



Newsletter Term 3 Week 5, 2015

Principal's Report

21st Century Classroom

In 2014 The Forest High School teaching staff commenced a whole school focus on teaching 21st Century fluencies. 21st Century fluencies are "structured processes for developing the essential skills students need to succeed today and in the future". They include solution fluency - problem solving; information fluency - data skills; creativity fluency; media fluency; collaboration fluency and global digital citizenship. Professional learning at the School Development Days in December targeted explicit strategies for effectively teaching these fluencies and teachers across all key learning areas (KLAs) designed units of work and lessons incorporating these strategies.

Concurrently, our BYOD (Bring Your Own Device) Policy was implemented for students in Years 8 – 10 at timetable rollover in November. This year, 2015, we implemented the policy for Year 7 students. The implementation of this policy was in response to the cessation in 2013 of the DER program, which had provided laptop devices to all students in Years 9 to 12, and in recognition of the need to continue to provide students and teachers with flexible access to technology in all KLAs.

At the same time The Forest High School recognised a need for flexible learning spaces for both students and teachers. We needed learning areas which were not restricted by the constraints of traditional classrooms. The team responsible for developing the new learning centres, Joel Wood, Head Teacher Teaching and Learning and Nicole Murray, Teacher-Librarian, consulted with student and teacher focus groups and ensured that the design of each space was grounded in educational research, visiting a number of schools, libraries and universities. The interactive technology and modular furniture ensures a flexible layout to serve the purposes of each class and is designed to promote collaborative learning. Additionally these rooms can be utilised for professional development for our staff and teachers from our communities of schools. The first 21st Century learning space was opened in our Library in Term 4, 2014 and we are about to unveil a second space this term in the beautifully refurbished common room.

There has been a marked change in student attitude and application when they work in the learning centre. Student and teacher feedback has been extremely positive and they feel that the environment is inspiring and fosters creativity. These findings are confirmed by current research that suggests the learning space has a significant positive impact on student engagement. The learning space has also been the catalyst for changes in pedagogy, with staff recognising the need to teach students to work collaboratively in groups and to incorporate authentic project-based learning into their programs.

I invite interested parents to view the learning spaces in action when they visit the school. The newest space will be showcased at a P&C meeting when it is completed. I also ask that you encourage your students to bring their BYOD devices to school. Students who do not have access to a device can borrow one from the school loan pool. We have a Technical Support Officer available to assist students with any technical issues they experience when using their devices at school.



Hospital and Roads Update

Our vocational and educational program with Healthscope successfully kicked off with a visit by students in the VET Construction class to the hospital site recently. The students found the excursion very valuable and are looking forward to revisiting the site when the hospital construction has progressed. A number of guest speakers from Healthscope are scheduled to address our Year 10 students about their educational pathways and subsequent careers. Joel Wood, Head Teacher Teaching and Learning, is continuing to liaise with Healthscope to develop this valuable program.

Officers from the Department of Education's Assets Management Unit (AMU) have had a meeting with Roads and Maritime Services (RMS) to determine when improvement works to the school grounds will commence. RMS has selected a contractor to complete the works and the Department and RMS will be liaising closely with us to ensure that the work is completed in a timely manner with minimum disruption to school operations. The final details are still in the planning stage, but any parents who are interested can view the concept design on display at the school. We are very excited about these proposed improvements to the school's infrastructure.

Rosemary McDowall, Principal



Deputy Principal's Report

Once again this has been a very busy term with many opportunities for students, parents and staff to meet through our Parent Teacher Evenings, Education Week Assembly and the Year 8 into 9 Information Evening. Coming up next week is the Senior Soiree where senior Visual Arts students exhibit their Body of Work before they are marked for the HSC. Thanks you to the many staff and students who have contributed to these events. The Forest High School has a great community spirit and events and activities are always very well supported.

For our senior 3 + 3 students, the countdown is on to the final days of their courses. Parents can assist their children by recognising the stress of this time and making life at home as normal as possible. Students have an opportunity in the next 5 weeks to consolidate their work, meet all outstanding course requirements and have an organised study plan to revise class work, past papers and past essays. Use your teachers to follow up on areas of uncertainty and make the most of studying with your friends to exchange ideas and strategies.

