



## Newsletter Week 10 Term 3, 2016

### Principal's Report

#### NAPLAN

Parents and carers received NAPLAN results this term. We were pleased with the results our students achieved, especially in Year 9 where the learning in high school has the most significant impact, particularly in relation to student growth. Year 7 students have only been at The Forest High School for one term when they sit for the exams meaning that their achievements can mainly be attributed to their learning in primary school.

In Year 7 the school was above state average in reading, spelling, grammar and punctuation and well above state average in numeracy. No growth data was available for writing; however, in numeracy 65.3% of students were equal to or above the expected growth. Year 9 students were well above state average in reading and although no trend or growth data was available for writing, the school was above state average across the top three bands and below state average in the lowest three bands. The school was above state average in spelling, grammar and punctuation and numeracy. More detailed information on the school's NAPLAN results can be found on the My School website and will also be included in our Annual Report, which will be released in April 2017.

#### PROPERTY WORKS

This week I signed off on the work that Ferrovial York will be undertaking on school grounds on behalf of RMS. Clearing of trees will commence in these school holidays in preparation for the construction of three new car parks, a new multi-purpose games court, new pathways and landscaping. Construction of the car park behind A Block and the games court will then commence. Construction of the front car park adjacent to the Administration Block is due to be completed in the January school holidays and the construction of the bottom car park will commence shortly afterwards and will take two and half to three months to be completed. As part of this work the bus shelter will be moved and a drop off zone, for parents to drop students in the

morning, will be created in the bottom car park. We look forward to completion of these new facilities.

## ROTARY CLUB OF AUSTRALIA VOCATIONAL AWARD

I wish to warmly congratulate Ben Goldsmith, Head Teacher Creative and Performing Arts and Relieving Deputy Principal who received the Rotary Club of Australia Vocational Award for Pride of Workmanship this week. Ben received the award in recognition of his educational leadership of creative and performing arts in both the school and the community and for the huge commitment this requires. We are extremely proud of Ben Goldsmith. He is a very worthy recipient of this award.



## SENIOR STUDENTS

I remind all Year 11 and 12 students that they can still make huge progress on their HSC in these final weeks leading up to the examinations. The HSC is 50% of their final mark so no matter what they have achieved to date, it is well worth revising and studying carefully in the lead up to the exams. Students are identified only with a BOSTES number on the HSC and it is each student's performance in relation to other students in the state, not how the school performs, that determines their HSC results and their ATAR. I look forward to farewelling Year 12 students at the Graduation Ceremony in November. Year 12 is an exceptional group of young adults who

have displayed both good will and generosity in the last six years. I wish them all the best in their future endeavours and I encourage them to keep in touch with us.

Lastly I wish the whole school community a safe and happy holiday. School resumes for all staff and students on 10th October.

**Rosemary McDowall, Principal**

## Deputy Principal's Report

I always seem to start my report with, "another busy term". This report is no different.

The time has flown by and we have organised and covered off so many things. We started the term with a NAIDOC celebration assembly with Mr Pitt and students who travelled to Bourke in Term 2 hosting this assembly and presenting the school with many things to think about in relation to Aboriginal students in rural settings.

The school hosted parents and students for the Year 8 into 9 Information Evening and subject selection process. Our 3+3 students completed their trial HSC examination and have been active in completing their study and revision ready for the HSC.

The PDHPE faculty organised the annual Year 10 Ski Trip which was a wonderful experience for the 40 attending students and staff who accompanied them and the CAPA faculty once again demonstrated their amazing creative student talent with MADD Night and the Senior Soiree.

The term came to a close with the SRC Induction Ceremony and the investiture of the new school captains. Congratulations to all the students who were elected to the SRC for 2017 and to Ms Murray for once again coordinating this process.

As Deputy Principal a lot of time is spent on student welfare and management. So it is always a treat for me to be part of special events either out of the school or at school. Early this week I accompanied two Year 10 students, Gabriella A. and Zali V. to Parliament House in Sydney for the annual Jessie Street National Library fundraising luncheon. We were lucky enough to hear Tanya Hosch, a Torres Strait Islander woman, who was the Campaign Director of the RECOGNISE movement which raises community awareness and support to recognise Aboriginal and Torres Strait Islander peoples in the Australian Constitution. Tanya also spoke about Jessie Street who was a key figure in Australian political life for over 50 years, from the women's

suffrage struggle in England to the removal of Australia's constitutional discrimination against Aboriginal people in 1967.

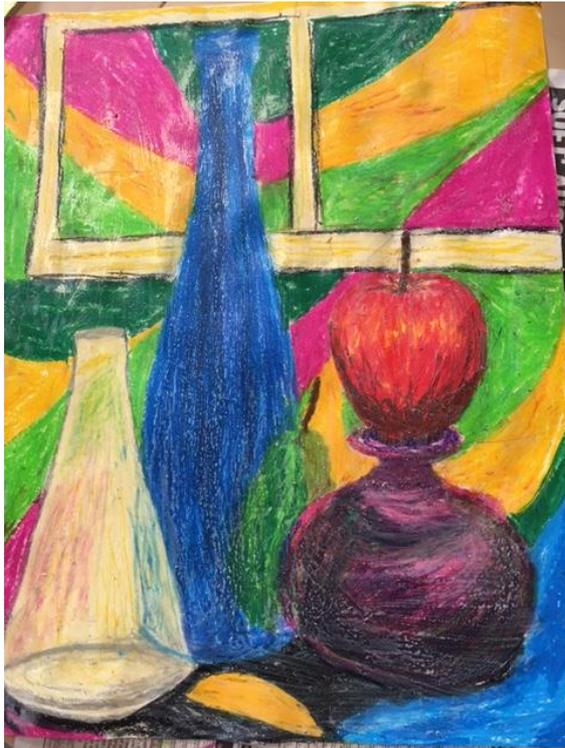
**Cathy Thompson, Deputy Principal**



**Gabriella A., Zali V. and Ms Thompson at the Jessie Street Luncheon**

On Tuesday after school all staff participated in our third Twilight Learning Session. This session was dedicated to staff wellbeing and staff elected to join activity groups or workshops. I hosted teachers in an art still life workshop and have included a few shots of teachers working hard producing great masterpieces.





