



Newsletter Term 3 Week 10, 2015

Principal's Report

Minister's Award for Excellence in Student Achievement

Brandon Egan-Walters, School Captain, received the Minister's Award for Excellence in Student Achievement on Tuesday 15th September at Parliament House, Sydney. The Honourable Adrian Piccoli MP, NSW Minister for Education and Dr Michele Bruniges AM, Secretary of the NSW Department of Education attended and presented the awards.

This prestigious award recognises outstanding achievements in academic performance, leadership and contribution to the school community. Receiving this award is a significant achievement for Brandon and we offer our warm congratulations.



NAPLAN

NAPLAN results were distributed to students and parents this term. We were extremely pleased with the excellent results achieved by our students, particularly with the growth and improvement in Year 9. Year 7 and Year 9 were above State Average in all areas: Reading, Writing, Spelling, Grammar and Punctuation and Numeracy.

Over 73% of Year 9 students were in the top three bands for Numeracy, over 55% in Reading, over 65% in Spelling and over 51% in Grammar & Punctuation. Over 71% of the students were in the top four bands for Writing. In Writing, over 62% of Year 9 achieved equal to or greater than expected growth. Over 66% achieved equal to or greater than expected growth in Spelling and close to 60% of students achieved greater than or expected growth in Reading, Grammar & Punctuation and Numeracy.

In Year 7 over 66% of students were in the top three bands for Numeracy, over 60% in the top three bands for Reading, over 75% in the top three bands for Spelling and over 60% in the top three bands in Grammar & Punctuation. Over 74% of Year 7 students were in the top four bands for Writing. In Numeracy over 70% of Year 7 students achieved equal to or greater than expected growth in Numeracy, over 63% achieved equal to or greater than expected growth in Writing and over 66% achieved equal to or greater than expected growth in Spelling. In Reading almost 51% achieved equal to or greater than expected growth and almost 50% achieved equal to or greater than expected growth in Grammar & Punctuation. Our partner primary schools are to be congratulated on these excellent results.

We have implemented a structured reading program, which was piloted with Year 8 students this term for implementation across Years 7, 8 and 9 in 2016.

Make Online Payments

As of 22nd October 2015 it will be possible for parents to make online payments to the school for amounts owing for students via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school's website by selecting [\\$ Make a payment](#)

Items that can be paid include voluntary school contributions, subject contributions, excursions (excursions less than \$15 will not be available through this system) sales to students and creative and practical arts activities (these include Band, Drama and Dance). There is also a category called Other for payment of items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school. You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school. For any enquiries regarding the Online Payment process please contact the School Administration Office on 9451 5111.

Staffing Update

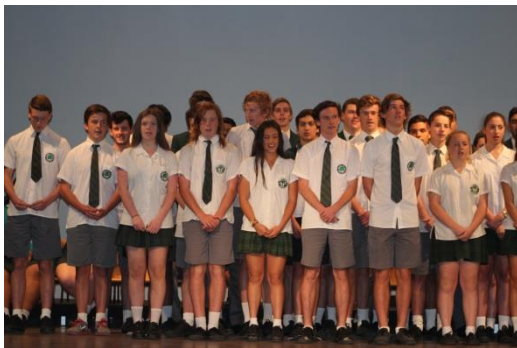
We have two new teachers commencing in Term 4. Marcus Kanny from Randwick Girls High School will be taking up a position in TAS as a Computing Studies Teacher. Amanda Blair, who is already teaching in the Mathematics Faculty, has been appointed as a permanent teacher.

Timetable Changes

After consultation with the school community, teaching staff and students, we have decided to change from our 4 period a day timetable to a 5 period day when we commence rollover. This decision has been based on research and school-based evidence that indicates our students will benefit academically, socially and emotionally from more frequent, but shorter, periods of learning in each of their subject areas. If you have any questions about this change, please let us know.

SRC and Captains Induction

Our SRC Induction Ceremony was held on Wednesday this week. Our School Captains for 2016 are Sammi Scheffers and Bill Robinson, Vice Captains are Micaela Savage and Ben Lofthouse, Sports Captains Indiana Brown and Sateki Latu, Performing Arts Captains are Daniel Keeler and Brandon Kooloos and Environment Captains are Zoe Burnett and Mark Vaipuli. We are looking forward to working with this outstanding group of students.





