

## Newsletter Week 5 Term 4, 2016

### Principal's Report

#### EXTERNAL SCHOOL VALIDATION

On October 28th, our school participated in the External Validation Process. The process required that we submit a self-assessment report and provide supporting evidence through a submission to the High Performance Unit. A panel including a PSL (Principal School Leadership) and a Peer Principal reviewed our submission and then we participated in a two hour panel interview with our leadership team in order to validate our self-assessment and assure the school that the progress being made aligns with the expectations articulated in the School Excellence Framework. Validation supports an inquiry-based, evidence-seeking, evidence-informed school culture of high expectations and collaborative practices. My congratulations go to our validation team and to Mr Peter Santamaria, Head Teacher Teaching and Learning, who coordinated the submission and the panel interview. It was a positive learning experience for the all the teachers who analysed the evidence sets and annotated the evidence and for those who participated in the interview. We were very pleased with the validation report, with the panel not only validating our self-assessments, but also reporting that in fact the school is performing at a higher level than we identified.



The Forest High School Validation Team

### EXECUTIVE CONFERENCE

The whole school executive participated in our third annual executive conference at the Newport Mirage on the 19th and 20th October. The conference provides time for whole school planning as well as access to external academics and experts. Key note speaker, Michael Durant, presented “Positive Schools” and Elevate Education presented the staff training component for the senior study skills program we are introducing this term. Other topics included gifted and talented (GATS) teaching strategies, project-based learning electives, introduction to Business Intelligence data and school self-assessment and validation. Some key school initiatives were evaluated and this highly successful conference informed our whole school planning for 2017.

### MEDIA REPORTS REGARDING POSSIBLE RELOCATION OF THE FOREST HIGH SCHOOL

Many of you may have seen recent media reports about the possible relocation of The Forest High School. The Department of Education has been consulted by the Department of Planning and Northern Beaches Council (formerly Warringah Council) during drafting of Council's Draft Northern Beaches Hospital Precinct Structure Plan. The Department is planning for educational facilities for all the schools in the area to meet enrolment demand and provide quality educational facilities, taking into account the impact of potential dwelling increase stemming from the Council's plan. If Northern Beaches Council, in conjunction with other government agencies, considers that The Forest High School site should at some stage be rezoned, the Department of Education will consider its options. The Department believes there is no educational need to relocate the school or rezone the land. As this process progresses, we will continue to update the community.

### ASSISTANCE DOG

We have been advised that one of our senior students will be accompanied by an assistance dog at school in the near future. There are several schools in Sydney that have students attending with assistance dogs.

"An Assistance Dog is a specially trained Labrador or Golden Retriever that is not

specifically trained for visual impairment, but is trained to perform everyday tasks for people living with a wide range of disabilities. Assistance Dogs increase freedom and independence, reduce reliance on human caregivers and act as a great ice-breaker, helping overcome social isolation to people living with disabilities.” (Assistance Dogs Australia)

<http://www.assistancedogs.org.au/pages/about-us.html>

We will be conducting a risk assessment and communicating to the whole school in compliance with Departmental WH&S guidelines. Please advise us if you are aware of any students with allergies or phobias in relation to dogs. We will continue to update the community when we have further information.

Rosemary McDowall, Principal

## Deputy Principal's Report

As “our school year” comes to an end and we await rollover next week (Week 6) the students and staff at The Forest are continuing to engage in productive and engaging learning opportunities.

### YEAR 9 HIGH RESOLVES

This week **Year 9 High Resolves** presented their final programs on Homelessness to their High Resolves leader, Sibella, and asked me to come along to observe their presentations. I am always very proud of the High Resolves students as each year they practise the skills of leadership and community awareness through the High Resolves program. This group of Year 9 students presented their ideas on supporting homeless people in the community based on the Six Hats thinking skills strategies. The presentations were thoughtful and investigated sophisticated concepts in delivering solutions.

### YEAR 10 WORK EXPERIENCE

Over the past two weeks Year 10 students have participated in their end of year experiences. Last week students attended work placements as part of our **Work Experience program**. Students should be congratulated on their attitude and effort during this time. This week Year 10 have also participated in our Motivation

Week which is a multi-faceted program covering mandatory Department of Education requirements for the “Crossroads” program as well as “All My Own Work”. Many representatives from community organisations and businesses, including local doctors, presented workshops to students on relevant topics for their age. Students participated daily in these workshops. Motivation Week was organised by Mrs Power and teachers in the PDHPE faculty.

### 3+3 STUDY SKILLS PROGRAM

The Forest High School has contracted **Elevate Education**, a specialist student motivation group, to run seminars for all of our students in the 3 + 3 program. The seminars target study skills, goal setting, organisation and time management and are supported by on-line resources for the students to use to track their progress in these areas. The idea is that through awareness and use of these strategies students should be able to add value to their results in their senior years of study. This program also introduces the techniques of the program to staff and parents in separate seminars.

#### Dates and Times for upcoming sessions

15 November	<b>Staff seminar</b>	Program information	Staff meeting
21 November	<b>Parent seminar</b>	Information evening	6.30pm - 7.30pm
22 November	<b>Student seminar</b>	Study Skills	Period 3 11.15am - 12.15pm
16 February 2017	<b>Student seminar</b>	Time Management	Period 3 11.15am - 12.15pm

**\*\* Final session in 2017 to be advised**

Parents of senior students received an invitation to the parent seminar to be held on 21st November at 6.30 pm. This will be supported by a presentation on BOSTES information for the HSC after the study skills seminar. Could parents who wish to attend this seminar please phone the school to let us know.

**Cathy Thompson, Deputy Principal**

## STUDENT REPORTS

The start of the 2016-17 school year is fast approaching and I have been reading through student reports for Semester 2. I am pleased by both the quality of reports written by the teachers and the information they have given to students on how to improve their performance in the next year. I encourage parents to speak to their child about their reports and discuss ways they can use the advice for their next year at school.

