



Week 10 Term 2, 2016

Principal's Report

Teacher Professional Learning

Our Term 3 School Development Day will focus on effective questioning and feedback to students. The session on questioning will look at how questions can foster the development of students' critical and creative thinking skills. The session on feedback will focus on shifting mental models, "Three Progress Questions" and the "Seven Steps to Feedback Heaven". Parents who wish to attend any of the sessions should contact the office and indicate their attendance for catering purposes.

Staffing Update

Abraham Berakhi from Matraville Sports High School has been appointed to the position of Mathematics teacher. He will be commencing in Term 3. Lucy Sturley from Northern Beaches Secondary College, Mackellar Girls Campus has been merit selected to the position of Science teacher and will commence in Term 4. Katie Board, currently at St Augustines, has been appointed to the English teacher position and will commence at roll over in Term 4 and we warmly congratulate Julian Floriano, who was successfully merit selected to the permanent position of HSIE teacher.

Year 10 and 11 Subject Selection Review and Interviews

Year 10 and 11 subject selections are under way. We are reviewing subject choices to ensure that students have chosen appropriate educational pathways that align with their future goals. Students are being interviewed and parents may be contacted about a student's subject choices or the levels they have chosen if there are any concerns. I encourage students to reflect carefully on their choices and to discuss these with their parents and teachers. Questions should be directed to the relevant Head Teacher.

Hospital and Roads Update

We are continuing to meet regularly with representatives from the Northern Beaches Hospital Project and Ferrovial York, the contractor that is undertaking the road works on behalf of RMS. Our school continues to benefit from our partnership with the hospital. Recently Deborah Latta, Northern Beaches Hospital Project, Project Director, visited our school to do a presentation on the hospital project for all of Year 7. Year 7 students were highly engaged and asked a number of very perceptive questions about the construction and planning of the hospital. The presentation was to support a unit of work Year 7 students are undertaking in English. Students are writing and illustrating picture books on healing that could be used to entertain and reassure children who are hospitalized. All of us thoroughly enjoyed the presentation and we thank Deborah Latta and the Northern Beaches Hospital Project team for their ongoing support of the school.



Term 3

School resumes for teachers on the 18th July and all students return on Tuesday 19th July. Enjoy a safe and happy holiday.

Rosemary McDowall, Principal

Deputy Principal's Report

Here is a good way for HSC students to achieve success with less stress.

HSC in the Holidays: Study Without Stress Workshop at Macquarie University

The HSC years can be stressful. An increased academic workload coupled with high expectations to perform often lead to stress and anxiety. This can then lead to a lack of balance between academic pursuits and other activities such as physical and social activity – creating even more stress.

Macquarie University have two 2 hour workshops scheduled - **Thursday, 7 July at 10:00am and Friday, 15 July at 1:00pm**. These workshops aim to provide students with skills to study and perform in exams more effectively and with less stress. Students will learn:

- Why and how the body reacts to stress
- How unhelpful thinking, perfectionism and procrastination may be sabotaging students
- The importance of social and physical pursuits to maintain balance

By the end of the session, students will have the tools to:

- Change the way they view school and exam stress
- Tips to deal with work avoidance and unrealistic expectations
- Tips for tackling exam anxiety

Click on the link for further information and to register or contact barb.corapi@mq.edu.au if you have any questions.

<https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh/events/study-without-stress-workshop>

Denise Wright, Deputy Principal

My Year at The Forest High School

I have now been at The Forest High School for almost a year. It's been an exciting year filled with several ups and downs. Being an exchange student from Denmark, and arriving at The Forest High School has taught me a lot. There is a large difference in the educational systems but the most noticeable differences come in the playground and when I am socializing with my peers.

The very relaxed Australian attitude is present in the school and social life of the students at The Forest High School. It is a beautiful school at a great location and I have enjoyed all of my stay. Everyday has been a new adventure and The Forest High School has allowed me to enjoy all of these moments.