Warringah Community of Schools

We were unsuccessful with our Systems Leadership Grant for a STEM project; however, we were given feedback that the grant was very strong and there was not much we could have done to improve it. We are planning to go ahead with a STEM project with the Warringah Community of Schools, which will involve us working collaboratively with the primary schools, Killarney Heights High School and Davidson High School.

Year 12 Farewell

Year 12 had their final day on Friday 18th September. We commenced the day with a barbeque breakfast prior to their final assembly. They have been an outstanding year group. I thank them for their leadership and support for the staff and other students. Particularly I thank the Senior SRC and School Captains.



Happy Holidays

Good luck to Year 11 and 12 in their studies in the lead up to the HSC Examinations. I advise them to keep in close contact with their teachers and continue revising in preparation for the exams. There is generally a high level of improvement between the HSC Trial Exams and the HSC.

I wish our Forest community, the students and parents and staff a restful break with friends and family.

Rosemary McDowall, Principal

Deputy Principal's Report

Term 3 is coming to an end and we can all breathe a sigh of relief as we send our HSC students off to commence their study leave prior to the exams. We wish them all the best in their studying and of course for the exams themselves. I know a lot of teachers have offered to do extra coaching and support in the weeks leading up to the exams and I hope the students take advantage of their ongoing support.

Spring is certainly here and thankfully the flu season is over, but for a lot of people the hay fever season is causing them some grief. The flowering trees and bushes at school make a beautiful display for everyone to enjoy.

In August Mrs Thompson and I attended the Deputy's Conference at the Four Seasons hotel in the city. It was a great opportunity to catch up with colleagues and listen to some very interesting speakers and attend workshops. It is a great way to find out what is new in the world of education, and time to think about how we can implement new ideas and practices in our own school. One particular lecture I found valuable was looking at the issue of mental health in students. I will be presenting this information to the School Executive next term.

The Induction Ceremony yesterday for the 2016 SRC members and our School Captains highlights the value The Forest High School places on student leadership and the important role they carry out in the school. I look forward to working with them next term.

I wish all our students a safe and happy holiday and I look forward to seeing them back here next term.

Meeting the Honourable Dame Quentin Bryce AD CVO

On Monday 14th September our 2016 School Captain Sammi Scheffers and SRC Representative Indiana Brown travelled with myself to a luncheon at State Parliament House where the Honourable Dame Quentin Bryce AD CVO, the former Governor General, was to speak. The occasion was a fundraising lunch in aid of the Jessie Street National Women's Library. This library holds a collection of writing which promotes the awareness of the cultural heritage of Australian women. The Strangers' Dining Room at Parliament House overlooks the gardens and it was full of women who each had their own interesting story to tell. We sat at a table with several writers, women from politics and historical committees. The women were very interested to speak to Sammi and Indiana and the girls learnt a lot of things from them. Everyone was very keen to hear Dame Quentin speak about the issue of domestic violence and her role in writing the report for the Queensland Government, which recently accepted all the recommendations. After a delicious lunch, Dame Quentin spoke followed by

a raffle. Sammi was selected to draw one of the prizes (sadly we didn't win a prize).

At the lunch we met up with a former teacher from The Forest High School, Bronwyn Marks, who taught here from 1965-1968 in the English/History faculty. She spoke highly of her time here. A number of women said it was wonderful to have school students among the audience and one comment was that "these young women were being 'passed the baton' for fighting for justice and change in the world". The girls behaved with charm and enthusiasm and I think they found it a wonderful experience.

Denise Wright, Deputy Principal



L-R Indiana Brown, Dame Quentin Bryce, Sammi Scheffers, Deputy Principal Denise Wright



L-R Sammi Scheffers, Bronwyn Marks, Indiana Brown

Year 7 Report

Our Year 7 students have been extremely busy over the last few weeks, and are very deserving of the upcoming break!