## YEAR 11

We look forward to welcoming our new Year 11 cohort in Week 6. The students returning from completing the first part of their HSC will be able to provide valuable information to the new Year 11 students about the Preliminary and HSC year. We do expect students to be in the correct senior uniform including black leather shoes. Black leggings are definitely not to be worn by girls and students may be sent home or placed on detention if they are not in correct uniform. Students will shortly be selecting their senior jersey but until then students are expected to wear their normal school clothes if the weather is cold.

## HSC ADVICE

One of the most important pieces of advice students who completed their HSC in 2016 have given to new senior students is the importance of having a study plan to keep themselves on track with assessments and exams. Students are also expected to study or revise for at least two hours per school day and more in the senior years.

**Denise Wright, Deputy Principal**

## Term 4 Events

14-16 November	SRC Leadership Camp
14 November	Year Rollover Whole School
21 November	Year 11 & 12 Study Skills Program Information Night (parents only) 6.30pm
23 November	School Council 6pm P&C Meeting 7pm
24 November	Year 12 Graduation 4.30pm Year 12 Formal 7.00pm
25 November	White Ribbon BBQ
29 November	Silver Ceremony 9.00am
5 December	SRC Candy Cane Drive
6 December	Year 6 into 7 Orientation Day
8/9/12 December	Year 7 Swim & Lifesaving School
12 December	SRC Candy Cane Drive
13 December	Presentation Night 7.00pm
16 December	Last day of Term 4 Christmas Assembly

Full details of all school activities are available on the school calendar on the school website [www.theforest-h.schools.nsw.edu.au](http://www.theforest-h.schools.nsw.edu.au)

## Year 7 Report

I am very pleased to report that our Year 7 students have a number of achievements to celebrate in this newsletter. They excelled in a number of areas, both in and out of school.

### U13 STATE SOFTBALL CHAMPIONS

Last term three of our students - Ingrid F., Isabelle F., and Emma-Jane R. represented Manly-Warringah in the U13 Softball State Title. They played several lead up tournaments commencing in July with excellent results. The long hours of training and commitment paid off. Having played exceptionally well in the lead up tournaments, winning the majority and placing runner up in others, they won the **U13 State Championship** on 11th September, having played 7 games over 2 days and remaining undefeated. They overcame teams from Cumberland, Macarthur,

Newcastle and Penrith. The standard at this age is very high and the girls showed amazing commitment over a prolonged period to achieve their goal. Great effort girls, we'll be watching out for more sporting achievements from you!



U13 Girls Softball State Champions (courtesy Manly Daily, 15 Sept.)

### UNITED NATIONS INTERNATIONAL DAY OF THE GIRL

On Tuesday 11th October **Amelia B.** (Year 7) and **Elizabeth R.** (Year 9) were invited to attend Parliament House NSW by the State Commissioner, Sarah Neill, from Girl Guides NSW & ACT, to commemorate the **United Nations International Day of the Girl**. The theme of the day was "Empowering Girls and Women: Empowering Humanity" and it celebrated the contribution of a Guiding Life to girls and women in NSW.

Amelia and Elizabeth, along with two other Guides from Beacon Hill Mankarra Guides, were four of 25 Guides specifically chosen as they were awarded their **Baden Powell (BP) Awards** this year. The BP Award is a major award for Guides aged 10-14 years old. The girls are required to complete a number of significant challenges to earn this award. At the ceremony the girls heard from and met with female state politicians including NSW Premier Mike Baird, state MPs and Senators and advocates for Girl Guides, girls and young women. We congratulate Amelia and Elizabeth on this outstanding achievement.



Amelia and Elizabeth at the UN International Day of the Girl  
with Mike Baird Premier NSW

### ENRICHMENT DAY

Our Year 7 Enrichment boat design and launch was a wonderful day! The students, and teachers, enjoyed the gorgeous weather at Narrabeen Lake earlier this term as they launched their boats. Some sank and some made the round trip out to Mr Dodds and back without any water damage! It was great to see them enjoy the sunshine and a sausage, and cheer on their team as they paddled out. A fantastic way to start the term and a special thanks to Ms Claire and Mr Santamaria for organising the day.







Year 7 students enjoying their Enrichment Day

### MINI-OLYMPICS

The Year 7 mini-Olympics yesterday was a great success. A great day for some sporting fun and a BBQ lunch. Students were rewarded for abiding by the school's uniform policy with this event. Thank you Mr Santamaria for organising the event.



Year 7 Mini Olympics

A very big congratulations to the students receiving Certificates of Achievement this week. There are so many of them! This is very reassuring to see as they prepare to head into Year 8, and I hope to see this diligence and enthusiasm continue. A special mention is needed of the three students who have excelled in collecting Green Merit Slips - Janiella D., Zeantel D. and Noah K.

A fantastic achievement. Well done.

With the school rollover in Week 6 our students will all receive a new timetable (available on Sentral on Friday), heading off to new classes from Monday 14th November, and as such will need a new supply of exercise books and materials. The equipment list can be viewed on the school website by clicking on **Curriculum & Activities>Downloads>Year 7-10 Resource List**. If you can help your child to check what they need and prepare for their new classes it will be greatly appreciated by their teachers.

Amanda Walsh, Year 7 Adviser

## Year 8 Report

What a year it has been. It has flown by quickly and now on Monday we are Year 9! The highlight this term has been to see everyone wrap up their class projects and have fun at the **Mini-Olympics** to reward outstanding uniform for the year. Below are Lachie B. and Caitlin M. who just finished making their shorts in Technology Mandatory.





