH ROAD ARRIVE SCHOOL 8.38
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Afternoon Bus Routes

Route Number	Route Time	Stops
213	3:05pm	BUS 1 – TO CHATSWOOD STATION – VIA FRENCHS FOREST ROAD, (L)RABBETT STREET, (L)FOREST WAY, (R)WARRINGAH ROAD, BOUNDARY STREET, (L)ARCHER STREET, (R)ASHLEY STREET, (L)ANDERSON STREET, (R)HELP STTEET, (L)ORCHARD ROAD
Route Number	Route Time	Stops
210	3:05pm	BUS 2 – TO BELROSE & TERREY HILLS / DUFFYS FOREST – VIA FRENCHS FOREST ROAD, (R)RABBETT STREET, (L)ADAMS STREET, BLACKBUTTS ROAD, (L)POUND, HAKEA (R)HAIGH, (L)PRINGLE, (R) RALSTON, (L)FORESTWAY, (R) MONA VALE, (L)McCARRS CK, BOORALIE (CORNER OF MYOORA & BOORALIE TRANSFER FOR TRAVEL TO MONA VALE & NARRABEEN)



Extra-Curricular Activities

Students at The Forest High School benefit from an outstanding range of educational, sporting and cultural opportunities.

Exceptional programs in music and the creative and performing arts allow students to develop their self-confidence, independence and self-esteem. Extending and enriching academic opportunities challenge and motivate students to higher levels of learning.

Exposure to new experiences and opportunities expand students' horizons and opens new pathways for their future.

Clubs and activities

A wide range of clubs and activities are on offer at The Forest High School including:

- Beyond the Bell Homework Club with Miss Sweeny. All students are welcome. Help with homework & assessments. Thursday 3-4pm in the school library
- Maths Help Desk - the Maths Help Desk is held every Friday lunchtime in E1006. All welcome
- Choir - Thursday lunchtime in D1010. Our choir is open to everyone from all years so come along and have a sing with us!
- Dance Ensemble - Tuesday lunchtime and Friday at 7.30am in the PAC
- Concert Band - Monday and Wednesday mornings at 7.15am
- Wind Ensemble - Tuesday morning at 7.15am
- Jazz Orchestra - Wednesday afternoon at 3pm
- Anime Club - Tuesday lunchtime in D1001 with Mr Ye
- Interact Club - meets on Thursdays at lunchtime (fortnightly)
- Our PDHPE Faculty also run lunchtime sessions in the gym each day



School Map