'The Forest Film Festival' was held in the Hall this week, where the students viewed the films they have been creating this term in Enrichment. I was very impressed with the level of commitment the students brought to this project. Each group focused on an issue affecting youth in our community and worked at producing a message, through film, to their peers. The project has allowed them to work on their collaboration and project management skills, with great results. Ask your child to show you their team's video!

This week the students, and a few brave teachers, participated in a very exciting Table Tennis Tournament through the lunch breaks. We saw some very competitive games being played, and it was great to see such a large number of students participating in the activity (even if it was motivated by the reward for the top 3 teams – a pizza lunch!). Thank you to the Year 10 students and our Sports Captains who volunteered their time, enabling the competition to run smoothly with their help in umpiring and organising the teams and the tables.

Amanda Walsh, Year 7 Adviser

Top Teams:

1. Mr Davies/Mr Falkland
2. Rory Gilroy-Sarkies/Tom Phelps
3. Aiden Treloar/Riley Schwarz



Above: Mr Floriano & Mr Tesoriero vs. Oscar & Hamish



Above: Aiden & Riley winning their game



Above: Keen supporters Daren, Alex, Hugo & Oliver



Above: Mr Floriano, Mr Tesoriero, Mackenzie, Renee & Carly

Year 8 Report

Congratulations to the Year 8 students who have worked extremely hard this term. Sports choices have been finalised and students will continue these sports throughout Term 4. I would like to encourage all the students to participate to the best of their ability in the programs that we provide at The Forest High School.

It is apparent that many students are experiencing fatigue at the end of the term. Time management for both school and extra-curricular success is a learnt skill. Working with technology and social media can also make life stressful if it is not used appropriately. Below is an article I found on the importance of sleep for students. I hope it is of interest. Wishing everyone a happy and relaxed holiday. See you next term.

STUDENTS AND SLEEP

How much sleep do I need?

- Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.

- Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.
- Signs that perhaps you aren't getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.

Top Tips for getting to sleep / sleep routine / falling asleep

- Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- Avoid technology in the hour before bed, including TV, computers and phones.

(Source: National Sleep Foundation)

Clare Diggins, Year 8 Adviser

Year 9 Report

This term has seen Year 9 working hard in preparation for the commencement of Year 10. Year 10 is an important year as students will obtain their Record of School Achievement (ROSA). This is a valuable certificate as by gaining their ROSA it will give the students choices such as continuing on to achieve their HSC or perusing TAFE options. Now is the time to begin thinking about what path you would like to take and start putting in the hard work to achieve your goal.

Next term Year 9 will be participating in peer support training. The training will run for a few days at the end of Week 4 and at the end, students will be selected to be peer support leaders to our new Year 7 cohort arriving in 2016.

I hope you all have a wonderful break and come back in Term 4 refreshed and ready to achieve.

Michelle Garnett, Year 9 Adviser

WOW

Over the past term and a half, 9A and 9B English classes have been working with the Year 4 students from Beacon Hill Primary School as part of the Web of Writers (WOW) program. After meeting in Term 2 to get to know each other and brainstorm ideas for a piece of descriptive writing, the students then communicated via an online learning platform. The Year 9 students put their excellent literacy skills to good use and assisted in the editing of the Year 4 students' writing.

On the 21st August, the Year 4 students visited The Forest High School for the exhibition of their collaborative work. The students viewed the writing displays, reflected on their learning experience together and enjoyed catered morning tea. The students farewelled each other with warm smiles and will hold fond memories of the experience.



Zohab Zee Khan Incursion

On the 24th August Zohab Zee Khan, the current Australian Poetry Slam Champion, performed for the Year 9 cohort, following a unit they studied on performance poetry. The students were captivated by his skillful usage of language and oratory techniques. In addition to this, Zohab communicated positive and inspiring messages to the students.

Overall, the incursion increased students' appreciation of language and poetry as a valuable mode of communication and entertainment in our society.

Alex Castle, English Teacher

Year 10 Report

Year 10 will have completed many of their exams by the end of the term but there are a few subjects still to be examined next term. Students are encouraged to spend some time during the holidays preparing for exams and completing any outstanding assessment tasks. 3+3 is just around the corner and developing a sound work ethic and strong work habits is vital to success.