I would like to say congratulations on the consistent achievements of Year 8 students within the school. The following students have received **over 50 Green Slip Merit Awards** this year:

Jazzy D.	Mitchell F.	Amelia H.
Kailee F.	Imogen T.	Sky-Michelle G.
Juliana C.	Ernest D.	Oscar C.
Maddison F.	Daren R.	Sapphire M.
Jack D.	Finn S.	Morgan B.
Sophie C.	Emily B.	Caitlin M.
Ryan D.	Sam T.	Rogue F.
Jake C.	Sam D.	Hunter H.
Angus C.	Callum F.	Marcus V.
Chris D.	Sophia H.	
Angela B.	Chloe G.	

A special mention to Alexander D. who has received over 150 Green Slips this year!

As we move into Year 9, I would like to remind that students need to demonstrate respect to each other as well as their teachers. Although it is the end of the year, I hold the highest expectations of them and know that they are capable of doing their very best.

**Julian Floriano, Year 8 Adviser**

# Year 9 Report

Congratulations to all the Year 9 students who participated in the **Peer Support Training** in Week 4. Ten teachers volunteered their time to work with small groups of students over the two days. The program focused on building students' communication, teamwork, problem-solving and leadership skills. Most of the cohort really embraced the program and the teachers conveyed how pleased they were with the maturity of the students. It was wonderful to see the positive participation in the activities over the two days. Thank you to Ms Fitzsimmons, Ms Castle and Ms Walsh and the teachers of each group for volunteering their time and energy to allow this program to go ahead for the whole year group. Fifty students have been chosen as the Peer Support Leaders for 2017. These students were selected based on observations over the two days, the Expressions of Interest they submitted and their general behaviour, attitude and uniform. Congratulations to all students who participated to the best of their abilities. I look forward to seeing them welcome and support the Year 7 students next year.





Year 9 Peer Support Training Day

I would also like to congratulate the students involved in the High Resolves program at the school. These students have been actively bringing awareness to our school community of the plight of the homeless in our local area. Visiting and presenting to roll call classes, selling raffle tickets and collecting donations of tinned foods all go a long way to assist families experiencing hardship.

Next week is academic rollover. I encourage all the students to come to school prepared for all their Year 10 classes, wearing correct uniform (covered, closed in leather shoes PLEASE) and with the books, calculators, pens and devices required for learning. The equipment list is available on the school website. The next few weeks allow the students to renew their study plan and organise their time and equipment to maximise the learning opportunities which lead to success in the future senior years.

Clare Diggins, Year 9 Adviser

## Year 10 Report

What a busy start to Term 4! Week 3 was a very exciting week, celebrating the completion of Year 10 with the Formal. Miramare Gardens was a fantastic venue; everyone looked amazing and conducted themselves in a very mature

manner. Week 4 saw Year 10 venture out into the real world and engage in **Work Experience**. Many teachers went out to visit the work places and the feedback was extremely positive. Week 5, the final week of Year 10, was spent attending **Motivation Week**. A big thank you to Mrs Power for arranging various activities and information sessions throughout the week. The students participated in a job interview that was conducted with members of the school and community. Students dressed appropriately and came prepared with their resume and demonstrated sound communication skills.

I am looking forward to moving into the new school year and commencing our journey as seniors.

**Michelle Nunura, Year 10 Adviser**



## Year 11 Report

The 2016 HSC has now finished and Year 11 students should be turning their minds to their 2017 subjects. The **2017 academic year commences on 14th November** and students are expected to be present and ready to start on that day. In previous years, returning some Year 11 students have had a poor attitude when it comes to the Preliminary component of their courses. The Preliminary course is very important and in most cases lays a vital foundational platform for the HSC course. Similarly, Preliminary assessment tasks should be approached with diligence and care.

I hope and trust that all Year 11 students have performed well in their first round of HSC examinations and have had a sufficient break to allow them to return to school refreshed and ready to go round again. I look forward to catching up with students on 14th November.

Jason Millar, Year 11 Adviser

## Year 12 Report

The final HSC exams have been completed and students can now relax and enjoy their freedom. It is always a sad time when students come in to return books, pay fees and sign out as it marks the end of the journey with us. Although I have only been their Year Adviser for a short time, I have become very attached to them and have enjoyed my time with them. I will keep many fond memories of barbecues, assemblies and various other times. The Year 12 Celebration Day went very smoothly and the students appeared to have a great time. The farewell assembly was a change from the fun of the Celebration Day as we said a formal goodbye to them. I look forward to our formal and seeing the students all dressed and ready to celebrate and head out into the world. I wish them every success and hope they fondly remember their time at The Forest High School.

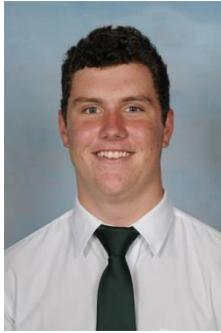
Karen Nixon, Acting Year 12 Adviser



Year 12 student **Luke Reid** has been awarded the school's 2016 Caltex Best All Rounder Award, one of Australia's most prestigious secondary school prizes. The award recognises Luke's contribution across a number of disciplines. He has been a wonderful asset to The Forest High School and the wider community, setting a terrific example for others to follow.



2016 is the 31st year of the Caltex Best All Rounder Award. Over the past three decades it has been presented to thousands of outstanding high school students around Australia. We congratulate Luke as a worthy recipient of this nationally-recognised award and wish him well as he moves into the next phase of his life.



#### 2016 PIERRE DE COUBERTIN AWARD

Saxon Illingworth from Year 12 has been awarded the 2016 Pierre de Coubertin Award for The Forest High School. This award recognises secondary school students who demonstrate values which are consistent with the Olympic Movement through participation in sporting activities. Among other sporting achievements, Saxon has competed at state-level baseball. More than 15,000 young Australians have received the award since its inception in 1993 including 2012 London Olympic Silver Medallists Kim Crow (Rowing), Jessica Fox (Canoe/Kayak) and Nina Curtis (Sailing). We congratulate Saxon on this very well-deserved award.