### A STUDENT'S VIEW OF THE 3+3 SYSTEM

As part of the interviews of students who were applying for the position of Student Representative Council member, we spoke to the students about their attitudes to The Forest High School. This led to a frank discussion about how they felt about studying under the 3+3 system. I felt it was worthwhile letting them speak about their personal experiences which may be a guide to parents and students who are still unsure about it. These are their words:

The reason as to why I stayed at The Forest for my last senior years is because I have a very strong relationship with each teacher. They know me well enough to respect me and I feel extremely comfortable and supported doing my HSC with people/teachers that have known me since Year 7 and know how I act in an emotional manner due to stress and personal life. I felt if I moved to a different school in the last, most important years, of my schooling that I would be uncomfortable and afraid to talk to a whole new teaching faculty about my issues and worries. I felt strongly that The Forest High School would be a better, more comfortable support system for me during these last years.

***Tamika E.***

I like the 3+3 system as it is easier to focus on single subjects. As an additional unit to what is required, I do Extension 1 English and with the 3+3 system I find it easier to engage with the course as it is a subject that requires quite a lot of effort to receive good marks. Because I am

focusing on three other subjects instead of the conventional six, I find that I can put as much effort into the Extension course as all of my subjects, which I know students at other schools do not do as they treat it as 'only being one unit'. Overall, after studying for only three or four subjects in exam weeks, I could not imagine having to study for six or seven subjects. Undertaking my first year in the system, I am extremely lucky to have a week in between all my HSC exams, which I know will be valuable time to have to prepare to gain my best ATAR result.

***Ella K.***

The 3+3 has many positives. The system allows students at The Forest to learn and achieve in a new and evolved manner. It allows kids to focus on just 3 subjects that reduce the content load as well as work load. By integrating the Year 11s with the Year 12s, the junior year will be assisted with study, work and the content in class, allowing a variety of ideas or beliefs to be shared. Not only is the class shared but friendships form and unite the senior cohort. The 3+3 allows students to gain a student/teacher friendship, making it easier to go and communicate with the teachers.

***Harry W.***

Anecdotal evidence from parents and students over the advantages of the 3+3 system also included issues students faced over anxiety, physical health and sporting commitments. Some students and parents expressed concern that students were attempting the HSC exam when they were in Year 11, which might affect their results. Analysis of the 2013-2015 HSC results showed that many Year 11 students achieved strong results, which shows that they are mature enough to undertake the exams. The big difference is a willingness to study hard and work in class, not the age of the student.

Year 11 students achieved comparable numbers of band 5 and 6 results to the Year 12 cohort. Most students reported that they felt more comfortable in Year 12 having successfully completed half their exams and had a greater understanding of the process and exam procedures.

**Denise Wright, Deputy Principal**

# Term 4 Events

Full details of all school activities are available on the school calendar on the school website [www.theforesthighschool.com](http://www.theforesthighschool.com)

10 October	First day of Term 4
13 October	HSC Exams start
19 October	School Council 6pm P&C Meeting 7pm
24 October	Meet the Principal 9am
26 October	Year 10 Formal
31 October - 4 November	Year 10 Work Experience
7 - 11 November	Year 10 Motivation Week
8 - 11 November	Band Tour
14 - 16 November	SRC Leadership Camp
14 November	Year Rollover Whole School
23 November	School Council 6pm P&C Meeting 7pm
24 November	Year 12 Graduation & Formal
29 November	Silver Ceremony
6 December	Year 6 into 7 Orientation Day
13 December	Presentation Night
16 December	Last day of Term 4 Christmas Assembly

# Year 7 Report

What a huge term! Our students have been involved in a number of events this term, and have achieved a great amount of success along the way.

The Forest High School STEM/Solar Car Challenge was completed last week, (as reported in last Saturday's Manly Daily!), and I was very proud of the amount of effort and dedication our Year 7 students put into their teams' entries. It has been a fantastic project and we thank the Science faculty, and the team mentors, for providing this opportunity for the students.

I was amazed by the record amount of Certificates of Achievement presented at our last year meeting. A truly fantastic effort! Two students – Kirsten M., and Casey Y., received three certificates each, which illustrates the amount of effort some of our students are putting into being respectful, responsible and in working towards their personal best this term. Congratulations to all students receiving awards.

Our Year 7 Table Tennis Tournament rocketed into action this week. A fantastic number of students, and teachers, all came together to smash out a few games over the tables at lunchtime on Monday and Tuesday. Some very competitive teachers (Mr Pitt and Mr Dodds) met Daniel M. and Rojan A. in the finals. The teachers finally came out on top and took first place, with Bailey S. and Saxon coming in third. Thanks to all the students who both participated and assisted in the organisation of the tournament. It was wonderful to see everyone get involved and have some end-of-term fun.