When The Forest High School takes an exchange student they change their lives for the better. The very kind and generous treatment that I have been given is something that I will be forever grateful for and I do wish all of The Forest High School the best of luck in the future.

When I arrived in Australia I knew that this was a year that I was going to make great and amazing memories and learn a lot about myself and others. One thing I did not expect was the knowledge I

would end up learning at The Forest High School. The subjects i chose are very closely related to the subjects I will be doing at home in Denmark and I now have a huge advantage compared to my fellow peers all thanks to The Forest High School. The last thing I would like to mention about my stay is the amazing friends that I have made at the school. Throughout my year I have got to know several people that I know will stay in my life forever and these lifelong friendships are the biggest gift the school has given me. There is no way I could express my gratitude in words - so all I'll say is... thank you.

Emil Munk, Year 11



Deputy Principal Denise Wright and Emil Munk

Nathan Morley

Our school community was saddened by the death of Nathan Morley last week. Nathan graduated from The Forest High School in 2015 and was studying at the University of New England. Our thoughts and sympathies go to Nathan's family and friends. We will miss him.

Year 7 Report

What a beautiful day to be visiting Taronga Zoo! We have just returned from the zoo after a day with our Year 7 students and their Peer Support leaders - enjoying gorgeous weather, beautiful scenery and a group of students who thoroughly enjoyed themselves! I was very proud of our students today - their uniform, their behaviour and their enthusiasm in participating in the day's activities has been exemplary. Thank you Year 7. Another (very loud) thank you goes to Ms Fitzsimmons for organising the day, the Year 10 Peer Support leaders and the accompanying teachers, for

inciting a bit of healthy competition in the Scavenger Hunt (some pictures from the challenge are below!)

Congratulations to our Year 7 students who have been selected to represent their peers on TFHS Student Representative Council: Amelia B., Sophie D., Akito K., Sam K., Aliyah L., and John R.. I am sure these students will do their very best to be a proactive and positive voice for our year group and thank them on behalf of their peers for stepping up to the challenge.

I wish all our students a safe and restful break and I look forward to seeing you all return refreshed and ready for a new term after the holidays.

Amanda Walsh, Year 7 Adviser



Year 8 Report

Year 8 will no doubt be looking forward to receiving their school reports! We will be reading them and will be rewarding those students who have demonstrated consistent effort and personal best this semester. We will also chat to those students who we believe could be participating more enthusiastically in their studies. It is a great opportunity for us as Year Advisers to see our wonderful students as their teachers do and to encourage them along their school journey.

Sadly we have said goodbye to two of our students this term. We hosted a farewell BBQ for them at lunchtime which was enjoyed by everyone (the chocolate brownies were a bit of a hit sorry ... secret recipe!!!)

We are continually thinking of ways that we can make our students' school life memorable and enjoyable. If you have any suggestions please let us know or if you have a hidden talent or interesting job that you could come and talk to the students about that would be fantastic.

We wish you all an enjoyable and relaxing break and we look forward to another exciting term!

Sarah Hawling and Julian Floriano, Year 8 Advisers



Year 9 Report

What a busy term! A very big thank you and congratulations to all the Year 9 students who came to camp and participated in the activities appropriately. I really enjoyed the opportunity to get out of the school routine for the three days and spend time getting to know all the students in an informal setting (I also enjoyed my sleep in on the Saturday morning after camp). Camps and all extra curricular activities offered to students would not be possible without the staff who volunteer to join in the camp fun. I sincerely thank Mr Carpenter, Ms Chaloner, Ms Claire, Mr Goldsmith, Mr Lawson, Mrs Welsh and Ms Yam who gave up their time which allowed the camp to go ahead.

Could I ask all parents to check with their child regarding school uniform please. I notice some students are still not wearing correct jumpers and with the cooler weather it is important the students stay warm and the lost property basket is overflowing. Names on school uniforms are helpful so that the clothing can be returned to the rightful owner.