The work experience week is fast approaching (26th October-30th October) and students should already have locked in a placement and completed the appropriate paperwork. Any students who are yet to fulfill their obligations in relation to their work experience are encouraged to do so without delay as finding a placement this late can be problematic.

Week 5 of Term 4 is Motivation Week. Motivation Week will start with Year 10's last

involvement with the Reach Foundation when they complete the Goals, Dreams & Motivation Workshop. For the rest of the week they will be involved in a series of presentations, mini-lectures and activities geared towards setting them on the right path for their senior studies. Of course, the following week, Week 6, will mark the commencement of their first set of Preliminary HSC subjects.

I wish all Year 10s and their families a very happy and well-earned break (but don't forget to do some work!)

Jason Millar, Year 10 Adviser

Year 11 Report

Congratulations to all Year 11 students for (almost) completing half of their HSC subjects. Academically, it has been a very busy term with the HSC Trial Examinations and major assessments for a wide range of subjects. It has been a pleasure to see the incredible products of many hours of hard work by both students and teachers at the annual MADD night and Senior Soiree.

Well done to those students who have been elected into leadership positions for Year 12. There were a number of outstanding candidates who ran for a variety of positions and I thank everyone for having a go. It is important that the whole year group works together to form a strong team that leads by example and sets a positive tone for the whole school.

Thank you to everyone who was involved in the Pub2Pub Charity Fun Run. As a team, we managed to raise around \$400 for The Asylum Seeker Resource Centre. This will hopefully develop into an annual event for The Forest High School students and staff to challenge themselves, stay fit and do some positive work for the community.

A reminder to all senior students that there are school holiday study camps available in September. Go to <http://www.tsfx.com.au/> for further information.

Best of luck to all students (and parents!) in the lead up to the HSC examinations.

Chris Falkland, Year 11 Adviser

Year 12 Report

This term has been a busy one for Year 12 as they have had their Trial HSC examinations, assessment tasks, revision and the organisation of the formal and the end of term assembly. Although classes have finished, the students are reminded that they need to be engaged in a rigorous study regime over the next few weeks. From the 6th October, teachers of Year 12 will be available to all students in the time slot they would normally have that teacher.

On Friday 18th September a breakfast BBQ was put on by the Year 11 students to farewell the Year 12s. Most students and teachers attended and had the opportunity to mingle in an environment less formal than the classroom. The farewell assembly was then held in the Hall. It was a bittersweet occasion for the students and it was the last assembly they would attend with the whole school. Speeches were made, gifts were given to staff and everyone

was entertained by a video and PowerPoint presentation made by the students that captured some of the highlights of their high school years.

The Year 12s will be greatly missed by the staff and students of the Forest High School. It will be lovely to see the cohort again at their Graduation and Formal, which are on Wednesday 18th November.

Alex Castle, Year 12 Adviser

Message to Year 12 from the Careers Office

Good luck with your final exams and with your new life outside of school. I will be available all next term for you to come and see me - please do so. You can also email me on Christopher.mansell@det.nsw.edu.au. Just a reminder to keep an eye on your DET emails for Careers Newsletters. I will be passing on jobs as well as further education opportunities. For those of you wishing to apply for University, I have sent a PowerPoint presentation outlining everything you need to know.

For our Year 10 students, time has almost run out for you to organize your work experience. You have been given the final dates, deadlines and paperwork a number of times. Please check your DET emails. If you leave it until after the school holidays to organise, you will probably miss out.

Chris Mansell, Careers Adviser

NSW Bus Routes May Affect Travel for HSC Students

The NSW Government recently announced a new bus network for Sydney's CBD to support the transformation of the Sydney CBD. Further information is available at www.mysydney.nsw.gov.au. Buses will move off George Street on **4 October 2015**. This means many CBD bus routes and services will change. There will be fewer buses travelling all the way through the CBD and commuters may need to interchange to complete their journey. This is the biggest change to bus routes in decades and it is important that everyone is informed and plans ahead. To check if there are any changes that affect staff and students travelling to school they should visit the Bus Route Finder at <http://mysydney.nsw.gov.au/bus#bustool>.