**Mr Pitt/Mr Dodds**



**Miss Watanabe/Shohei U.**



**Semi Finals game – Mr Dodds/Pitt  
Vs. Bailey S./Saxon W.**



**Mr Davies/A. Fuller**

This week I had the pleasure of listening to the election speeches for the 2017 Student Representative Council candidates. I especially enjoyed hearing about their past achievements and their ideas for how they would work to represent their year group. It was fantastic to see the level of effort put into the speeches of all candidates. Congratulations to our new SRC members for 2017: Amelia B., Terence C., Nicki C., Sophie D., Roddy D., Akito K., Sam K., and Will S. I look forward to working with you all over the coming year. Thank you also goes to our outgoing members – Aliyah L. and John R. On behalf of your peers I would like to extend our thanks to you for representing them and working to ensure their voices were heard.

I wish everyone a restful and safe holiday break and look forward to hearing about your holiday activities and welcoming you back again next term.

**Amanda Walsh, Year 7 Adviser**

### **YEAR 7 GALA DAY REPORT**

On the 9th of September, Years 7-10 went to a Netball Gala Day. There were two Year 9/10 teams, one male and 1 female. The Year 7/8 teams included 3 girls teams and a boys team. All teams played five rounds of 30-minute games, as well as the semi-finals and grand finals. All teams played extremely well in their pools, with Year 9/10 boys placing first and the Year 9/10 girls placing second in their pool. The boys went on and played Barrenjoey Girls in an intense final with a 19-14 win! The Year 7 and 8 girls were runners up in their competition and displayed great effort. Overall, we had a great day playing netball and everyone was well behaved.

**Eliza J. and Luke G.**



**Year 9/10 Boys Winners**



**Year 7/8 Girls Runners Up**

# Year 8 Report

Year 8 have continued their outstanding effort to finish off Term 3. Today we held another special year meeting to hand out over 70 Certificate of Achievement Awards. I hope everyone continues to do their Personal Best!

I would like to especially thank Mrs Hawling for her dedication to Year 8. She has worked hard to provide the best care for every Year 8 student and I am grateful to have her continue to assist our year group as we move throughout high school.

A huge congratulations to our newly elected Year 9 2017 SRC who have been inducted this week: Sam D., Alexander D. and for the first time, Carly A., Maddison F., Paris J. and Connor O. I know you will all do a fantastic job representing your peers in the SRC.

Year 9 is fast approaching - Monday November 14! Students will be informed of their electives early in Term 4 and will receive their timetables as soon as it is finalised. I encourage parents to start thinking about getting new books and any materials needed.

I hope you all have a safe and happy holiday!

**Julian Floriano, Year 8 Adviser**

# Year 9 Report

The second half of this term has been even busier with performances, incursions, excursions and activities for the Year 9 students.

**MADD Night** was a huge success with Year 9 students presenting captivating musical, dance and dramatic performances as well as having their fantastic visual art and photography on display.

**Trivia Night** was, as usual, an exceptionally fun night. The Year 9 tables got into the spirit of things by dressing up according to their table themes and enjoyed the evening accompanied by an excess of snacks.

In early September the Philosophy classes took an excursion to the **Australian Museum** to supplement their learning on the emergence of life. On the same day the Japanese class visited the **Japanese Foundation** to be immersed in Japanese culture and experience the cuisine.

**The Solar Car Challenge** was rescheduled due to the weather. This gave our teams an extra two weeks to finalise the building of their solar cars and ensure the cars would be able to perform

well in each of the challenges: endurance, speed, hill-climb and presentation. The students worked consistently for several weeks on building and testing their cars and displayed good team work on the challenge day.



**Year 9 Science students at the Solar Car Challenge Day**

Many students are wearing the correct school uniform and will be able to participate in the **mini-Olympics** next term. It is not too late for students to qualify. To do so is as easy as dressing in full school uniform every day. This event will reward students who consistently show our school value of responsibility by wearing school uniform.

Mrs Diggins will be returning from long service leave next term to resume as Year Adviser. I have thoroughly enjoyed taking on this role this term and building more positive relationships with the Year 9 students.

**Georgia Yam, Year 9 Adviser**

## Year 10 Report

Exams are over and the holidays are about to begin! I hope all the students of Year 10 were well prepared for the exams and are developing successful study skills as 3+3 will be commencing for our cohort in Week 6 of next term.

Before 3+3 gets underway Year 10 have a few exciting weeks previous. **Week 4 is Work Experience, 31st October - 4th November**; every student is strongly encouraged to participate. Students must select their workplace and return the completed work placement forms back to the Careers Adviser as soon as possible. Every student received these forms via email and also as a hard copy if required. If you are having difficulties in obtaining a work placement, please see the Careers Adviser or Mrs Nunura. Any student that does not participate in Work Experience is required to attend school.

**Week 5 is Motivation Week, 7th - 11th November.** Students will be participating in a number of activities such as wheelchair basketball and mindfulness and wellbeing sessions. Educational lessons will be delivered on topics such as cyber awareness, road safety and employment preparation and readiness.

Finally, if anyone would still like to attend the **Formal**, the deadline for payment is **Friday 14th October**.

Enjoy your holidays and be safe.

**Michelle Nunura, Year 10 Adviser**

## Year 11 Report

Year 11 have now completed the teaching part of their first round HSC courses. Between now and the HSC (**which commences on 13th October**) they have a lot of work to do to consolidate their knowledge and further develop their skills through the completion of as many past papers as possible. They have a massive advantage over the majority of HSC candidates as they generally only have two or three exams to prepare for. It is essential that they make the most of this advantage by using their time wisely. Study plans are an excellent way of ensuring they do not waste time.