The mid-year reports have been written and I congratulate all those students who have worked hard this term. Term 2 seems like such a long term and the students are continually organising their time to prepare for assessments and classroom tasks as well as band, debating, SRC initiatives and sporting team representation to the best of their ability. The students certainly need a very relaxing

holiday to recharge their battery for Term 3.

During Term 3 this year I have booked some long service leave. In my absence Ms Georgia Yam, Science Department, will be the Year 9 Adviser. Happy holidays, stay safe and I look forward to seeing everyone in Term 4.

Clare Diggins, Year 9 Adviser



Year 10 Report

A group of 15 boys from Year 10 attended The Young Men's Health Forum at Chatswood on Friday 10th June. The forum created a place for boys from schools all around Sydney to engage in conversation surrounding difficult topics concerning young men. Inspirational speakers included Peter Overton, Peter Fitzsimons, Sophie Ryan and Kathy Kelly.

Kathy Kelly is the mother of Thomas Kelly. Thomas was a victim of alcohol fuelled violence in 2012. He lost his life at the age of 18 after being king hit in an unprovoked attack. Kathy gave an extremely powerful presentation, one that affected everyone in the room resulting in the realisation of the severity of the consequence and the impact on Thomas's family, friends and community.

The forum was aimed specifically at Year 10 boys as recent statistics show 1 in 4 men have a mental health issue but only 13% seek help. Another shocking statistic is that suicide is the biggest killer of men aged between 15-24 years. The main message on the day was that it is ok to discuss mental health issues. Being able to show your vulnerabilities is showing strength not weakness. We need to support young people to speak out and change the stigma behind mental health.

Michelle Nunura, Year 10 Adviser



Year 11 Report

Another term has come to an end and for Year 11 students that means there is only one teaching term (10 short weeks - 9 if you discount the Trial exam week) left until they sit their first HSC exams!

The upcoming holidays are an opportunity for the students to recharge their batteries after a very busy term but both students and their parents should be aware that Trials take place in Week 4 of next term. Trials account for a very large percentage of the school assessment and, therefore, it is

essential that students are properly prepared for them. Unfortunately this means setting aside some time each day (if possible) to catch up on any missed work, go over areas of weakness and generally review work already completed. A balance between work and rest needs to be struck.

Those students doing subjects with major works may be starting to feel a bit of extra stress as the date due for the work starts to loom large. They need to remind themselves that the major work is a positive aspect of their course as it gets a significant portion of their HSC out of the way before the exams in October and November.

I wish all students a very enjoyable and productive break.

Jason Millar, Year 11 Adviser

Year 12 Report

Year 12 are reminded that they need to pay for the formal and return their notes as soon as possible. Remember no payment, no formal.

On the last day of this term, Year 12 will engage in the traditional 'Bob Philpott Challenge Cup' in a game of touch football against Year 11. With so many talented athletes in the year, it will be exciting to see them attain victory. There will also be the much anticipated teachers versus students touch football challenge. Year 12s are encouraged to support their peers and participate in as many school activities as possible between now and the end of Term 3 in order to forge special memories.

During the upcoming holidays, Year 12 students should be engaging in rigorous study regimes in order to prepare them for assessment tasks and the HSC Trial examinations in Week 4 of Term 3. They should undertake this as part of a balanced, healthy lifestyle.

Karin Nixon, Year 12 Adviser



Stage 5 Music Night

All Year 9 and 10 music classes will be performing at the Stage 5 Music Night on Wednesday 29th June. The evening starts at 6pm and will be held in the Hall. Free entry. All welcome

Competition winner

At the Manly Dam Dawn Service on 25th April, Eliza Jacobson of Year 10 was presented as the winning recipient of the inaugural Kokoda Trek Papua New Guinea Essay Competition. Run by the Manly Warringah War Memorial Park Remembrance Trust, the competition was offered to a number of schools in the area and required students to answer the question *What does the Kokoda Trail in Papuan New Guinea mean to you?* Eliza submitted a well-thought out and personal entry that reflected her understanding of both the physical and emotional hardships of the Trail. As part of her prize, Eliza will be undertaking a 10 day trip with Year 10 students from Cherrybrook High School during the July school holidays, 7 of which will be spent walking the Kokoda Trail. We wish Eliza the very best for her upcoming trip and look forward to hearing about her experience when she returns.