HSC students in particular need to check the new bus timetable at www.transportnsw.info to ensure that they get to exams on time. They can also download one of the handy real-time transport apps from the same page.

CAPA News - MADD Night and Senior Soiree

The CAPA Department enjoyed two very successful events in Term 3 - The MADD Night and Senior Soiree - where senior students were given the opportunity to perform and display their major works from the areas of dance, music and the visual arts. Congratulations to all those involved.

Ben Goldsmith, Head Teacher CAPA



Them From Me Survey

A reminder to parents that you're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose. Thank you to those parents who have already completed the survey, your feedback is appreciated.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 17 August and 16 October 2015. Follow the link below on your computer or tablet:

1. <https://nsw.tellthemfromme.com>
2. Your School's Parent Username (case sensitive) = **parent17274**
3. Your School's Parent Password (case sensitive) = **The8372**

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website: <http://surveys.cese.nsw.gov.au/>

Leadership Training Day & Upcoming Events

Earlier this term, some of our Year 8 and 9 students volunteered to take part in a Leadership Day on Respect, one of our core values at The Forest High School. Students went to Brookvale Public School where they ran sessions with students from a number of local primary schools. The students who took part were Mackenzie Brown, Zali Van Der Veer, Tamara Carling, Kandy Lee, Luke Geddes, Alex Dickson, Euan Dixon and Oscar McSorley.



Each of these students is to be commended on their conduct and leadership throughout the day. This is part of an ongoing initiative with the local primary schools and our leaders have volunteered to run programs here for our students in Term 4 to complement the PBL initiatives we already have running at the School.

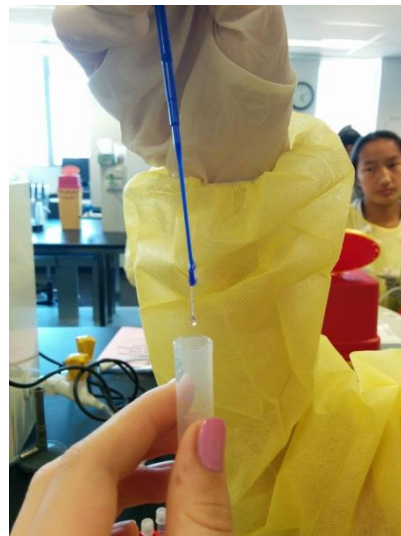
In addition to this, the School is excited to offer a leadership afternoon with Healthscope on 14th October at 2:30pm. This is an opportunity for students to gain leadership insights from the Senior Executive of Leighton Construction and Healthscope who are in charge of the hospital project next door. This leadership afternoon is open to all students, especially those who are involved in or have aspirations to join the SRC. The Forest High School is very proud of the beneficial partnership we have with Healthscope and we are continuing to present a range of real and authentic learning experiences to our students as a result of these collaborations.

Joel Wood, Head Teacher - Teacher & Learning

Girls in Science

On Wednesday 9th September twenty girls from Years 9-10 attended the L'Oreal Girls in Science forum at the University of New South Wales with 300 girls from schools around Sydney. The forum introduced three young women working in various fields of Science who talked about their work, what it was like as a young woman to be doing scientific research and how they had achieved so much in their early careers. The attendees were enthralled with the presentations and excited by the prospect of being a scientist. Following the forum the group was led on a tour of the extremely well-equipped chemistry laboratories at UNSW. After lunch we participated in selected workshops. The first workshop was an overview of engineering and robotics. During the second workshop the students completed a hands-on inquiry using DNA samples to solve a crime and extracting DNA from strawberries. The girls were all inspired by the possibilities of a future career in Science.