A reminder to all Year 11 students that no mobile phones are permitted in the HSC examination. It would be best to leave your phones at home. Please return any textbooks you might have after you have sat your final exam. All Year 11 students are expected back at the start of the rollover on **Monday 14th November**.

Over the last two weeks of term the school voted for our new captains for 2017. The very worthy winners are:

**School Captains** - Harry White and Tamika Egan-Walters

**Vice Captains** - Rachelle Tacadena and Campbell Maconachie

**Sports Captains** - Baden Kelly and Caitlyn Callaghan

**Performing Arts Captains** - Amelia Davies and Lana Hill

**Environment Captains** - Cienna Glynn and Trent Taylor

**In addition the following Year 11 students have been appointed as Prefects for 2017:**

Alannah Elliott, Ariel Falealoto, Lachlan Hill, Ella Kasmar, Jacob Neale, Ashlee Pierce, Estee Qin and Natalie Wang. I wish them all the best for their roles as school leaders in 2017. I also wish all Year 11 students the best of luck in their HSC and hope they get the questions they are after.

**Jason Millar, Year 11 Adviser**

# Year 12 Report

This term has been a busy one for Year 12 as they have had their Trial HSC examinations, assessment tasks, revision and the organisation of the formal and the end of term assembly. Although classes have finished, the students are reminded that they need to be engaged in a rigorous study regime over the next few weeks. From 10th October, teachers of Year 12 will be available to all students in the time slot they would normally have that teacher.

On Friday 23rd September, a breakfast BBQ was put on by the Year 11 students to farewell the Year 12s. Most students and teachers attended and had the opportunity to mingle in an environment less formal than the classroom. Following the breakfast BBQ a farewell assembly was held in the Hall. It is a bittersweet occasion for the students and it was the last assembly they would attend with the whole school.

The Year 12s will be greatly missed by the staff and students of The Forest High School. It will be delightful to see the cohort again at their **Graduation** and **Formal**, which are on **Thursday 24th November**.

**Karin Nixon, Year 12 Adviser**

## English

The English Faculty would like to congratulate the HSC students who have finished their courses and are weeks away from completing their examinations. We would like to wish them all the very best and remind them to be undertaking a consistent and thorough study regime. Students are encouraged to submit practice responses for marking and to come in to see their class teachers during Week 1 of Term 4 in their regular class times.

The Year 7/8 team of Oscar G., Vladimir L., Sam T. and Riley S. debated against Davidson High School recently. They developed and argued a convincing negative case for the challenging topic: 'That we should lower the voting age for State and Federal elections.' Our team presented a strong case line but unfortunately were narrowly defeated.



### Year 7/8 Boys Debating Team

To celebrate **National Literacy Week**, the English Faculty challenged students in roll call with daily word puzzles. Many students pondered these and checked in with the English staff to see whether they were correct or not. A Year 7 **Spelling Bee** was also held, with every class undertaking a spelling competition. On Friday 2nd September, two spelling champions from each class competed in the grand final in front of their cohort. Each student tried their hardest and tackled some very difficult words. In the end, Isabelle F. won the competition! Daniel F. received second place and Daniel R. received third place. These three students won a Berkelouw book voucher each to reward them for their spelling skills.

Alex Castle, English Department

## CAPA

### MADD NIGHT

Congratulations to all our students and staff involved in a very successful MADD Night held on 24th August. It was a wonderful evening featuring displays of visual arts and performances from our very talented creative and performing arts students.





## SENIOR SOIREE

On 25th August we held our third Senior Soiree exhibition at the Forest High School which included student work from Visual Arts and Photography, Video and Digital Imaging. The event was well received and was visited by a representative from Manly Regional Gallery. The evening showcased the work of our HSC students with musical items provided by some of our music students and staff and finger food provided by our VET Hospitality students. Well done to all those involved.





## NSWEE

The Forest High School Junior Band and Wind Ensemble put on excellent performances at the NSWEE Spring Music Festival on 11th September. The festival was held at the Concourse Theatre in Chatswood. Both ensembles were conducted by our resident conductor Lemin Luu. The festival showcased more than 50 bands from the Northern Sydney region and is recognised as one of Sydney's premier celebrations of student achievement in wind ensemble performances.



## ART CLUB

A huge thank you to the bright, young artists who have produced outstanding artwork throughout this term's Art Club. Students have developed fundamental drawing and painting skills working across a range of still life subjects, including teacakes and skulls! These works were entered and exhibited at the Mosman Art Youth Prize. A very special mention to Kasey B., Pippa M., Caitlin M., Ashleigh S. and Zoe W. for your ongoing enthusiasm and efforts this term! Art Club is on Mondays from 3 - 4pm in B3, \$2 - all students welcome!



Students' work from Art Club

# HSIE

## YEAR 9

Year 9 History have been studying World War 1 and recently were looking at the conditions soldiers had to fight in when they were in the trenches. Trench foot, caused by being in wet and cold conditions for days, was a serious problem. Mrs Wright's Year 9 class have been learning how to knit for the war effort. During the war, women, men, boys and girls all learnt how to knit to provide warm socks, balaclavas and scarves to keep the soldiers warm. Judging by some of the efforts produced by the class, the soldiers might not have appreciated the final products!



# PDHPE

## CROSSROADS

Our new senior school students will be participating in a **Crossroads** course from **Monday 7th to Thursday 10th November** inclusive. **Crossroads** is a mandatory senior PDHPE program for students in NSW government schools. It is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives. **Crossroads** aims to prepare and support these students as they encounter situations related to identity, independence and their changing responsibilities. **Crossroads** aims to build students' sense of empowerment and respect for themselves and others.