Tara Claire HSIE Teacher, Eliza Jacobson, Rosemary McDowall Principal

English and CAPA Cross Faculty Literacy Project

The cross faculty literacy project is designed to develop and maintain a focus on common approaches to literacy to enable students to transfer skills and capabilities between subject disciplines.

The Year 7 element of the project involves the CAPA and English faculties in a cooperative approach to subject programs, learning outcomes and the products of assessment tasks.

The English Department developed a new Unit of Study combining the study of poetry with the study and production of picture books. The innovative feature of this program is the inclusion of a 'real

world' challenge to students. The product of the assessment task is a picture book using the inspiration of poetry and illustration to convey messages of healing, inspiration and reassurance.

This product is to be explained, presented and finally donated to the Northern Beaches Hospital for therapeutic use with patients. Over the period of construction of the hospital students will create a library of books that will form part of the hospital's services and identity. Each incoming Year 7 student will have the opportunity to produce their picture books for this project.

During the program students demonstrate their cross curricular learning through two speeches explaining to the 'real world' audience of the Hospital Board the development and completion of their project. In these speeches students use their literacy skills to communicate aspects of their visual and written communication to persuade the hospital to choose their picture books.

These two speeches are evaluated by the two faculties and the learning of students will be measured and reviewed. This data will contribute to the whole school literacy program as well as informing the growth and implementation of the program in future years.

A vital feature of the program is the link with the hospital. Year 7 were addressed by a Senior Project Director, Ms Deborah Latta, who explained the nature of the services that will be offered. She also explained the importance of design, colour and team approaches to therapy for patients. Students were able to see the place their products will take as part of the hospital identity, character and community service.

English/CAPA Departments



Year 9 Geography

Over the last few weeks a group of students in Year 9 Geography have been studying Australian communities. As part of this topic students have undertaken a video conference with students from Lightning Ridge Central School to swap questions about each other's local areas.

Lightning Ridge Central School is located in Northern NSW with 385 students from Kindergarten to Year 12 on the same site. 40% of the school population is indigenous and the entire town has a population of approximately 2000 people.

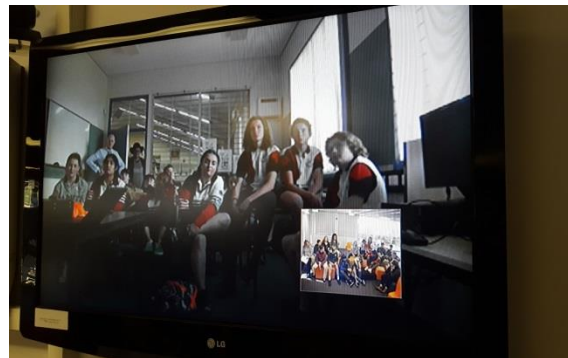
Through this students learnt about the natural features of the area such as the black opal mines and artesian bore baths as well as recreational activities such as dirt biking and 'pigging' (the recreational hunting of wild pigs). Students also shared their own experiences of living in an urban coastal environment, discussing traffic, entertainment opportunities such as live music and the natural environment such as our beaches and nearby national parks.

This was an enriching experience for the students who got to work directly with other students across the state and learn with other real students.

Peter Santamaria, Head Teacher Learning & Languages



Year 9 Forest High School Geography Class



Video conference session



Entire student cohort and staff from Lightning Ridge Central School

High Resolves

Year 10 High Resolves Team have just concluded their community project "Domestic Saviours" increasing awareness of domestic violence in the Warringah Shire and raising money for the Manly

Women's Shelter. They raised \$411.00 for the women's shelter through a variety of activities such as a cake stall and community donations. They also managed to raise awareness of the issue through their Facebook page reaching 12,000 people. The team would like to thank their business mentors for their support, Carolina Gamez from NAB and Gwenyth Stevens from Deloitte and Sybylla their facilitator from High Resolves.

