



# Message from the Principal



## FINAL WEEK FOR YEAR 12 STUDENTS

We have an exciting week ahead for Year 12 students. With Thursday now being a public holiday, Year 12 Deputy Principal Mrs Collins along with Ms Yam (Year 12 Adviser) have quickly made the necessary changes. We were originally scheduled to hold our Graduation Assembly on Thursday. This will now take place on Wednesday morning. Our Year 12 Formal is still scheduled to go ahead on Thursday evening. Our Library will again be open over the break for senior students to study. Many thanks to the P&C who have again come on board to share the financial cost. We will have a staff member and Trailblazer on site each week day during both weeks of the holiday break to support students.

## LUNCHTIME YOGA IS BACK EVERY TUESDAY

With the support from the P&C we have been able to reintroduce our weekly lunchtime Yoga sessions. These are an opportunity for students to work with instructor Fiona Hallam. Research suggests that yoga can help teenagers to improve their concentration, manage stress more effectively, be mindful, improve their self-confidence - and build physical and mental resilience. After trialling yoga over a series of lunchtimes in Term 2 we are excited to have this running again every Tuesday lunch. Students don't need to register they - can just turn up. Sessions will be held in the PAC unless communicated otherwise via the Monday morning notices.

## PLANS FOR YEAR 11 - WEEK 1, TERM 4

As our Year 11 students are nearing the end of Year 11 and will begin their HSC next term, we have organised a two-day program for them to start Year 12 right.

All students will take part in a study skills program which will take place on Monday 10 October at the University of Technology Sydney and Tuesday 11 October at The Forest High School.

Students will be engaged in workshops such as wellbeing and stress management, research and library skills, goal setting, how to study and organise your notes and be provided with careers information and their Year 12 Assessment Booklet. A copy of the schedule of the two days can be found on the following page.

All Year 11 parents will receive an excursion notification. Can you please ensure that you give permission for your child to attend this important two-day program and pay a small fee of \$10 that will contribute to the running of the program.

If anyone has any questions, please feel free to contact Ms Simic, Year 11 Deputy Principal.

## HSC PRACTICAL ASSESSMENTS

On Wednesday we had external markers on site to see our very talented Year 12 music students perform. I was relieved to see a big smile on the face of their teacher Ms Yea at the end of the day.

## Year 12 - Starting the Year Right

\*\*\* Students are expected to wear full school uniform.

Students will be placed in 3 groups for Day 1 & 2 and they will rotate in the 3 sessions running each day.  
Students will need to bring a pen with them each day. There will be a booklet to complete during each session.  
There will be roll marking for every session.

Day 1 - Monday 10 October	Day 2 - Tuesday 11 October
<u>Venue:</u> University of Technology Sydney (UTS)	<u>Venue:</u> The Forest High School
8.40am - all students meet at school then catch a bus to UTS	8.40am - 9.50am - Session 4
9.30am - 10.00am - Small walk around the campus/breakfast	9.50am - 10.50am - Session 5
10.00am - 11.00am - Session 1	Recess
11.00am - 12.00pm - Session 2	11.10am - 12.10pm - Session 6
12.00pm - 1.00pm - Lunch	12.10pm - 1.10pm – Wellbeing activities Students will get to choose via Google form from the following Group 1 – Meditation/ Mindfulness Group 2 – Basketball Group 3 – Fitness session
1.00pm - 2.00pm - UTS Presentation	1.10pm – 1.55pm – Lunch (BBQ provided by the school)
2.00pm - 3.00pm - Session 3	1.55pm – 2.55pm - Reflection & Evaluation  Time to reflect on sessions and have time to write goals and submit them and complete evaluation forms.
3.00pm - 3.10pm - Evaluation for the day	
3.15pm - Dismissal from UTS	

**Note:** All copies of the booklets and information that is given to students will be available on their Year Group Canvas Page

Sessions running on Monday	Sessions running on Tuesday
<ul style="list-style-type: none"> <li>Careers information</li> <li>Orientation through Year 12 Assessment Booklet &amp; Year Planner</li> <li>How to study &amp; organise your notes</li> </ul>	<ul style="list-style-type: none"> <li>Wellbeing &amp; stress management</li> <li>Research &amp; library skills</li> <li>Goal setting</li> </ul>

### ARE YOU RETURNING NEXT YEAR?

As we plan our staffing and timetable for 2023, please notify the School Office if your child will not be returning in 2023.

### GO FUND ME

Year 12 parent Kylie Gray needs our support. Her family have organised a Go Fund Me page to support her travel overseas for urgent Stem Cell Treatment. Kylie has Tumefactive Multiple Sclerosis, a rare and aggressive form of MS. Kylie was diagnosed in 2014 and has undergone many intensive medical treatments. Since 2019 her condition has worsened, and now she no longer responds to any of the treatments available in Australia. Kylie's neurologist has advised her to seek urgent Stem Cell Treatment overseas, and she has been accepted into Clinica Ruiz in Mexico.