The **Year 10 Motivational Week** has been specifically tailored to meet the needs as identified in our school community. Topics which will be included are:

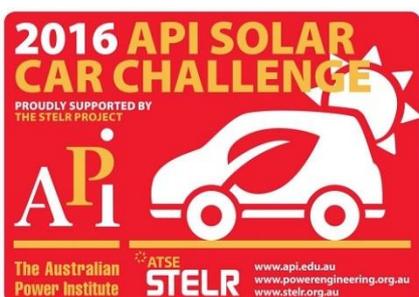
- Building resilience
- Goal-setting and motivation
- Safe partying
- Respectful relations including sexuality and sexual health
- Managing technology
- Wellbeing activities
- Preparations for senior studies
- Safe travel

A session will involve a group of Northern Beaches General Practitioners visiting the school to inform students about issues relating to youth. They will address the group as a whole for about 30 minutes. Students will then be divided into smaller friendship groups and each group will meet with a GP for a confidential session. In order to maintain confidentiality and allow the students to discuss any topics they choose with the GP, a teacher will not be present in these small groups.

The cost has been included into the Year 9 Camp cost and therefore there is no cost for these students. However, for any student who did not attend the camp there is a small cost of \$20. Students are expected to be in full school uniform for the week. PE uniform is required to be brought to school on Monday and to be worn on Wednesday as normal.

**Jenny Power, Head Teacher PDHPE**

## Science



## API SOLAR CHALLENGE

The Forest High School hosted the API sponsored Solar Car Challenge on 6th September. Teams from Beacon Hill Public School, Allambie Heights Public School and The Forest High School participated in what will be an annual STEAM Project (Science, Technology, Engineering, Arts and Maths). Students designed and built a colourful and imaginative array of vehicles to compete in a speed race, an endurance test and a hill climb, with additional points awarded for the best looking car.

On a beautiful sunny day 18 teams were welcomed to the school and an exciting and challenging day ensued. After 3 hours of keenly fought competition, the winning teams were announced. Taking first place was team **Tesla Nano** (John, Byron & Mitch) who built a beautifully engineered replica of a rocket car. Their car won both the speed race and hill climb events.

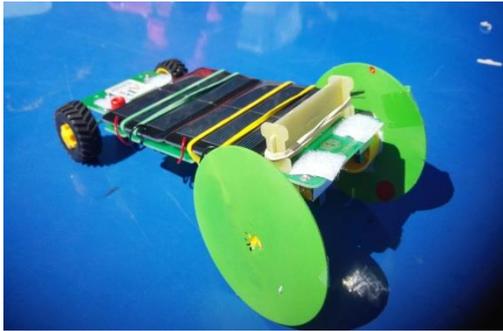
In second place, and proudly representing Beacon Hill Public School, was team **Mad Metal**, who altered their car's electric motor for additional torque which resulted in an endurance and hill climbing vehicle. Very impressive engineering from Year 6 students.

Team **Bittersweet** took third place with their concept black and white "good vs. evil" van. Sporting angel wings it gained almost maximum points in the "best looking car" category.

For next year's event The Forest High School aims to challenge all local schools with a project aimed at increasing awareness of sustainability in our environment. The 2017 project will continue the school's STEAM initiative in raising students' awareness of, and participation across Science, Technology, Engineering, the Arts and Maths.

## Science Faculty





Students participating in the API Solar Car Challenge

## Positive Behaviour for Learning (PBL)

The Positive Behaviour for Learning (PBL) Committee is supporting the school's **mini-Olympics** next term. Although all students are expected to be in school uniform every day, this event will be running for Years 7-9 in Weeks 4 and 5 of Term 4. To qualify for the event students simply need to be wearing correct school uniform every day. When the uniform is worn properly this demonstrates respect for oneself as well as the school. Students demonstrate responsibility by being in correct school uniform as it makes students easily identifiable as belonging to the school rather than being an intruder. The mini-Olympics event is a reward afternoon for all students who consistently exhibit the school values through wearing correct school uniform.

This term the PBL Committee have also been working on ways to facilitate the school's behavioural expectations for non-classroom settings. In order to promote care and pride in the

school grounds we are investigating the installation of more bins, particularly close to the active play area on the oval. More visual prompts will be installed around the grounds to remind students to stay within the playground boundaries and of all positive behaviour expectations of the school.

Georgia Yam, PBL Committee

## Student Representative Council (SRC)

Term 3 was busy working our SRC commitments around the Trial HSC examinations. We continued our support for **Bear Cottage** at Manly with a donation from our fundraising throughout the year. The Forest continues to support Bear Cottage and their wonderful work.

On Thursday 18th August the current SRC sacrificed their warm comfortable beds for **Mission Australia Winter Sleepout**. The BBQ breakfast the next morning was a success and we made a generous donation on behalf of the school to assist those suffering hunger and lack of shelter.

The annual **Trivia Night** on 31st August was well attended and we thank everyone who came and had a fun night with us. We raised \$1850 and are now deciding how to use the funds in improving the school for the students and teachers.





**Staff, students and parents enjoying the Trivia Night fun**

## **2017 SRC ELECTED**

Elections for 2017 have just been completed and we have our new leadership team for the upcoming year. Students underwent an interview with senior executive followed by speeches and voting. This year our candidates had to complete an additional speech to the whole staff body at an after school meeting. Our Captains elect are already busy working on what direction they wish to take the SRC in 2017. The Student Representative Council Inauguration Assembly was held on Wednesday 21st September where our incoming members were introduced in front of teachers, students and parents. Congratulations to all who stood – the speeches were to be commended from all candidates.