The Student Representative Council elections are coming up and nominations are being taken from students in Year 7 through to Year 11. The SRC is a valued leadership group in our school and takes an active role in presenting points of view of students to the staff and also has wonderful ideas for fund raising for our targeted charities. If you think you would like to become an SRC member talk to someone already in the group to find out more about how SRC operates. Miss Murray in the Library is a great source of information about SRC.

One of the best things about The Forest is that there are so many opportunities to become involved in your school community. Becoming involved is a sure way to make friends who have similar interests as you and to get the most out of your school experience.

Cathy Thompson, Deputy Principal

Year 7 Report

Congratulations to all our hard-working Year 7 students who recently received awards at our Education Week assembly. It was really so wonderful to see so many of them applying themselves with diligence in their classes. Well done and keep up the hard work!

In Week 6 this term, most of our Year 7 students will begin to study a new technology in Technology Mandatory lessons. Throughout the Stage 4 course, the students use various technologies in the design and production of their projects, allowing them to experience a range of tools and production techniques. Ask your child which technology they have been using for their current project. Watch out for some of these wonderful design projects coming home, and see if they can explain to you how they produced it!

I would also like to take this opportunity to ask that you try to find a moment to have a conversation with your child about being an effective bystander in a situation where others are bullied. Unfortunately I have recently needed to remind some students about respectful and appropriate behavior towards others, and would like to encourage onlooking students to remember how they can help to keep our school a safe and comfortable environment for all. Below, are some points that may help you in this conversation with your child. In addition to this, some information attached to this newsletter should be helpful to parents and caregivers in assisting your child through such matters.

What can you do as a bystander?

- **Say something supportive to the person being bullied.** For example, "Do you want me to come with you to the office to tell a teacher about this?"
- **Say something to the person using bullying behaviours.** For example, "What you are doing is bullying!", "Stop".
- **Tell someone else.** It's OK to tell. If you are worried what other people will say to you, tell privately. Even if the bullying happens outside of school, report it to someone in authority or someone you trust - a teacher, the School Counsellor. Serious matters should be reported to the police.
- **Do something supportive to help the person being bullied.** For example, support them by taking them away from the bully, encourage them to ask for help, get to know them, or introduce them to your friends.

(Source: <http://www.takeastandtogether.gov.au>)

Amanda Walsh, Year 7 Adviser

Year 8 Report

Congratulations to all of Year 8 - appropriate uniform is being worn on a regular basis, most students are punctual for class and prepared for learning. Many comments I receive from other teachers regarding Year 8 are positive ones. This term has seen Year 8 participate in a reading program during roll call based on reading and discussing a topic which affects many young people - cyber bullying. I would like to take this opportunity to thank the students for the way they have participated in this initiative as well as the Year 8 roll call teachers for the successful delivery of the program.

Recently, the Year 8 cohort experienced a 2-day Cultural Awareness Program - High Resolves. One of these training days involved an excursion to the Jewish Museum. I

congratulate all the students for their respectful behavior and the interest they displayed when at the Museum. The teachers who accompanied the students were very praising of the behavior of the students. I would also like to thank Mrs Janet Richards for organising such a valuable experience for the students.

As I write this report, we celebrate Science Week at school. The Year 8 students will be attending a performance at school titled "What the Matter?" I encourage all students to be prepared with their permission note and money prior to the performance. Thank you to Mrs Yam who has organised this opportunity for our junior students.

Finally, I would like to remind students and parents that the school diary is a method to record all homework and assessment tasks for all subjects. It can also be used for communication between school and home. If homework or assignments are causing a child to feel stressed, a quick note in the diary allows a teacher the opportunity to provide feedback and advice to the student. The Mathematics teachers provide a Help Desk on Fridays at lunch to assist students and Ms Garnett also runs an afternoon session in the library on Wednesdays, assisting students to complete assessments or homework tasks.