Year 9 High Resolves Team will start their school project early in term three as they have only had their first sessions in the latter half of term two. Their project will be outlined in the next newsletter. Stay tuned.

Year 8 High Resolves will have their next half day program on Thursday 4th August in term three. More information will be provided early next term. Year 7's next High Resolve half day is not until term 4.

Janet Richards, Head Teacher HSIE

Debating

Both the Year 7/8 and Year 9/10 Forest High School debating teams have enjoyed success in the Premier's Debating Challenge this term. Both teams won emphatic victories with their grasp of ideas, team organisation and effective engagement in 'conflict' debating.

The Year 7/8 team of Oscar G., Vladimir L., Sam T. and Maddy S. prevailed over Pennant Hills High School. They developed and argued a convincing affirmative case for the challenging topic, 'that students who fail to report bullying should be suspended'. Our team presented a strong case line and fended off the negative arguments.

Two debates have been completed in the Year 9/10 opening round of the competition. The first debate against the Killarney Heights High School B team was narrowly lost. The team chose to argue the affirmative case on the topic, 'that NAPLAN testing should be stopped'. The team allowed some arguments to go unchallenged. A determined team entered the debate against the Killarney Heights A team with hopes of victory. They applied the lessons learned to the negative case for the topic, 'that all sports should be required to have a female commentator'.

Congratulations to Zali S., Eliza., Leeah B. and Zali V. who are now in a strong position for the next round 1 debate.

David de Montfort, English Department

Boys Baseball

Congratulations to The Forest High School Boys Baseball team for their terrific 17-1 victory over Epping Boys to win the Sydney North title. The boys now go onto play the CHS tournament in Term 3. Congratulations on this great result.



NSWCHS Girls Softball

On the 21st-22nd June The Forest High School Girls Softball team travelled to Newcastle to participate in the NSW Combined High Schools Girls Softball Carnival. Over the two days we played schools from all around the state. Our first round game was against Macintyre High School, winning convincingly and advancing us into the cup side of the draw where we would be playing off for a top eight spot. Our second game was against the other North Sydney team in the competition, Mackellar Girls, losing this game to finish off our first day of competition with a win and a loss. The second day saw us come up against Engadine High School, with the girls going down 5-7 in a very close game. Our last game was against Callaghan College where we came away winners, putting in an excellent performance to win 14-1! After completing all round games, the girls placed seventh overall which is an excellent achievement. All players represented the school in an exceptional manner and played very well over the two days. A special thanks to Donna and Dave Ruston, Emma Brady and Clive Brown for helping score, transporting students and cheering on the team over the two days.

Les Pitt, PDHPE Department



API Solar Car Challenge

As one of only 10 schools chosen across Australia, The Forest High School will be participating in the 2016 API Solar Car Challenge during Science Week this August.

The event is sponsored by The Australian Power Institute and supported by STELR (Science and Technology Leveraging Relevance), which is a national initiative of the Academy of Technology and Engineering (ATSE). ATSE is an independent body of more than 800 Australian scientists and engineers seeking to enhance Australia's prosperity through technological innovation.

The primary aim of STELR is to address the problem of low participation rates in science and mathematics. With this in mind we have over 80 students across all year groups signed up to the Solar Car Challenge.

Over the next two months these students, supported by volunteer teachers, will design and build their own solar car in time to compete in a series of races and challenges during Science Week. This is an exciting challenge engaging students across multiple disciplines including science, maths, TAS and the creative arts.

The Forest High School also hopes to share our experiences with local primary schools thus supporting our STEM program.