Please take the time to visit the Go Fund Me page <https://gofund.me/5d63cc1e> and if you are able to donate your support would be greatly appreciated.

## Upcoming Events

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### MONDAY 19 - TUESDAY 20 SEPTEMBER

Year 11 Yearly Exams

Year 12 Picnic on the Oval - Periods 3 and 4

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### TUESDAY 20 SEPTEMBER

Lunch - Teacher v Year 12 Student Dodgeball in the Gym

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### WEDNESDAY 21 SEPTEMBER

Year 12 Graduation - 9.30am followed by Farewell Breakfast & Celebration for Year 12 students and parents and staff in the West Quad

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### THURSDAY 22 SEPTEMBER

National Memorial Service Day for Queen Elizabeth II - school closed for public holiday

Year 12 Formal - 5.30pm -10.30pm Orso Bayside

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### FRIDAY 23 SEPTEMBER

Bob Philpott Cup Soccer Game (Year 11 v Year 12)  
Periods 3-4

Last day of Term 3 - students return Monday 10 October

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# CLUBS & ACTIVITIES AT TFHS

**Duke of Edinburgh**  
SEE MRS COLEMAN IN THE  
LEARNING HUB IF  
INTERESTED

## Dance

SEE MS CONSTANTIN IN  
THE CAPA STAFF ROOM



## Year 7

MONDAY RECESS & LUNCH  
GYM & LEARNING HUB

WED & THURS - PHYSICAL  
ACTIVITIES AT LUNCH

LIBRARY EVERYDAY

## MONDAY



### Concert Band

7.15 - 8.30AM IN THE PAC

### School 'Zine

CONTRIBUTE TO NEWS/ART/EVENTS  
FOR THE SCHOOL MAGAZINE  
A WEEK IN A1022  
SEE MS MAY IN ENGLISH

### Cooking Classes

LUNCHTIME IN TAS KITCHEN  
A BLOCK

### Textiles Workshop

A WEEK LUNCHTIME IN A1001  
WITH MS AROYAN

### Monday Study Sessions

AFTER SCHOOL FROM 3PM  
IN THE LIBRARY WITH OUR  
TRAILBLAZERS

## TUESDAY



### Wind Ensemble

7.15-8.30AM IN THE PAC

### Yarning Circle

COME FOR A KNIT AND A CHAT  
IN THE SHADE AT SOUTH END  
OF E BLOCK OR E0013 IF WET

### Conversation Club

LUNCHTIME IN THE DBLC  
COME ALONG FOR A CHAT &  
GUEST SPEAKERS

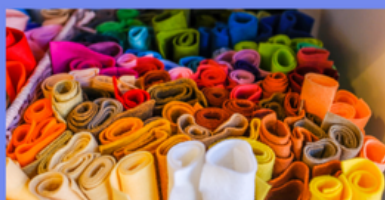
### Dungeons & Dragons

LUNCHTIME IN THE  
LEARNING HUB E BLOCK

### Mindful Movement

LUNCHTIME IN THE PAC

## WEDNESDAY



### Textiles Workshop

A WEEK IN A1001  
8.10-8.40AM  
WITH MS AROYAN  
FUN & CREATIVE - ALL  
WELCOME!

### Stage Band

3-4PM IN THE PAC



## THURSDAY



### Choir

THURSDAY 8.00AM IN D1010

### Anime & TCG Club (Trading Card Game)

ANIME - A WEEK LUNCH D1001  
TCG - B WEEK LUNCH D1001

### Yarning Circle

KNIT AND CHAT - SOUTH END  
OF E BLOCK OR E0013 IF WET

### Debating/Public Speaking

LUNCHTIME - SEE MS BANCROFT  
IN ENGLISH A BLOCK

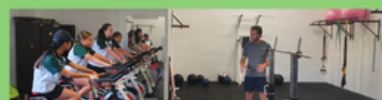
### Dungeons & Dragons

LEARNING HUB E BLOCK

### Beyond the Bell Homework Club

3-4PM IN THE LIBRARY  
HOMEWORK & ASSESSMENT HELP  
ALL STUDENTS WELCOME  
EVERY WEEK

## FRIDAY



### Forest Fitness

WITH MR LAWLER & MR  
BARBAT 7.30AM ON THE OVAL

### Interact Club

LUNCHTIME WITH MR ARGUE  
LEARNING HUB E BLOCK  
LEADERSHIP SKILLS & PROJECTS

### Art Club

LUNCHTIME IN D0050  
ALL WELCOME

### Maths Help Desk

LUNCHTIME IN E1007  
ALL WELCOME

### Chess Club (and other games)

LUNCHTIME IN G0001 WITH  
MR GOODWIN & MS ROBERTS

### Textiles Workshop

B WEEK LUNCHTIME IN A1001  
WITH MS AROYAN

### EAL/D Homework Club

LUNCHTIME IN THE LIBRARY