We thank the SRC of 2016 for their wonderful service to the school this year under the leadership of Sammi and Bill. They were supported by a strong Year 12 team, alongside their Vice Captains Micaela and Ben. The outgoing Year 12 SRC have been committed Forest students throughout their time at the school – always involved in all activities, excelling in their chosen areas. A personal thank you to Sammi, Bill, Micaela, Ben, Sateki, Indiana, Zoe, Mark, Daniel K, Brandon, Daniel M, Saxon, Anthony and Darcy.

**Nicole Murray, Teacher Librarian**

# Careers

## YEAR 12

Wishing you all the best for your coming exams and future post-school choices. Please keep reading your DET emails as any information received regarding courses or jobs will be forwarded to you.

## YEAR 10 AND 11

**Dee Why RSL School Scholarship Program** will be open for applications at the beginning of Term 4. It will be open to Year 11 & 12 students for the 2017 year of students (current Year 10 & 11 students). Now in its 4th year, the Program will deliver a total of \$20,000 worth of scholarships.

**The 2017 Scholarship Program** - students can receive up to \$2000 to assist them in achieving their highest potential while completing the HSC.

Eligibility Criteria:

- Students must be in Year 11 or Year 12 in 2017
- Students must be studying towards the HSC and be 19 years or under
- Students must have a parent, guardian or grandparent who is a current member of Dee Why RSL Club

Assessment Criteria - students are assessed on:

- academic performance and/or economic need
- contribution to school and community
- demonstrated interest in/participation in extracurricular activities

### How to apply?

Go to the Scholarships page at [www.dyrsl.com.au](http://www.dyrsl.com.au) to be directed to the online application form link, which is open from Wednesday 12th October - Friday 18th November 2016. For further information please call 02 9454 4092 or email: [sheilam@dyrsl.com.au](mailto:sheilam@dyrsl.com.au)

**Elizabeth Lewis, Relieving Careers Adviser**

# Extra-curricular



## 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/)

## CONTAGIOUS ILLNESSES

Just a reminder that if your student is ill with a contagious complaint, for example conjunctivitis, influenza or gastro, please keep your child at home and inform the school of their absence at your earliest convenience.

Thank you for your assistance.



## Next P&C Meeting

The next P&C Meeting will be held on **Wednesday 19th October at 7pm** in the School Library - all welcome.

For your diaries, the final P&C meeting for 2016 will be held on **Wednesday 23rd November**, again to be held in the School Library at 7pm.

## 2016 P&C Levy Reminder

At the Forest High we do not bother you with fundraising 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.

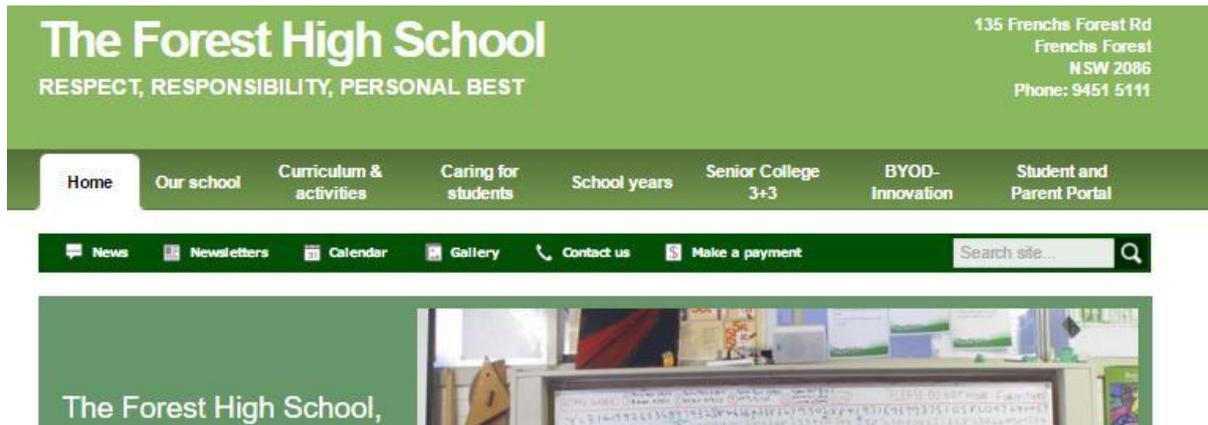
This contribution pays for some initiatives that add enormous value for our students such as the 21<sup>st</sup> Century Learning Spaces. Our teachers report that students are significantly more engaged when classes take place in these modern, relaxed facilities.

Similarly, the High Resolves program\* is funded entirely by the P&C. This award winning

program engages almost 400 students through a mix of interactive, thought-provoking experiences and activities with the aim of shaping our future global citizens and leaders.

**So if you have not 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

<http://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**

# Community Notices

## MANLY WARRINGAH BASKETBALL HOLIDAY CAMP

**Mon 26th, Tues 27<sup>th</sup> & Wed 28th September 2016**

**9:30-12:30** Doors open @ 9:00am

Ages 5-14 boys & girls.