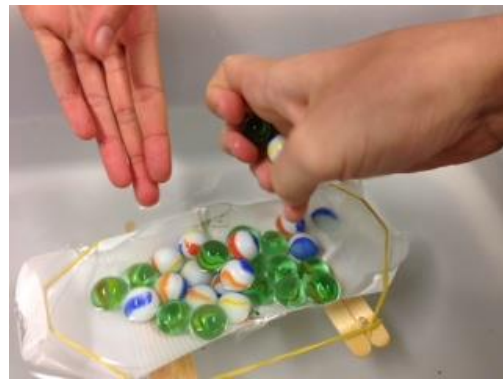
Hannah Wiltshire, Head Teacher Science



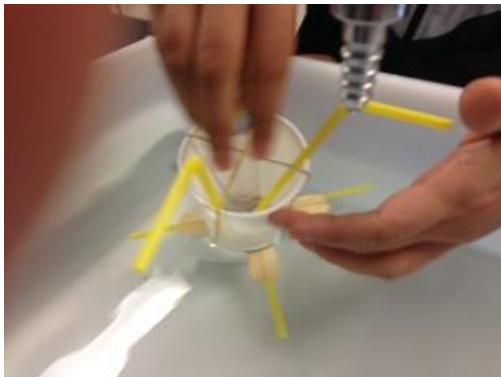
Engineers Without Borders

Four students from the Engineering Faculty at the University of Sydney presented two workshops to a group of Year 7,8 & 9 students in Week 7. They provided an explanation of the work that Engineers Without Borders do in developing countries, accompanied by a motivating visual display. The workshops, titled "Floating Houses" and "Prosthetic Legs", engaged the students with hands-on activities. After working in teams to create a "prototype" in each workshop, the creations were put to the test to determine their integrity. This was a great experience for the students and it is hoped we can engage with another two workshops in the future.

Sue Warnes, Head Teacher Support



Various interpretations of the Floating Houses

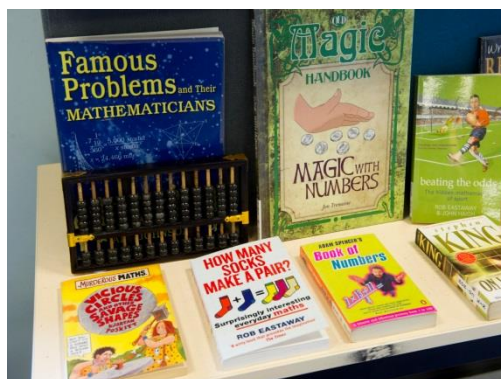
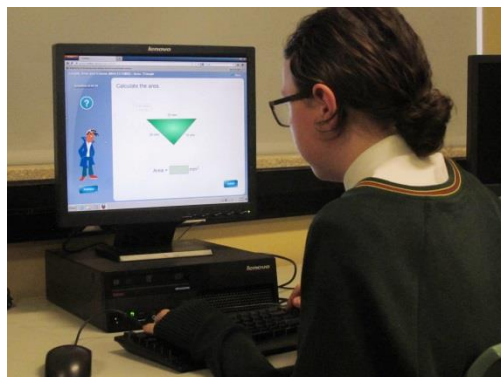


A good representation of a prosthetic leg

Mathematics Report

National Literacy and Numeracy Week - 2015

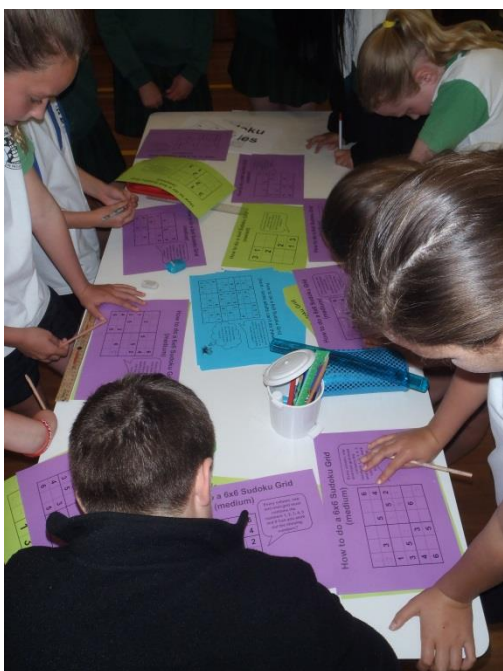
During Week 8 we celebrated with a variety of activities. All classes in Years 7 to 10 competed in a Mathletics competition to see which class could get the most points. It was very close throughout the week but 7W got there in the end and were awarded with a pizza lunch. We also had a "Pi" competition to see who could learn Pi to the most decimal places. The winner was Charlize Spillane with 46 decimal places followed closely by Charly Webb with 44 decimal places. We also expanded our usual Problem of the Week puzzle to a Problem of the Day which any student could enter and be awarded a merit. There was also a display of books with a mathematical theme in the library.