Clare Diggins, Year 8 Adviser

Update on the Year 8 DEAR Pilot Program

The pilot DEAR program based on the text 'Fake Profile', which was mentioned in last term's newsletter, is well underway. Initial reports from teachers and students are that they are enjoying the book and activities. It has been decided that we will run the program for Year 9 next term. It is especially relevant to them as even during the past few weeks there have been at least four instances of students raising concerns about the misuse of Facebook and phones. In the last newsletter we included some tips to support parents in monitoring and protecting children online. Our second information sheet is included today - click on the [Top Tips](#) link to access the information.

Year 9 Report

It was wonderful to see so many supportive parents at the recent Year 9 parent teacher evening. I know the students only just received their reports prior to the evening but I feel this was a positive as it allowed parents to ask direct questions in regard to progress and gain valuable feedback on their report.

One of the many things I love about The Forest High School is how accepting and supportive students are towards other students who are presented with challenges or have a disability. Fisher Road is for students with a moderate to severe intellectual disability. A small group of students from Fisher Road attend The Forest High School for one lesson a week to give them the opportunity to participate in regular school life. The lessons are practical and include PE, Food Technology, Information Technology and Textiles. Selected students in Year 9 have had the opportunity to work with Fisher Road this year. The Year 9 students involved have been very supportive and helped greatly in making the program successful. Thank you!

Michelle Garnett, Year 9 Adviser

Year 10 Report

It was with some degree of disappointment that I had to cancel the Year 10 School Formal. Unfortunately, due to a lack of interest or motivation, we did not get enough students to pay the deposit to allow the Formal to proceed. I understand there are a large number of very disappointed students but we did all we could to get the Formal to happen.

It appears that the Year 10 members of the SRC have decided to try and organise a Formal themselves. Please note that this is not a school function and the school will not take any responsibility for organising the Formal or any part in the Formal itself. Staff will not be available to supervise. Any liability arising from the Formal must be met by the students and their parents.

By now all Year 10 students should have received notification for their 3 subjects commencing in Week 6 of Term 4. If your child has not yet been given this notification please arrange for them to see me. Year 10 students should be encouraged to keep working hard leading up to the roll over as good work practices are habit-forming and it will help to prepare them for the increased work load moving into their senior studies.

A reminder that Year 10 students should have organised, or be well into the process of organising, their work experience. The work experience week is Week 4 of Term 4 from 26th to 30th October. Most schools have their work experience at around this time therefore finding a position can be difficult. The sooner students lock in their places the better.

Jason Millar, Year 10 Year Adviser

Year 11 Report

Congratulations to all of our senior students who have just finished their trial HSC examinations. I encourage all students to use the time between now and the HSC examinations to study smart, identify their weak areas and work hard on improving so they can perform to the best of their ability.

A reminder that The Forest High School is entering a team in the Pub2Pub Charity Fun Run which is to be held on Sunday 23rd August. It would be great to see students and teachers get on board and help raise money for The Asylum Seeker Resource Centre. If you would like to make a donation and support our team, you can do so through the following link:
<https://pub2pub.gofundraise.com.au/payments/donate/page/348637>

Year 11 CAPA students have been very busy over the last few weeks rehearsing performances and preparing major works. Come and see some of their wonderful work at the Senior Soiree on Thursday 20th August.

Chris Falkland, Year 11 Adviser

Year 12 Report

Year 12 students returned to school in Week 5 after their Trial HSC Examinations in Week 4. Students are to be praised for their conduct during the exams and are reminded that the rest of this term is a pivotal time to learn new content and consolidate knowledge and skills. Students should make use of teachers and staff who are there to support them.

Year 12 Formal payments are due on 21st August. As soon as the payments are made, more specific details of the night can be organised. The Year 12 Graduation is on the same day as the Formal, which is Wednesday 18th November. More information will be provided to students and families soon.

I hope that all students enjoy their last few weeks of High School - we're almost there!

Alex Castle, Year 12 Adviser

Saltbush Part 2 - The Bush Comes to the City

On Tuesday, 28th July, 2015 ten Bourke High School students joined The Forest High School community for the day. They attended classes and the High Resolves program with their buddies who were students who had visited Bourke High School in Term 2.