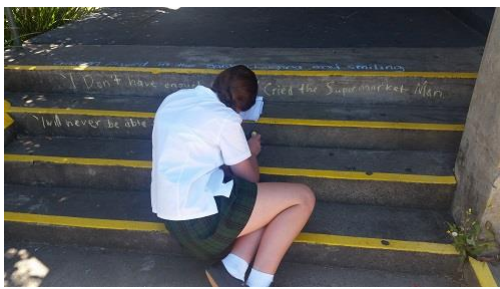
## English

As we approach the rollover into the new academic year, it is essential that all students have returned the novels that they have studied throughout 2016. The English faculty members are excited to meet their new classes in Week 6 and work hard to build students' skills and passion for the subject over the next 12 months. All students are reminded that they should be reading on a daily basis from a range of increasingly challenging texts.

Week 4 saw Ms Anwar and Ms Levy's Year 8 English students colourfully splash the school with original poems derived from appropriations of Oscar Wilde's short

stories 'The Selfish Giant' and 'The Nightingale and the Rose'. Known as 'Guerilla poetry', it involves publishing poems in unusual ways and unexpected places - in this case, the COLA, canteen and overpass between C and D blocks. It is a widely promoted pedagogical practice currently used in a number of department schools and after the success seen with Year 8's recent experience, it is clear to see why. This engaging practice promotes autonomy and individuality, as students become responsible for the exhibition of their own writing as they skip along poetry's stepping stones, leading them to fine tune their creative thinking skills in preparation for the plethora of creative writing that is yet to come in later years. It was fantastic to witness other students in the school take notice of the poetry and comment positively on this alternative approach to writing. Congratulations Year 8 on showcasing your talent in a truly inspiring and imaginative fashion!

Alex Castle, English Department



Guerilla Poetry in action

# CAPA



## THE FOREST HIGH SCHOOL CHOIR

The Forest High School Choir will rehearse on **Thursdays from Week 6 of Term 4**. The choir is open to all years and ability levels and has a strong aural skills focus.

All students involved in the school band program and those enrolled in elective music classes in Years 9 and 10 are strongly encouraged to take this opportunity as an excellent supplement to their current music studies. Aural skills fitting external AMEB examinations will be covered in choral warm ups. Involvement in choir provides excellent preparation for sight singing and dictation skills required in the Preliminary and HSC music courses. Solo and leadership opportunities will be available to those students of high vocal ability, however, no vocal experience is required for enrolment in choir.

The choir performs repertoire from a wide variety of musical genres from Baroque to Contemporary historical periods. Students will read from traditional scores, however, no previous music reading skills are required.

The Forest High School Choir provides an excellent whole school social experience. Regardless of vocal ability, this free school activity aims to provide students with a guaranteed feel good time!

## SIMONE ISAACS - PHOTOGRAPHY PRIZE

Year 12 student **Simone Isaacs** recently entered and won the **Advocate for Children's & Young People Photography Competition** using a long exposure for a self-portrait. Entrants were required to submit a self-portrait showing themselves

in everyday life or showing their inner self, as Simone's photo portrays. The awards were presented at NSW Parliament House on Thursday 27th October. Guests included representatives from NSW Government, The Children's Council, Aboriginal Elders from the Land Council, Court Magistrates and other dignitaries.

The photo competition was judged by the Advocate, Australian Photography Magazine Editor, Mr Mike O'Connor, and members of the NSW Youth Advisory Council. Simone was also a finalist in the Mosman Art Prize earlier in the year. We congratulate Simone on this great achievement.



Simone Isaacs and her ACYP Photography Competition winning entry

## HSIE

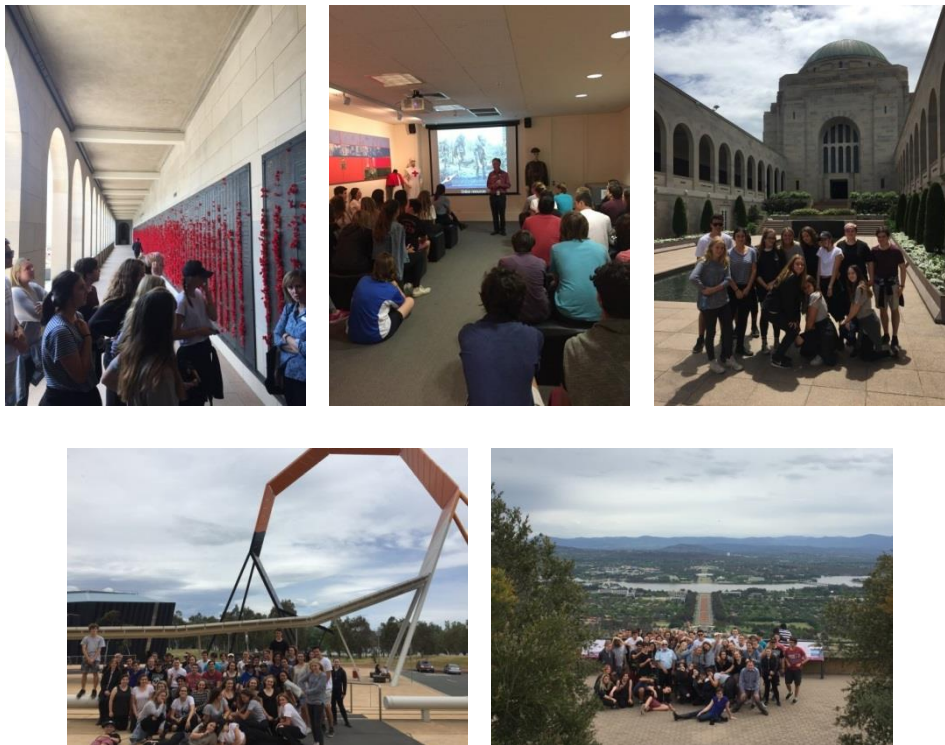
On 7th of November, the **Year 9 Philosophy and Elective History** classes were taken on a great excursion to Canberra by the wonderful Mr Millar, Mr Floriano and Ms Emery. We left at the end of Period 4. As we boarded our coach, our amazing bus driver, John, introduced himself to us and told us the rules on the coach. When we arrived at our motel, we got changed and had dinner. When everyone finished their chicken and vegetables, we got back on the coach to drive to AMF Bowling where we were all allowed to play two games in groups of eight. When bowling was finished, we went back to the motel to sleep.