Expression of interest for Assisted Travel Support Officer (ATSO) position

The Assisted School Travel Program (ASTP) often provides additional support to students with disabilities on transport. Assisted Travel Support Officers (ATSOs) support students with complex health or behaviour needs to ensure their safe travel to and from school. If you are interested in temporary part-time work as an ATSO the following website contains information on how to apply for the position.

www.schools.nsw.edu.au/studentsupport/programs/astp/index.php

For further information please contact ASTP on 1300 338 278 or email atso.astp@det.nsw.edu.au

Important Dates:

Tuesday 28th June - 3+3 Parent Teacher Interviews, 3.45pm - 7.30pm

Tuesday 26th July - Year 8 into 9 Information Evening, from 7.00pm

Term 3 2016 Events

Mon 18 th July	School Development Day – Staff Only	
Tues 19th July	Students return to school	
Thurs 21 st July	Boys Rugby League Gala Day	
Fri 22 nd July	CHS Cross Country	
Mon 25 th – Tues 26 th July	Area Athletics	
Thurs 28 th July	Australian Mathematics Competition	
Tues 2 nd – Thurs 4 th Aug	Saltbush to Sydney	
Mon 15 th Aug	Meet the Principal at 9am	
Wed 17 th Aug	Grade Sport Semis	
Wed 17 th Aug	School Council Meeting at 6pm P&C Meeting at 7pm	
Thurs 18 th Aug	Senior Soiree at 7pm	
Wed 24 th Aug	MADD Night at 6.30pm	
Wed 7 th – Fri 9 th Sep	CHS Athletics	
Wed 21 st Sep	School Council Meeting at	

	6pm P&C Meeting at 7pm	
Fri 23 rd Sep	Last Day of Term 3	
Mon 10 th Oct	First Day of Term 4	
Year 7	Mon 22 nd Aug	Poetry in Action
	Tues 9 th Aug	Year 7 Gala Day
Year 8	Tues 26 th July	Year 8 into 9 Information Evening Web Choices Open
	Thurs 4 th Aug	Year 8 High Resolves
	Fri 5 th Aug	Year 8 into 9 Web Choices Close
Year 9	Fri 29 th July	Year 9 High Resolves
	Tues 16 th Aug	Maths Inspiration Lectures
	Tues 23 rd Aug	Poetry in Action
	Thurs 25 th Aug	Year 9 High Resolves
Year 10	Fri 29 th July	Year 10 Reach
	Tues 9 th Aug – Fri 12 th Aug	Year 10 Ski Trip
	Tues 16 th Aug	'bstreetsmart' Safer Drivers Expo at Homebush
	Tues 23 rd Aug	Poetry in Action
	Mon 19 th – Tues 20 th Sep	Year 10 Exams
Year 11 & 12	Mon 25 th July	3+3 Geography Field Study at Observatory Hill
	Mon 8 th – Fri 12 th Aug	Trial HSC
	Mon 15 th Aug	Trial HSC Reserve Day
	Mon 22 nd Aug	Poetry in Action
	Tues 6 th Sep	SRC Captain Speeches
	Tues 13 th Sep	SRC Induction Ceremony
	Thurs 22 nd Sep	Year 12 Celebration Day
	Fri 23 rd Sep	Year 12 Breakfast & Farewell Assembly

MESSAGE FROM THE OFFICE

Reminder School Fees - school fees are due to be paid by the end of Term 2. If you have not already paid your fees, could you please organise payment immediately. Overdue notices will be sent out next term.

School Absences - The school SMS service is a response-only service - you cannot use this

number to advise the school of an upcoming absence. Please advise the school of any student absences by phone or in writing to the office. Please do not advise the teaching staff. Thank you.



SASS Staff in Mufti team colours in support of Cancer Research



THANK YOU!

Special thanks to the Head Teachers of English and Maths for their presentations this term at the start of our P&C meetings. It is wonderful to have access to those who are setting the direction of teachers in these corner-stone faculties and learn how they are engaging with other faculties to demonstrate how learning is multi-dimensional. We look forward to other guest speakers at future meetings.

The next meeting will be held on Wednesday 17th August at 7pm in the Library. All welcome.