Placed in small training groups with friends

**Venue: NBISC, Jackson Rd Warriewood**

- *Professional Guest Coaches*
- *Every child receives a camp t-shirt*
  - *Professional coaching*
- *Competitions with great prizes*

**Cost: \$95 (3 day camp ONLY)**



**Booking opens 1<sup>st</sup> September:** <https://www.trybooking.com/MRAP> OR <https://www.trybooking.com/222419>

**Enquiries-99133622**

**MWBA will not accept applicants on the day.**

Photos may be taken on the day of camp to place on our website. Please advise staff if you do not want your child photographed.



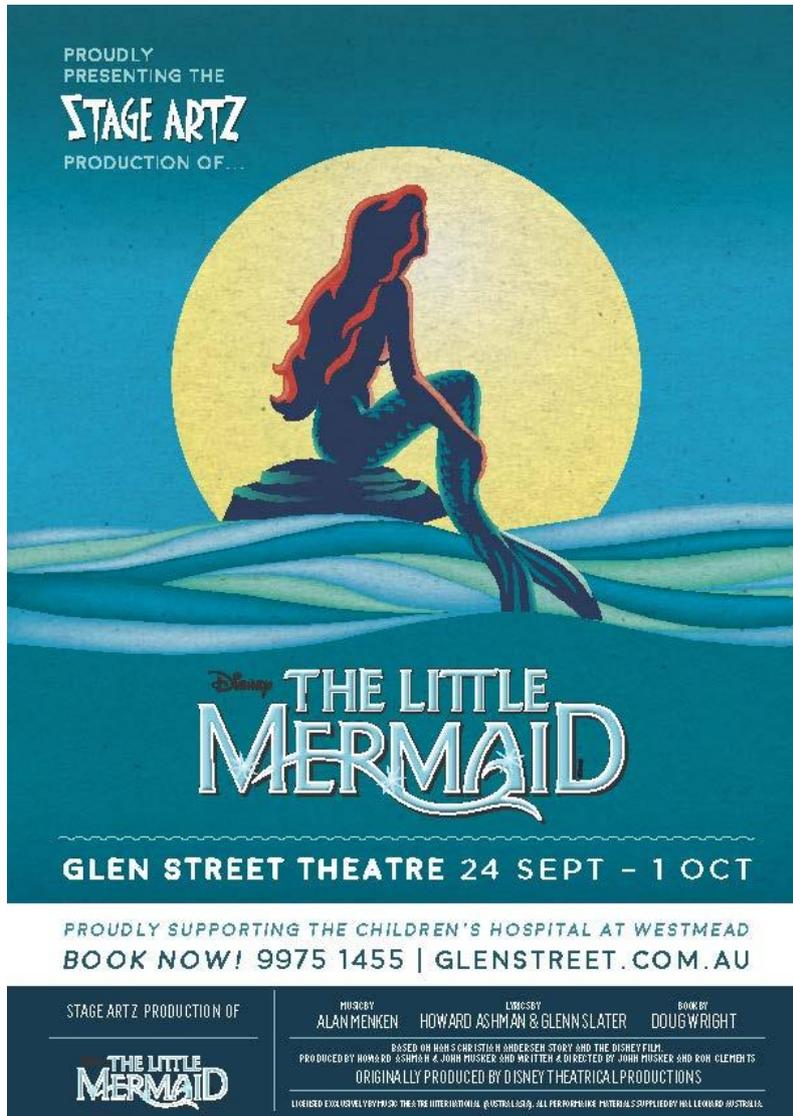
### Installation of electrical wiring along Warringah Road

From Monday 29 August, contractors will be installing electrical wiring along the Northern side of Warringah Road reserve. Weather dependent, this work will take place over the next three weeks, Monday to Friday 7.00am – 5.00pm. Power cuts are not required for this work and we do not anticipate any disruption to services. Where possible, every effort will be made to minimise impacts to neighbours and we continue to monitor construction activities very closely. All work will be carried out according to planning approval conditions. Please telephone 0427 088 526 or email [enquiries@northernbeacheshospital.com.au](mailto:enquiries@northernbeacheshospital.com.au) if you have any questions about this

scheduled work. Further updates will be posted at [www.northernbeacheshospital.com.au](http://www.northernbeacheshospital.com.au) and sent via letterbox drop.

Thank you

Northern Beaches Hospital Project Team 0427 088 526



PROUDLY PRESENTING THE  
**STAGE ARTZ**  
PRODUCTION OF...

Disney **THE LITTLE MERMAID**

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PRODUCED BY HOWARD ASHMAN & JOHN MUSKER AND WRITTEN & DIRECTED BY JOHN MUSKER AND RON GLEMBITS  
ORIGINALLY PRODUCED BY DISNEY THEATRICAL PRODUCTIONS

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Service relocation on Warringah Road, near Fitzpatrick Avenue from Thursday 1 September

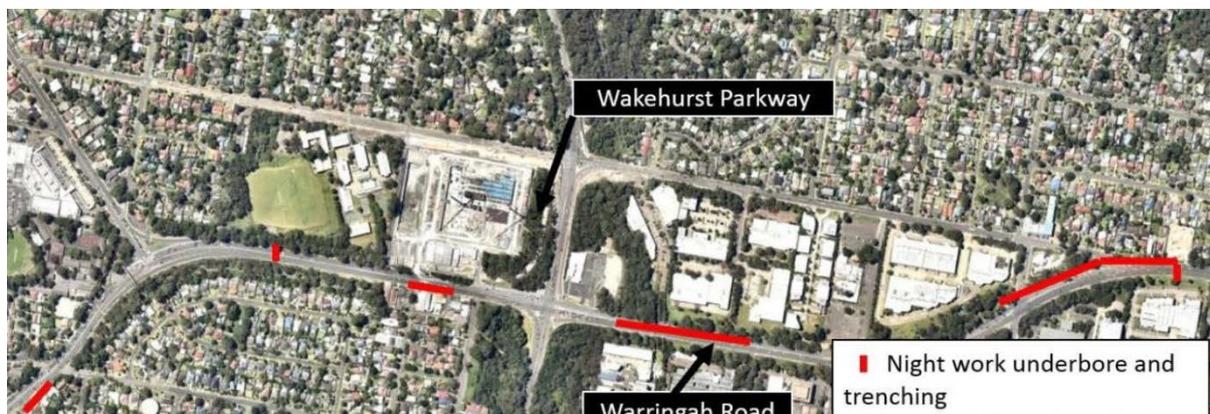
**The NSW Government is upgrading roads around the new Northern Beaches Hospital with work proposed to be completed in time for the hospital opening in 2018**