The next day, after having eaten breakfast, we went off to Questacon, where we spent an hour exploring the interactive scientific exhibits. When the hour was

over, some people rushed into the gift shop to buy souvenirs. After Questacon, we headed off to the War Memorial. Here we were split into groups to be taken on a tour through the exhibits. We learned a lot about the Vietnam War and about Remembrance Day. When we finished our tour, we got back on the coach.

Next we visited the “**100 Objects of Human History**” exhibition (really there were 101 - 100 from the British Museum and one from the Canberra Museum). There were many different items at this exhibit ranging from old chess pieces from the Lewis Isles of Scotland, to a fake Didier Drogba shirt. When we finished looking here, John drove us to Mount Ainsley where we had a great view of both the old and new Parliament Houses.

**Mick De Groot, Year 9**



**Year 9 students in Canberra on their Elective History/Philosophy visit**

# PDHPE

The end of the year is fast approaching and the PDHPE faculty is busy organising whole year activities for our Year 7 and Year 10 students.

The **Year 10 Motivation Week** program provided a variety of activities ranging from being aware of your digital thumbprint; how to present yourself at an interview and managing risk in your life to the mandatory requirement of "All Your Own Work", a BOSTES online course which must be completed before commencing any Year 11 assessments. The mock interview was a valuable experience for students who are wishing to present themselves at a job interview having had a practice.



**Year 10 students participating in Motivation Week activities**

**Year 7 Swim School** permission notes have also been given out to Year 7 students. Students will be attending three days of intensive swimming skills to their level, at the pool and the beach. Our Year 9 Fitness Leader students have spent the last term participating in a variety of modules to get ready to teach Year 7. This is a compulsory part of the PDHPE curriculum and therefore it is mandatory for all Year 7 students to attend.

**Jenny Power, Head Teacher PDHPE**

### **HARLAN MULHERIN - STEEPLECHASE SUCCESS**

**Harlan Mulherin** from Year 12 recently competed and was placed 1st at the **NSW All Schools Athletics Championships** in the 2000m U19 Steeplechase. The NSW All Schools Athletics Championships is the pinnacle competition for secondary school aged track and field athletes within NSW. It allows students from all sectors of the NSW Education System to compete against each other. The competition was held on 13-16 October at the Sydney Olympic Park Athletic Centre. We congratulate Harlan on this outstanding achievement which reflects his commitment to his running. We would also like to acknowledge his representation of The Forest High School at this premier event.



Year 12 Steeplechaser Harlan Mulherin

## Science

### GIRLS IN SCIENCE

Some of our Year 9 girls were privileged to attend the **L’Oreal Women In Science Forum** held at UNSW on Thursday the 27th of October. The students were introduced to the exciting leading edge of quantum computing by Australian Professor Michelle Simmons who has been awarded a prestigious Foresight Institute Feynman Prize in Nanotechnology this year. They also had the opportunity to interview several research scientists, who emphasised the importance of communication skills in the scientific process and explaining how ‘being wrong’ is sometimes the most exciting and interesting part of research. The girls were also impressed that science skills are transferable from one domain of interest to another, for example the scientist working on brain cancer research, in conjunction with real patients at the affiliated hospital, formerly researched plants. Another started with astrophysics and is currently working on atmospheric modelling to address climate change issues. Here is what the girls had to say about their experience:-

“I feel very empowered and motivated to pursue to do a science related job” -  
Danielle L.

The whole day was quite amazing and inspirational. It has definitely opened my eyes to consider studying science for my HSC and even at University. To see the paths that life can take through studying sciences, that you would have never imagined yourself doing, is very interesting as well as being able to walk through the labs of a brain cancer research facility, look at cancer cells and learn the uses of machines and technology. It is something you don't get to do every day. - Tara M.

Being able to attend the L'Oreal Women in Science program this year was an absolute honour. Meeting the multitudinous female scientists has inspired us to believe that as women we have a place in the scientific job spectrum. We learnt about many professions and were able to participate in a range of interactive activities with the scientists. During this time we learnt about medicine & environmental science. We were permitted to enter the labs and have a first-hand look at what experiments and practices were being carried out. We also got to learn about marine biology, viewing the sea creatures and learning about them and their environments. After being a part of this program we can all gladly say that being a scientist has become sincerely appealing. - Anneke C.



Year 9 students attending the Women in Science Forum



# Positive Behaviour for Learning

The Forest High School Mini-Olympics events have been organised to acknowledge students who consistently display the school value of responsibility by wearing full school uniform. The Year 8 event was held on Tuesday 1st November. It was a fantastic afternoon when the students enjoyed a BBQ sausage sizzle and a variety of activities including captain and tunnel ball, tug-o-war, egg throw, obstacle relay, frisbee discus, paper plane javelin and 3 legged races, among other things. The Year 7 event was held on Thursday 10th November and was a fun-filled day for the Year 7 students. The Year 9 event will be held later in the year.

The PBL Team promotes the **Peer Support Program** at The Forest High School. Recently, the entire Year 9 cohort undertook peer support training. The peer support leaders will be selected for next year from those who complete an expression of interest and they will be supporting the new Year 7 students to settle into secondary school life during Term 1 next year. Peer leaders must invariably model the school values of **Respect, Responsibility and Personal Best** for the Year 7 students as well as providing support for the younger students.