The following day all the Bourke High School students and Forest High School students who were participants in the Saltbush program travelled down to Wollongong University for the day. As we were returning to Mr Pitt's University he organised for the students to be hosted there by the Woolyungah Indigenous Centre and AIME (Australian Indigenous Mentoring Experience) mentors.

Students toured the Woolyungah Centre and found out about the support available to Indigenous students attending Wollongong University. Mr Pitt conducted a tour of Wollongong University Campus sharing stories of his time at the University and attending the Indigenous Games representing the University. In the afternoon the group participated in some activities with the AIME mentors culminating in a goal-setting activity where they wrote a letter to themselves about their future goals. They will have this letter mailed to them in one year so that they can reflect on how they are progressing. It was a really interesting day for everyone involved.



Year 10 Ski Camp 2015

Last week a group of 40 Fitness Leader students and 4 teachers ventured on a 6-hour bus trip to Jindabyne and were prepared to be met by a cold awakening. We first stepped foot in Jindabyne late that night and the majority went straight to bed, all eager for the next day as many of us were first time skiers.

We started off each morning with skiing or snowboarding lessons at Thredbo Snow Park. I am sure that I can speak on behalf of everyone on this trip that the stacks (especially from Mr Pitt and Mr Millar) were the most entertaining part about skiing! We would then enjoy delicious meals at the River Inn with free time skiing for the rest of the afternoon. At night we would all come together and enjoy some R&R, which included a huge pool contest - which to our surprise, Ashlee and Lana managed to win! The second night everyone headed to the Common Room and were left in hysterics after watching Mr Millar, Mr Pitt and Mr Neely's dancing efforts and when Mr Pitt enlightened us with his amazing singing skills to "What Does the Fox Say". There were many memorable stacks throughout this trip but the most outstanding had to go to Hannah Elliott for taking down the safety fence and a couple of snowboarders - luckily nothing was broken in this hilarious event. For many students this was their last camp and many people have said this was the best camp they have been on.

Caitlyn Callaghan, Year 10



Year 7 Gala Day

On Tuesday 4th August, Year 7 students participated in the Year 7 Northern Beaches Gala Day. The Forest High School entered 13 teams into a variety of sports including soccer, touch football, ultimate frisbee and netball. These students have trained in their chosen sports for several weeks during their integrated sports sessions and have improved their skills and teamwork significantly. The Year 7 teams were coached by students from our Year 10 Fitness Leader

Program who have specific skills in each sport. Stand out performances included our two girls soccer teams who narrowly missed out on making the finals and our boys touch teams, who under the watchful eye of our new super coach, Mr Pitt, won the majority of their games. All students thoroughly enjoyed the opportunity to represent The Forest High School and test their skills against the other local schools.

Kurt Neely, PDHPE Teacher



CAPA News

Term three is an amazing time for the CAPA faculty every year. It is the term when all our HSC Major Works and Performances are assessed by BOSTES.

Our Dance HSC Class were the first to be examined with the HSC markers coming to us in week 4. We are very proud to have presented The Forest High School's first HSC Dance cohort and congratulations must go to the students and to Ms Constantin and Ms Alianni for presenting such high quality work.

The Visual Arts Major Works will be the next to be submitted. Mr Juric and his class have been working incredibly hard, finishing off a staggering display of artworks of outstanding sophistication. These artworks can be viewed at the Senior Soiree on Thursday 20th August in the new 21st Century Learning Space in B Block. HSC Hospitality students will be catering the event and Music students providing light entertainment.

HSC Music will be the last to be assessed. The students assisted by Mr Moore and myself are preparing for the performances which will be in the first week of September.

Lastly, the biggest CAPA night of the year is nearly upon us! MADD Night will be held on Wednesday 26th August in the school hall. Doors open at 6pm to view artworks and the performances will begin at 6.30pm. Please come along to enjoy The Forest High School's annual showcase of Music, Art, Dance and Drama.