Mathsworks - 2015

Our top two Year 8 classes have participated in the Mathsworks program with Beacon Hill Public School during Term 3. The students worked in teams to select mathematical problems and post them on Edmodo for the Year 5 and 6 students each week. We then visited Beacon Hill last Friday. Our students ran hands-on problem-solving activities for the Year 5 students. The program not only improves our students' problem-solving skills but aims to teach them organisational and leadership skills. All of our students were excellent representatives of the school.





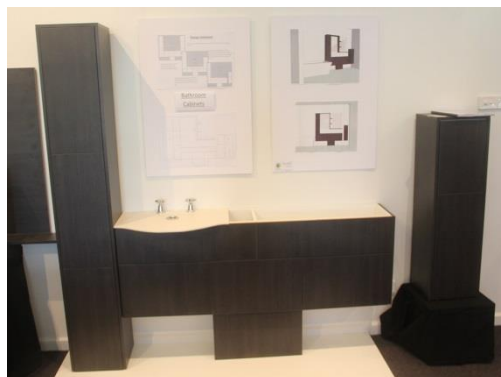
Rollover - 2015

We are getting close to the rollover into the new classes. This will take place in Week 6 of Term 4. All students need to have a new maths book (A4 grid book) and working calculator. Textbooks will be issued shortly after the rollover once they are collected and checked off. Some students still owe the \$20 Technology Levy for mathematics. Please pay this before the rollover.

Karen Gourlay, Head Teacher Mathematics

Design & Technology Major Works

Throughout semester two Year 11 and 12 Design & Technology students have been working hard to complete their major design projects. This includes the submission of a folio documenting the project proposal, project management, project development, realization and project evaluation. A product, system or an environment was developed from client need through to design solution. The range of projects was diverse this year and included a modular skate park, bathroom vanity, various environmental designs and furniture solutions. The projects culminated in being presented and marked by an external team. This was a great opportunity to utilise the recently refurbished common room and the projects looked sophisticated installed in this unique space.



Term 4 2015 Events

Mon 5 th October	Labour Day	
Tues 6 th October	First day of Term 4	
Wed 14 th October	School Council 6pm P&C Meeting 7pm	
Fri 16 th October	World Food Day	
Mon 26 th October	Meet the Principal 9am	
Fri 6 th November	SRC Mufti Day	
Mon 9 th – Wed 11 th November	SRC Leadership Camp	
Wed 18 th November	School Council 6pm P&C Meeting 7pm	
Mon 30 th November	International Students Lunch	
Mon 30 th November	SRC Candy Cane Drive	
Thurs 3 rd December	Orientation Day	
Mon 7 th December	SRC Candy Cane Drive	
Tues 8 th December	Presentation Night	
Wed 16 th December	Christmas Assembly End of Term 4 for students	
Thurs 17 th December	School Development Day Staff Only	
Fri 18 th December	School Development Day Staff Only	
Year 7	Wed 21 st October	Year 7 Vaccinations
	Mon 30 th November, Tues 1 st & Fri 4 th December	Swim School
Year 9	Mon 16 th & Tues 17 th November	Year 9 High Resolves
	Thurs 29 th & Fri 30 th October	Year 9 Peer Support Training
Year 10	Tues 6 th – Thurs 8 th October	Year 10 Exams
	Mon 26 th October – Fri 30 th October	Year 10 Work Experience
	Mon 2 nd November – Fri 6 th November	Year 10 Motivation Week
	Mon 2 nd November	Year 10 Reach
	Tues 24 th November	Year 10 Fitness Leader –