The PBL Committee is led by Mrs Sue Warnes and consists of a teacher representative from each faculty as well as a parent representative from the School Council. The PBL Team holds regular meetings to revise and revamp how the school values of Respect, Responsibility and Personal Best are promoted, taught and recognised at The Forest High School. If you have ideas or suggestions please contact the school.

Georgia Yam, PBL Committee



Year 8 students enjoying the activities at their Mini-Olympics

## Student Representative Council (SRC)



### TREASURE PROJECT

The Year 10 SRC have decided to start an initiative where they put together care packages for school aged children who are displaced from their normal living arrangements due to domestic violence or family breakdown and as a result often do not have the time to get together their belongings needed for school. The care packages are designed to allow the children to have access to a backpack filled with the equipment they need to attend school the next day after being removed from a living arrangement.

#### How can you help?

Students are encouraged to donate old backpacks that they no longer require. These can be handed in to the PE staffroom. Students are also encouraged to donate certain items that can be placed in the care packages. These include:



- Books (reading or plain A4 exercise books)
- Pens/Pencil cases (stationery)
- Non-perishable food items (muesli bars)
- New water bottles
- Handballs
- Deodorant



Mr Neely is also running the Treasure Project with the school staff. This is primarily focused on providing care packages for females that have been displaced from their normal living arrangements due to domestic violence or family breakdown. Staff are donating old handbags that can be filled with a variety of personal items that may be needed immediately in these circumstances, such as:

- Toothbrush
- Hairbrush
- Deodorant
- Soap or body wash
- Personal hygiene products
- Make up
- Bath wash
- Nail polish

A BBQ will also be held on **White Ribbon Day, Friday 25th November**, to support the "Treasure Project". Half of the money raised will go towards further supplies to fill the backpacks and the other half will be donated to White Ribbon.

## Teaching and Learning

### AECG AWARD

Congratulations to our Deputy Principal **Ms Cathy Thompson** and **Mr Leslie Pitt**, one of our PDHPE teachers, who were both presented with an Achievement Award from the Metro North Regional Aboriginal Education Consultative Group (AECG) in recognition of their commitment to Aboriginal education. Ms Thompson and Mr

Pitt were presented with their awards on Saturday 5th November at the Gawura Aboriginal Learning Centre at Brookvale TAFE. The NSW AECG is a not-for-profit organisation providing advice on all matters relevant to education and training from the viewpoint of the Aboriginal community. They are pictured below in front of the wonderful new Aboriginal mural that has recently been painted in the school library entrance by some of our talented students who volunteered their time in their lunch breaks to paint the mural.



Ms Cathy Thompson and Mr Leslie Pitt

### WORLD TEACHERS' DAY RECOGNITION AWARDS

On Thursday 27th October the Australian College of Educators held its **World Teachers' Day** ceremony at Shore High School. Three of our staff members - **Mrs Jenny Power**, Head Teacher PDHPE, **Mrs Sue Warnes**, Head Teacher Support and **Ms Yumi Watanabe**, one of our Language Teachers, were invited to attend the ceremony and each was presented with an award in recognition of their efforts and dedication to their teaching at The Forest High School. They were nominated by our Principal, Ms Rosemary McDowall. Teachers from across the North Harbour/Kuring-gai Region were also presented with awards on the day.

World Teachers' Day celebrates the work of teachers, acknowledging the important contribution they make to the community. Inaugurated on 5th October 1994 by the United Nations Education, Scientific and Cultural Organisation, World Teachers' Day is celebrated annually in over 100 countries.

We congratulate Mrs Power, Mrs Warnes and Ms Watanabe on their World Teachers' Day Recognition Awards.



Ms Power and Ms Watanabe receiving their World Teachers' Day Recognition Awards

### PERMISSION NOTES

Permission notes for excursions and extra-curricular activities are distributed to students as hard copies, however, digital copies can also be accessed through the school website. The "Downloads" tab in the "Curriculum & Activities" section has a comprehensive library of all information and permission notes. They are also attached to the excursion on the "Calendar" and can be accessed by clicking on the relevant date, then on the particular excursion.

The Forest High School  
RESPECT, RESPONSIBILITY, PERSONAL BEST

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Curriculum

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Arts

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Learning extension

Scholarships & awards

Student leadership

Downloads

**Downloads**

- 3+3 Assessment Booklet 2016 (pdf 1707 KB)
- 3+3 Course Handbook 2016 (pdf 714 KB)
- Year 10 Assessment Booklet 2016 (pdf 862 KB)
- Year 9 Assessment Booklet 2016 (pdf 922 KB)
- Year 11 & 12 Sport Exemption (pdf 24 KB)
- Yr 12 Formal Permission Note (pdf 110 KB)
- Yr 9 2017 Information Booklet (pdf 536 KB)
- Year 10 Work Experience (pdf 63 KB)
- Y9 FL Aquatic-Chaloner (pdf 99 KB)
- Y9 FL Aquatic-Dodds (pdf 99 KB)
- Y9 FL Aquatic-Stubbs (pdf 99 KB)
- Y10 Crossroads (pdf 93 KB)
- SRC Camp 2016 (pdf 217 KB)
- Year 7 Swim School 2016 (pdf 110 KB)
- Yr7 Swim School Instructor (pdf 99 KB)
- Girls in Science Oct 2016 (pdf 132 KB)

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TFHS Forest High School, founded in 1961, has a strong ethos and tradition that recognises the individuality of the learner and fosters the expectations of respect, responsibility and personal best.

Newsletter All newsletters >

TFHS Week 10 Term 3 2016 (pdf 4 MB) 23/09/2016

Calendar More details >

November 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

Upcoming events

Latest News & Media reports regard! There have been media re School, The Department o Northern Beaches Council

Photo Gallery

While we strive to develop organisational skills in our students that will assist them in life, often they need some help. This website lets them replace notes that are lost or missed.