RMS has been relocating services at Warringah Road, near Fitzpatrick Avenue. Further work will be carried out from Thursday 1 September until the end of October during **7am to 6pm on weekdays** and **8am to 1pm on Saturdays**. Some of the work will also be carried out at night for safety reasons and to limit the impact on the road network.



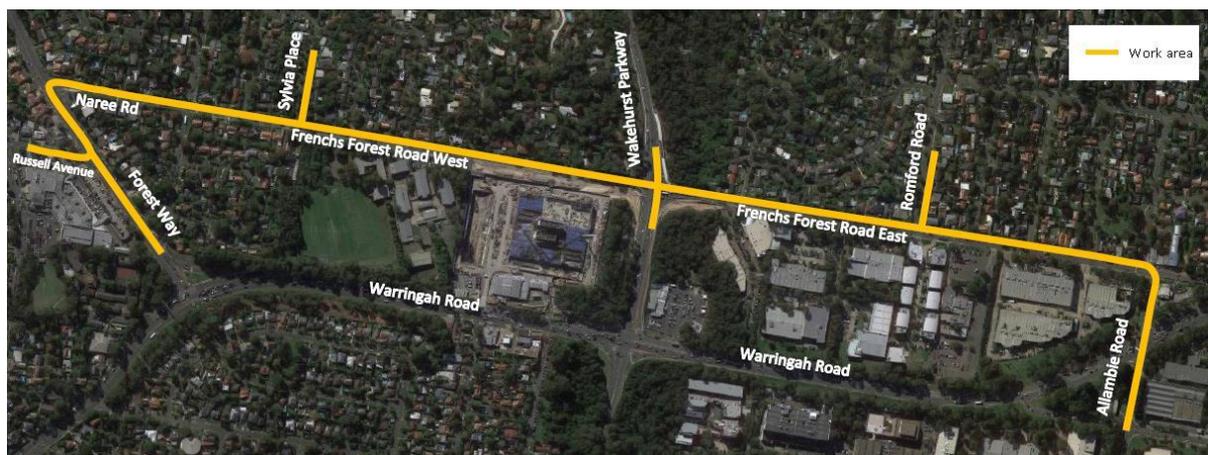
**Ongoing trenching along Warringah Road, Frenchs Forest from Thursday 1 September**

RMS will continue to carry out service relocation work from Thursday 1 September including establishing traffic controls, trenching and under boring along the northern side of Warringah Road and installing communication cables. Night work is required as part of this work from **6pm to 7am** until **Friday 30th September**.



## Out of hours work on Frenchs Forest Road, Naree Road and Forest Way from Monday 5 September

RMS has been carrying out service relocation work along Forest Way, Naree Road, Frenchs Forest Road West and East, Allambie Road and Russell Avenue. Due to the high volume of traffic and pedestrians in this area, we will be carrying out further work outside of standard construction hours for safety reasons and to limit the impact on the road network. This will include some night work on **weekdays** between **6pm** and **7am** and some daytime **weekend work** between **Monday 5 September** and **Friday 4 November**.



### 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 Ferrovial 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, Car Wakehurst Parkway & Warringah Road (north eastern corner), Frenchs Forest NSW 2086, Open 9am - 5pm, Monday to Friday

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



## SPINE SOCIETY OF AUSTRALIA

### National Self-Detection Program for Scoliosis (NSDP)

It is recommended that girls in Year 7 and 9 participate in the NSDP by downloading the Self-Detection Brochure for Scoliosis. The brochure can be accessed directly via a link on the Scoliosis Australia home page at [www.scoliosis-australia.org](http://www.scoliosis-australia.org).

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve. Three girls per thousand require active treatment (spinal brace or surgery). Because in the early stages the condition is most often asymptomatic, screening in the age range 11-13 years is a sound preventative health measure.

Do you want  
to make a  
difference in  
the life of a  
child?



## Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email [fosteringwithfacs@facs.nsw.gov.au](mailto:fosteringwithfacs@facs.nsw.gov.au)



Family &  
Community  
Services



FOSTERING NSW

# FREE RESOURCES TO HELP SUPPORT STUDENTS DURING EXAMS



For many students, Year 12 exams can be one of the most stressful times of their lives. It can feel like their entire life depends on their Year 12 results, but those of us who've been through it know there's life after.

**Download our free resources and help support your students through the stressful exam period.**

**Click on our website link: <http://au.reachout.com/>**

Our new resource package on managing exam stress is designed to help support students through exam time.

It covers advice, tips and resources for schools, students and parents on everything from encouraging students to maintain a positive attitude to limiting their caffeine.

**ReachOut Australia  
Level 2, Building B  
35 Saunders Street  
Pyrmont NSW 2050**