UNIFORM SHOP OPENING TIMES

Please note the uniform shop is open on the following days:

Monday 8am to 10am

Tuesday 8am to 10am

Thursday 2pm to 4pm

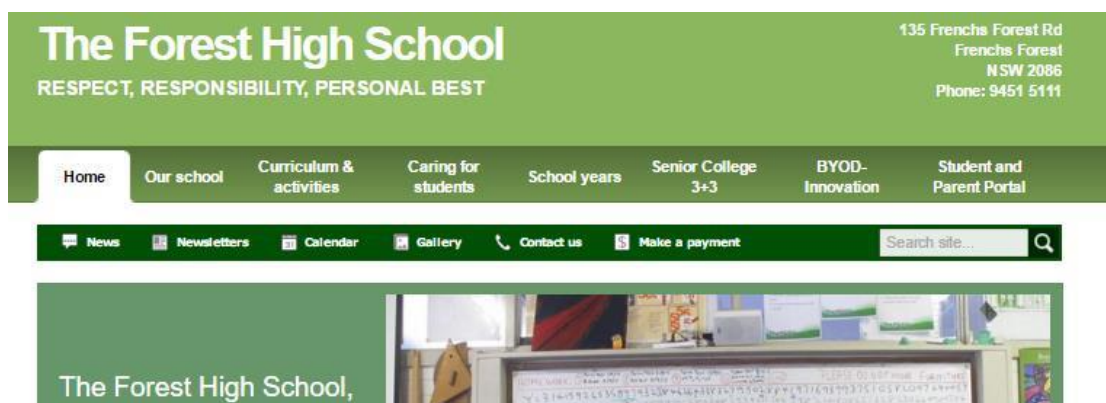
Uniform order forms and policy can be found on our school website <http://www.theforest-h.schools.nsw.edu.au/our-school/uniform-shop>

The Uniform Shop can also be contacted on tfhsuniforms@gmail.com

At The Forest High we don't bother you with fund raising requests; no chocolate drives, no events. Instead, each year we ask families to contribute \$60 per child or \$100 per family as a P&C Levy. This contribution pays for some initiatives that add enormous value for our students such as the 21st Century Learning Spaces. Our teachers report that students are significantly more engaged when classes take place in these modern, relaxed facilities.

Similarly, our **High Resolves*** programs are contributed to by the P&C. These award-winning programs engage almost 400 students through a mix of interactive, thought-provoking experiences & activities with the aim of shaping our future global citizens and leaders.

So if you haven't already paid your P&C Levy, please consider doing so in the knowledge that you are investing in valuable educational experiences for your child. Head to our website and click on Make a Payment - www.theforest-h.schools.nsw.edu.au



WHAT DID MY P&C LEVY PAY FOR IN 2015?



* Awarded 2015 best Australia-designed service with the potential to shape the future economic, social, cultural and environmental aspects of our planet



It is a condition of use that students tap on and tap off at the start and at the end of each trip with their Student Opal Card. This is important to ensure correct patronage data is recorded, which is used to plan school special and regular route bus services. This data helps State Transit ensure adequate capacity is provided, so students can travel to and from school safely. Please remind your students of this important condition of use.

WORLD EDUCATION PROGRAM (WEP)

WEP are urgently looking for four volunteer host families for their Italian and French-speaking exchange students this July, If this is of interest to your family, please contact Sylvia Kelly at WEP for details of the program and student information, sylviakelly@wep.org.au or 1300 884 733. www.wep.org.au

To: 61299753293

ATTENTION | PDHPE COORDINATOR

2016

PDHPE HSC ENRICHMENT DAYS

Costs:
Students: \$55 + GST*
ACHPER Member: \$250 + GST
Non Member: \$320 + GST
* Teacher for free if over 5 students attend.