Peter Santamaria, Head Teacher Teaching and Learning

## Teaching and Learning



THE FOREST HIGH SCHOOL IS NOW ON FACEBOOK!

Type The Forest High School into your search on facebook and look for the Forest High School crest to find our official school facebook page or click on the link below to keep up to date with life and events at The Forest High School

[www.facebook.com/theforesthighschoolfrenchsforest/](http://www.facebook.com/theforesthighschoolfrenchsforest/)



### Next P&C Meeting

The final P&C Meeting will be held on **Wednesday 23rd November at 7pm** in the School Library - all welcome.

## Uniform Shop

The Uniform Shop will be open on **Monday afternoons** from **2.00pm to 4.00pm** starting **Monday 14th November** until **Monday 12th December 2016** as well as the regular morning shift. During the school holidays the Uniform Shop will be open on **Saturday 28th January 2017** from **8.00am** until **12.00pm**. On **Monday 30th January 2017** the Uniform Shop will be open from **8.00am** until **1.00pm**. The price of the **green school jumpers** has been reduced from \$75 to \$40 and will be available at this price until stocks last.

The Uniform Shop is also looking for volunteers to help out at the **Year 7 2017 Orientation Day** on **Tuesday 6th December** from **12.00 - 4.00pm**. If you are able to help out for all or any of this time please email Amanda Shaw at:

[a-shaw1@bigpond.com](mailto:a-shaw1@bigpond.com)

# Community Notices



**Ongoing work on Frenchs Forest Road, Naree Road and Forest Way from Monday 7 November**

**The NSW Government is upgrading roads around the new Northern Beaches Hospital with work proposed to be completed in time for the hospital opening in 2018.**

Roads and Maritime Services has been carrying out **service relocation work along Forest Way, Naree Road, Frenchs Forest Road West and East (including side streets), Allambie Road and Russell Avenue**. Further work will be carried out from **Monday 7 November** until **Friday 6 January**. Work will include trenching and under boring, saw cutting work, excavating and installing communication cables, power poles, stormwater lines, conduits, fittings valves, pipes and backfilling, stringing new overhead power lines and other associated work. This

work will be carried out during standard construction hours of **7am to 6pm** on **weekdays** and **8am to 1pm** on **Saturdays**. Some of this work may be carried out outside of standard construction hours for safety reasons.



### **Service relocation work on Rabbett Street, Cobb Street and Patanga Road from Monday 17 October**

Roads and Maritime Services will install stormwater drainage in Rabbett Street, Cobb Street and Patanga Road from **Monday 17 October**. Work will include changed traffic controls, including temporary road or lane closures and detours, temporary modifying pedestrian access, excavating and installing pits and pipes, kerb guttering, asphaltting and other associated work.

This work will be carried out from **Monday 17 October** until the end of **December 2016**, weather permitting. Most of this work will be carried out between **7am to 6pm** on **weekdays** and **8am to 1pm** on **Saturdays**. Some of this work may be carried out outside of standard construction hours for safety reasons.

#### **How will the work affect you?**

There will be some noise, dust and disruption associated with this work. Heavy machinery and equipment may be used. Every effort will be made to minimise the impacts.

#### **Traffic changes**

There will be some temporary traffic changes to ensure the work zone is safe for workers, pedestrians and motorists. Lane closures will be in place and may affect travel times. For the latest traffic updates, you can call 132 701, visit [livetraffic.com](http://livetraffic.com) or download the Live Traffic NSW App.



## Contact

If you have any questions, wish to lodge a complaint about the construction work, register for project updates or have any feedback, please contact our delivery partner Ferrovia York Joint Venture.

**Call:** 1800 014 307 (free call 24/7)

**Email:** [nbhcommunity@ferrovialyork.com.au](mailto:nbhcommunity@ferrovialyork.com.au)

**Write:** PO Box 6040, Frenchs Forest NSW 2086

**Visit:** Community Information Centre, Cnr Wakehurst Parkway & Warringah Road (north eastern corner), Frenchs Forest NSW 2086, Open 9am - 5pm, Monday to Friday

**Website:** [rms.nsw.gov.au/nbh](http://rms.nsw.gov.au/nbh)

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### **NSW Government's \$5 million Program for Additional School Zone Flashing Lights**

Additional school zone flashing lights will soon be installed to protect The Forest High School on Frenchs Forest Road. This is in addition to the rollout of flashing lights to every school in NSW, which the Government completed in January of this year. All schools that have multiple entrances were eligible to nominate for the \$5m program of additional flashing lights. The locations for additional flashing lights were selected using a risk assessment model which takes into account a number of factors including pedestrian and vehicle volumes, speed limits and sight distances.

The \$5m program of additional flashing lights will protect additional busy entrance points at around 400 schools across the state. Flashing lights will be retrofitted and installed on existing school zone signage wherever possible. The rollout of additional flashing lights will commence later this year, and will be completed by mid-2017. Roads and Maritime will work with delivery partners to install this important safety infrastructure across the state.

Further information about school zone safety is available on the Centre for Road Safety Webpage at

<http://roadsafety.transport.nsw.gov.au/stayingsafe/schools/index.html>

# 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:** Tuesdays 1<sup>st</sup> November - 29<sup>th</sup> November (5 sessions)

**TIME:** 7.00pm - 9.30pm

**COST:** \$175pp (Concession \$150)

**PLEASE PHONE 8877 5152 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

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**VENUE:** headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES:** Wednesdays 2<sup>nd</sup> November – 30<sup>th</sup> November 2016 (5 sessions)

**TIME:** 6.30pm – 9.00pm

**COST:** \$175pp (concessions available)

REFRESHMENTS PROVIDED

**PLEASE PHONE 8877 5152 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**

[www.nslhd.health.nsw.gov.au/Services/CAP](http://www.nslhd.health.nsw.gov.au/Services/CAP)



**Health**  
Northern Sydney  
Local Health District



[northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)

Book Fair Details:



Lifeline Northern Beaches Giant Book Fair: 18<sup>th</sup> to 20<sup>th</sup> November 2016

**NEW Venue: St Augustine's College Sydney**  
**Federal Parade**  
**Brookvale**

Dates/Times: Friday 18<sup>th</sup> November 4pm -- 9pm  
Saturday 19<sup>th</sup> November 9am -- 5pm  
Sunday 20<sup>th</sup> November 9am -- 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available

(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.