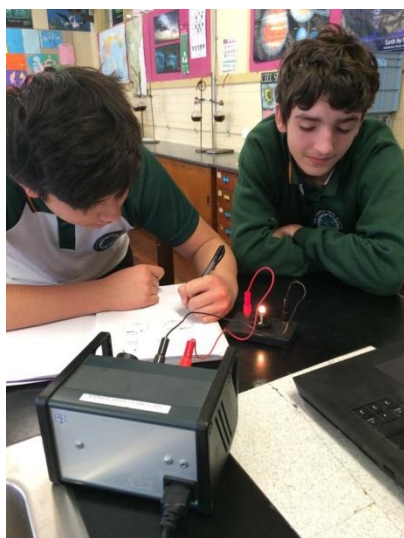
Ben Goldsmith, Head Teacher CAPA

STEM at The Forest High School

At The Forest High School we have been included with 20 other schools state-wide, in a special funding initiative from the Department of Education and Communities to develop a Science, Technology, Engineering and Mathematics project.

We will run this as a cross-curricular program between the TAS, Science and Maths faculties, initially with Year 8 students. The goal is to encourage students to use concepts from the three subject areas to solve real world problems.

We are very excited about this project as it will provide opportunity for the students to develop the transferable skills required for 21st century learning and to gain confidence in these related subject areas. Over time we plan to develop the programs further for other year groups and to include the creative faculties too.



Student Representative Council Elections 2016

The SRC elections for the new school year are commencing Week 6 and we encourage students to stand and have a voice for their year group. The first step in the process is to complete a nomination form and hand in to the Library. An interview with the Deputies/Year Adviser will follow to determine the student is a worthy role model to represent the school. The students standing for election are then required to present a short speech to their year group as to why they should represent their peers, following which their year group votes. Some of the roles they are required to perform are listed below.

Role: RESPECT, RESPONSIBILITY AND PERSONAL BEST to be demonstrated at all times

- Initiators in PBEL Program throughout school - working with Principal, Deputies and staff
- Attend and actively participate in the SRC - Assembly duties included
- Role model for students - full uniform, attendance, positive attitude to studies, teachers & peers
- Demonstrated commitment to school activities over time at Forest High School
- Encourage student involvement in the decision-making of the school

- Foster greater student participation in all aspects of school activity
- Promote interaction between the school and the community
- Publicise and communicate achievements
- Encourage school spirit and pride; recognise student's achievements of excellence
- Improve school amenities and appearance

As an SRC member you are expected to be responsible - first step in this process is to ensure your nomination is in on the due date:

Year 11 - 14th August 2015

Years 7-10 - 18th August 2015

No late forms will be taken

The Tell Them From Me feedback survey

I am delighted that this term, our school, like many other public schools in the state, will continue to participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. We have already gained valuable feedback from our initial survey and welcome the opportunity to monitor and track improvements in the teaching and learning programs we provide at The Forest High School.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 17 August and 16 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey will be sent home with students this month. If you do not want your child or children to participate, please return the form to school.

The Partners in Learning parent feedback survey

Our school will also be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be

conducted between 17 August and 16 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated. Information about how to complete the survey will be sent home this month.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

Joel Wood, Head Teacher, Teacher & Learning

Achievement Awards

Congratulations to the following students who received an Achievement Award during Term 2 for handing in 10 Green Merit slips. The next Silver Ceremony will be in Term 3.

Year 7

Michael Burghoff
Sam DeGroot
Giovanna Loschiavo
Samuel Tobin
Josh Turner
Marcus Vilnis
Max Wei

Year 8

Sascha Bensaul
Emma Beukers
Tamara Carling
Gabriella Donato
David Eglington
Lochlan Greaves
Jeremy LaFace
Tara Mapstone
Mikey Patterson
Tayla Pierce
Renalyn Serrano

Year 9

Ryan Adney
Robert Buttiglieri
Jeremy Chan
Lachlan Clarke
Tsering Dolma
Caitlin Doyle
Zoe Forman
Reece Johnston
Sophie Jukes
Phoebe Lacey
Andrea Malm
Miranda Page
Dylan Poulter
Samantha O'Shanassy
Nicholas Raskovic
Kenzo Ueda