TERM 2:

BURWOOD - Monday 20 June 2016
WESTMEAD - Thursday 23 June 2016
FROM 8:30am - 3:00pm

TERM 3:

WOLLONGONG - Wednesday 20 July 2016
Video Conference - Tuesday 26 July 2016

The PDHPE HSC Enrichment Days have been developed to support Year 12 teachers to better prepare their students for the upcoming trial HSC and provide new ideas and resources for teaching the Stage 6 PDHPE course.

The presenters are experienced PDHPE teachers / academics and consultants who have marked the HSC and may have written PDHPE textbooks.

The sessions include Core 1, Care 2, Sports Medicine, Improving Performance and Exam Technique.

Registration closes:

TERM 2:

BURWOOD - 13 June 2016
WESTMEAD - 14 June 2016

TERM 3:

WOLLONGONG - 13 July 2016
Video Conference - 19 July 2016



REGISTER ONLINE ▶▶▶▶▶▶

Limited spaces, be quick to register!

* Teacher for free if over 5 students attend.



www.achpernsw.com.au

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ACHPER NSW is a BOSTES endorsed provider of professional development for the maintenance of accreditation at professional competence.

The banner features a dark red background on the left with the text 'Centre for Emotional Health' in white. On the right, there is a graphic of overlapping diagonal bars in shades of red, purple, and pink. The Macquarie University logo is positioned in the top right corner of the banner.

Centre for Emotional Health



An invitation for parents and teachers

In partnership with Rotary Club of North Ryde, the Centre for Emotional Health is pleased to offer two **FREE** seminars:

- **Social Anxiety in Youth** on Thursday 21st July from 6.00pm
- **Anxiety and Depression in Adolescence** on Wednesday 10th August from 6.00pm

An invitation for Year 10, 11 and 12 students

The Centre for Emotional Health has created a 2-hour workshop specifically for HSC students to teach them how to change the way they view school and exam stress and tackle exam anxiety.

Study Without Stress workshops are being offered at Macquarie University Campus on:

- Thursday 7th July from 10.00am to 12.00pm OR
- Friday 15th July from 1.00pm to 3.00pm

Cost is \$40.00

For more information about any of these events, please contact:

Barb Corapi on 02 9850 4084 or barb.corapi.mq.edu.au

Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

DR MATTHEW BOURKE
OPTIMUM HEALTH ESSENTIALS



**“Treating & Managing ADHD with
Applied Kinesiology & Neuro Emotional Technique”**

Whilst there is a broad range of severity and different underlying causes with ADHD, Applied Kinesiology and Neuro Emotional Technique offer a process to navigate this multifactorial condition and identify the underlying causes in an efficient, cost effective and specific way.

Dr Matthew Bourke (D.C.) is a Chiropractor, Applied Kinesiologist and certified Neuro Emotional Technique practitioner. He is the Director and founder of Optimum Health Essentials in Mona Vale and has been in clinical practice for 19 years. Matthew has been a clinical Board Member and presenter with the Mindd foundation since 2008 and has studied Peak Performance and Positive Psychology at Sydney University.

Tuesday, 19th July 2016 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

\$5 CONTRIBUTION ON THE NIGHT

Ticket reservations essential via the website or

<http://www.eventbrite.com.au/org/4222746751>



Facebook: <https://www.facebook.com/BeachesADHDSupport>
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDSupportGroup/>
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsupportgroup.com.au
Entertainment Book available online at: www.entbook.com.au/219d619



Your guide to **ADHD** information,
services & resources in the Northern
Sydney region.
www.adhdguide.com.au



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- ★ GAMES, GLOW TOYS,
- ★ PLASTER PAINTING,
- ★ JUMPING CASTLE, SUPER SLIDE
- ★ FUN FOR ONE AND ALL!

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KILLARNEY HEIGHTS PUBLIC SCHOOL

FIREWORKS

FUN from 3:00pm – FIREWORKS 6:15pm
SATURDAY 25TH JUNE

Buy online NOW at www.flexischools.com.au

Early Bird Family Tickets
 (2 adults & 3 kids) = \$25 Online
 Family \$30 – At The Gate
 Singles – \$7 each

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