In addition to all the books we also have a wide selection of puzzles, jig saws, games, CD, DVDs, vinyls, etc so there's something for everyone!

With Christmas just around the corner it's also a great time to stock up on some bargains for a loved one or the stocking

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community, including 24 hour counselling, bereavement support, anger management and problem gambling to name but a few.

Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community

See you there!

**Energize Health Club**  
Cnr Glen St & Blackbutts Rd  
Belrose NSW 2085  
Tel 9452 2288 Fax 9452 2311  
ABN 84 117 212 343



[www.energizehealthclub.com.au](http://www.energizehealthclub.com.au)

**Energize Express Studio**  
Shop 17, Starkey St. Shopping Centre  
Forestville NSW 2087  
Tel 9451 2799 Fax 9451 2711  
ABN 68 130 755 109

## Healthy Future Scholarship Scheme

Media Release

### Healthy Futures 2017 Scholarship Program

**The Healthy Futures Scholarship Program will launch again in December 2016 and Energize Health Club would love for you to be a part of our ongoing program by becoming a fitness ambassador during your HSC year.**

With an aim of assisting Year 12 students to build healthy habits and providing an outlet to manage stress during the HSC year as well as being a beacon in the community representing fitness and healthy living. We have **20 complimentary memberships to award** to Year 12 Students completing their HSC in 2017.

At the end of the Scholarship Program, we will also award one successful applicant a **\$1500 Prize to go toward furthering their tuition.**

#### How to apply

Applications are open to Year 12 students in the Northern Beaches / North Shore area finishing their HSC in 2017. To apply, students are required to write a 200 word or less response on why they would like to be selected for the scholarship. *Hint: we are looking for students who are interested in building healthy habits for themselves and being fitness ambassadors to those within their community.*

Send your essay via email to [dan@energizehealthclub.com.au](mailto:dan@energizehealthclub.com.au) with "Healthy Futures Scholarship Application" as the subject matter. You will need to include your contact details as well as the school you are currently attending. **All applications must be submitted by 18 November, 2016.**

If selected, students will be notified via email in early December 2016 and the process will begin.

#### Terms and Conditions of Membership

1. The Healthy Futures Scholarship Membership will begin on December 19, 2016 and include an induction of 3 sessions with a Personal Trainer. These sessions are compulsory as they are aimed at building healthy exercise habits for the students.
2. Students will need to maintain a minimum attendance of twice per week to keep their membership active. If a student fails to meet their minimum attendance requirement for more than four weeks their membership will be forfeited. If a student is due to be away on holiday they can give prior notice.
3. Healthy Futures Scholarship Memberships allow access to Energize Health Club **before** 4.30pm and **stay no later** than 5.30pm on Tuesday, Wednesday & Friday. Weekend access is unrestricted. All classes within this time period are included in the membership.

*Dan Norris*

*Business Development Manager*



We are an Australian owned family business that has been proudly energizing lives since 1997





Northern Beaches Council presents

# BAND NIGHT LIME CORDIALE

**Friday 9 December, 7.30 - 10.30pm**

Support from Lume Etiquette, Pandamonium and The Intruders.

YOYO's Youth Centre

Forestway Shopping Centre, Frenchs Forest

All ages, no alcohol, no pass outs, security

\$15 Entry

Information: 9942 2401 or [youth@warringah.nsw.gov.au](mailto:youth@warringah.nsw.gov.au)

**NORTHERN  
BEACHES**

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COM.AU

# HSC STRESSLESS APP

University of  
Wollongong



The HSC Stress Less App seeks to assist HSC students to manage their stress and difficult emotions throughout this high pressure year via the use of Mindfulness Meditation.

Mindfulness is the art of "intentional attention". That is, simply being able to step back and observe, in a non-judgemental manner, our inner sensations and experiences.

Mindfulness is used widely in the treatment of clinical issues such as depression, anxiety, and substance abuse. It is not religiously based and requires no previous training.



## What's in it for us?

We are interested in whether using the app helps students to stress less and have better mental health in their HSC year.

## What's in it for you?

Whilst it's possible you may find the use of this app helpful, we are not sure how helpful it will be. You can help us find out! The information you provide will develop this project further and hopefully help us build an app that future HSC students will find easy to use and really helps!

## How does it work?

The app provides audio guided meditations of varying lengths (from 1 minute to 10 minutes) which will allow you to build up your "Mindfulness Muscle" so that you are better able to "unstick" from stressful feelings. It also takes advantage of the functions of your phone or tablet to set reminders to practice your Mindfulness skills regularly.

The HSC Stress Less app is available to download for FREE from iTunes and Google Play Stores

Feeling really bad and need someone to talk to? Call Kids Helpline: 1800 55 1800 OR Lifeline: 13 11 14

UNIVERSITY OF  
WOLLONGONG



For more information, please contact Libby Dowswell on ead921@uowmail.edu.au

Northern Beaches Council presents

# URBAN ART WORKSHOPS

**Starts Friday 21 October, 4 - 6pm**

Learn about urban art from industry professionals in this hands on course.

Sessions are held Fridays during school term

YOYO's Youth Centre  
Forestway Shopping Centre, Frenchs Forest

Ages 12-18

Free

Bookings essential (limited places)

[youth@warringah.nsw.gov.au](mailto:youth@warringah.nsw.gov.au)

Information: 9942 2681

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