Year 10

Taryn Barstow
Sheniah Limbaga
Thomas Sefo
Michael Sgro
Charlotte Smith
Hayden Watson
Aidan Wylie

Year 11

Zoe Burnett
Micaela Savage
Georgia Whiston

Year 12

Travis Britton
Kelly Goble
Zack Henderson
Joanna Karlin

Term 3 Events

Mon 17th August	Science Week	
Tues 18th August	Science Showcase	
Thurs 20th August	Girls Knockout Baseball Senior Soiree	
Tues 25th August	SRC Captain Speeches	
Wed 26th August	MADD Night	
Thurs 27th August	Premier's Debating Challenge	
Tues 1st September	Biodiversity Month – Green Day	
Wed 2nd September	SRC Induction Assembly	
Thurs 3rd September	Combined High Schools Athletics	
Fri 4th September	Combined High Schools Athletics	
Fri 4th September	International Students Lunch	
Mon 7th September	Kids Teaching Kids Week begins	
Wed 16th September	School Council 6pm P&C Meeting 7pm	
Fri 18th September	Year 12 Breakfast & Farewell Assembly	
Fri 18th September	Linton/Townsend Cup	
Fri 18th September	Last day of Term 3	
Year 7	Wed 19th August & Wed 9th Sept	Maths Olympiad
	Fri 28th August	Engineers Without Borders Workshop
Year 9	Mon 24th August	Zohab Khan Performance Poet Visit Beacon Hill PS Yr4 visit for WOW
	Mon 7th September	High Resolves
	Wed 9th September	Girls in Science
Year 10	Thurs 27th August	B Streetsmart
	Wed 9th September	Girls in Science
Years 11 & 12	Mon 7th September	3+3 Modern History visit to Jewish Museum
	Mon 14th September	NSW Parliament House Jessie St. National Library Luncheon (SRC)
	Fri 18th September	Year 12 Breakfast & Farewell Assembly



Next P&C Meeting 19th August

We welcomed some new parents to the P&C last term and heard about some new initiatives that the School will be running to support our students in cyber space. The second 21st Century Learning is progressing well with a donation from the P&C being put to good use.

All parents are welcome to come along to the library and find out all about what's going on in the School, having direct access to the School Executive to answer any of your questions.

Tea/Coffee and some sandwiches are available for those parents who work late.

7:00pm start





Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:

Wednesday 26 August 2015
6.30 - 8.30pm

VENUE:

Civic Centre, Flannel Flower Room
725 Pittwater Rd Dee Why

BOOK NOW ON: 9942 2447 or
roadsafety@warringah.nsw.gov.au

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Your local Warringah Community

MARKETS

AUGUST 8

Saturday 10:00am - 3:00pm

📍 **244 Warringah Rd, Beacon Hill**

In the grounds of Warringah Christian Church

FREE ON SITE & STREET PARKING

25 STALLS • HOT FOOD • COFFEE

GIFTS, CARDS, JEWELLERY, CLOTHES & FASHIONS, TOYS, KIDS CLOTHES
& GIFTS, SCARVES & ACCESSORIES, SHOES, NEW & VINTAGE, BAKED
TREATS, JAMS, CHUTNEY, LOLLIES, SOAPS, CANDLES, HOME WARES
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Payment type (circle): CASH VISA MASTERCARD Post my order \$10.50

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Credit Card number: ____/____/____/____

Expiry date: ____/____ **CVV*:** _____

*CVV is the 3 digits on the back of your credit card

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Thanks for your support!

20% from each membership sold contributes to our fundraising!

ADHD Support Group

Speaker Evening - Ondrej Burksik

"Neurofeedback & how to regulate our brain - Drug-Free approach in helping ADHD"

Monday 17th August, 7:00-9:00pm at Pittwater RSL

Relax, Recharge, Refresh

Relaxation for parents of children with ADHD

Sunday 16th August 9:45am-3:30pm at Avalon SLSC

Please click [here](#) for further details