		Museum of Human Disease, UNSW
	Thurs 3 rd December	Year 10 High Resolves UTS
Year 12	Mon 12 th October – Fri 6 th November	HSC Exams
	Tues 17 th November	Year 12 Graduation Rehearsal 12pm
	Wed 18 th November	Year 12 Graduation 4.30pm Year 12 Formal 7pm
	Thurs 17th December	Year 12 - ATAR Results Morning Tea 11am



Expression of Interest for The Forest High School P&C Auditor

Dear Parents & Carers

It is a requirement of the P&C Federation that the P&C financial documents be audited annually.

If there is a parent or carer in the school community who is able to perform this task pro bono, could you please contact Colleen Tobler, TFHS P&C Treasurer on 0421 994 408 or email toblercolleen@gmail.com. TFHS P&C Association is a voluntary committee and all funds raised go back to the school to support projects such as High Resolves, 21st Century Learning Spaces and school maintenance. Your assistance with this audit would be greatly appreciated.

Kind regards

Colleen Tobler, TFHS P&C Treasurer



Next Meeting

Our next P&C Meeting will be held in the library **7pm on Wednesday 14th October**.

All parents are very welcome and it is a great opportunity for you to have direct access to the school executive to ask any questions and hear about what is going on and also what is planned for the school.

Please note there will be no meeting on the 18th November.



Uniform Shop

The Uniform Shop will be open on the first day of Term 4 - Tuesday 6th October - from 8am to 10am and, as usual, on Thursday 8th October from 2pm to 4pm.

EDUCATION & COURSES

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Wednesdays 28th October - 25th November (5 sessions)
TIME: 7.00pm - 9.30pm
COST: \$175pp (Concession \$150)

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

DATES: Thursdays 15th October – 12th November (5 sessions)

TIME: 6.30pm – 9.00pm

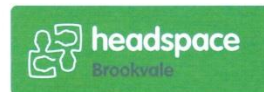
COST: \$110pp

REFRESHMENTS PROVIDED

PLEASE PHONE : 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District

 **Health**
Northern Sydney
Local Health District
www.nslhd.health.nsw.gov.au/Services/CAP



Dealing with Teen's Back Chat!!



PARENTS OF TEENS OR ALMOST TEENS

"Learn how to restore a respectful and positive relationship between you and your teen"

Topics include:

- Similarities & differences between being a teenager today & their parent's day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen's behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager's world & support them

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Wednesday 21st October 2015
TIME: 7.00pm - 9.30pm
COST: \$50pp

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS WORKSHOP

www.nslhd.health.nsw.gov.au/Services/CAP

This workshop will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District



Health
Northern Sydney
Local Health District

RESILIENT KIDS

WORKSHOP FOR PARENTS



- Help your kids learn how to "bounce back" when faced with life's daily challenges
- Help them to recognise, accept and express their feelings
- Teach them problem solving and coping skills
- Find out how to encourage optimism, curiosity and contentment

VENUE: Community Health Centre, 57 Hercules St,
Chatswood

DATE: Monday 16th November 2015

TIME: 7.00pm - 9.30p.m.

COST: \$50

For all enquiries and bookings, please phone: **9887 5830**

All our course leaders are parents and trained educators.

CHILD AND ADOLESCENT PARENTING



Health
Northern Sydney
Local Health District

www.nslhd.health.nsw.gov.au/Services/CAP

PARENTING EDUCATION FOR MUMS, DADS AND CARERS

TERMS 3 & 4 2015 JULY TO DECEMBER

CHILD ADOLESCENT PARENTING tel: 9887 5830

www.nslhd.health.nsw.gov.au/services/CAP

[click here for details and enrolment form](#)

COMMUNITY NOTICES



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SEEKING MUSICIANS / SINGERS TO
ENTERTAIN AT MONA VALE MARKET DAY

SUNDAY 1 NOVEMBER, 10AM TO 4PM

- Can you play for a one or two hour timeslot?
- Can you provide your own equipment (no power)
- Do you want to earn some cash?

INTERESTED? REGISTER NOW!

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