

Newsletter Week 5 Term 4 2017



On 25th October we held a special school assembly to welcome Tim Farriss, Kirk Pengilly and Garry Beers from the band INXS back to The Forest High School.

Tim, Kirk and Garry are former students of The Forest High School and they were excited to visit the school and have the opportunity to address students as alumni of the Forest. INXS are celebrating their 40th Anniversary this year along with the 30th Anniversary of their album KICK. A TV crew from 60 Minutes was at the school to film the assembly and various areas of the school which were significant to the band members. The students welcomed the band with a huge roar when they entered the hall. Prior to their arrival, the students had seen a presentation of the band members' time at the school and viewed music videos of the band. Tim and Kirk visited the science lab where they first met and they also jammed with some of our music students in one of the music rooms. The band was extremely generous with their time, signing autographs and posing for many photos. We hope that many of you viewed 60 Minutes on Sunday 5th November when the INXS visit to the school aired.

Visit our school website for more photos of this exciting day

<http://www.theforest-h.schools.nsw.edu.au/gallery/inxs-visit-25th-october-2017>

Principal's Report

Hospital Visit On Monday 23rd October, Ms Cathy Thompson, Mrs Denise Wright, Mr Peter Santamaria, Miss Nicole Murray and I accompanied 19 of our students over to the hospital site to visit the helipad. A drone took photographs of the group and there should be an article in the Manly Daily soon. The photo was to celebrate the opening of the hospital, which will occur in one year. The view was amazing and the students had a great time. The photo was featured on Channel 10 News and in the Manly Daily on 31st October.



Teaching Awards Les Pitt, Janet Richards and Stephen Davies have been nominated by the school for the Australian College of Educators World Teachers Day Awards. They received the awards at Mosman High School on 26th October. Les Pitt was nominated as an Outstanding Beginning Teacher and Janet Richards and Stephen Davies were nominated for Leadership.



World Teachers Day Award Recipients



Stephen Davies and Les Pitt

HSC Exams finish this week and have generally proceeded smoothly. We had some major traffic issues the week prior to the exam and there was a lot of concern in the community about the possible impacts on students traveling to school; however, the traffic has been lighter and there have been no traffic issues during the exam period. Ferrovial York and RMS have been very responsive to any concerns we have raised about noise during the exams and work has been moved or postponed to create a quiet environment for the students. Senior students have conducted themselves in a very mature manner during the exams, seeking advice from their teachers and working in their study groups. They should reap the benefits of the work they have put into their students.

Rosemary McDowall, Principal

Deputy Principal's Report

In this report I want to make special mention of our end of Term 3 activities to say farewell to our wonderful Year 12 student cohort of 2017. I hope that the last week of school for these students before commencing their Higher School Certificate will remain with them as they reflect on their years of study at The Forest High School.

The new SRC, including new School Captains for 2018, were welcomed at a whole school assembly with the 2017 Captains presenting 2018 badges to the worthy recipients. The students also participated in the Year 12 Celebration Day, enjoying each other's company on the oval and ending with a BBQ.

Year 12, we wish you well and wait in anticipation to see your wonderful HSC results.

Cathy Thompson, Deputy Principal



On the last day of term, Year 12 students and teachers were treated to a morning breakfast in our main quad. This was organised by Mrs Helen Emery, Year 11 Adviser, and wonderfully catered for by Year 11 students. Thank you so much for this grand effort. After this, all students from all year groups assembled in the school hall for our Year 12 Farewell Assembly. This is always an emotional event as the whole school said farewell in speech, performance and song to our Year 12 Cohort.



Term 4 Events

9-10 November	Year 9 Canberra History Excursion
13 November	3+3 Senior Classes begin
15 November	Year 10 Celebration Evening 7.00pm -10.00pm
16 November	Trivia Night
21 November	Silver Ceremony
22 November	Year 12 Clearance & Graduation Rehearsal
22 November	School Council – 6.00pm P&C – 7.00pm
23 November	Year 12 Graduation – 4.30pm Year 12 Formal - 7.00pm
29 Nov – 1 Dec	SRC Leadership Camp
4 – 8 December	Year 10 Work Experience
5 December	Year 7 2018 Orientation Day
7-8 December	Year 7 Swim School
11 December	Year 7 Surf School
12 December	Presentation Night – 7.00pm
15 December	Christmas Assembly Last day of Term 4

Full details of all school events are available on the school calendar on the school website
www.theforest-h.schools.nsw.edu.au

TFHS Extras

Do you know that there are so many clubs and activities on offer at The Forest High School? Click here for a full list of what's on and where

https://edit.pws.det.nsw.edu.au/documents/75636251/75649800/tfhs_extras.pdf

Year 7 Report

While the HSC examinations are taking place in the school hall, I thank the Year 7 students for demonstrating respect and responsibility allowing the seniors to do their personal best. When moving around the school everyone has been very respectful of the examinations taking place, being quiet and considerate whilst moving between classes, as well as taking the responsibility of moving promptly and keeping the walkways and corridors clear. Thanks again to the Year 7 cohort for abiding by this.

Assessment Tasks Year 7 has also been largely focused on completing assessments and other tasks in order for teachers to be able to write final reports. Although end of year assessments and reports are almost complete the school year is not and students must continue to attend school and undertake all tasks and activities to their personal best. There is always still plentiful learning to take place, most of which will be required knowledge in Year 8 next year.

Rollover Traditionally The Forest High School has undertaken a whole school 'rollover' into the new academic year in Week 6 after the completion of the HSC examinations, however, this year only Year 11 will be rolling into their new Year 12 classes and all other year groups will remain in their current year groups until the end of the year. Despite this, there will be timetable changes for Year 7 and other year groups in Week 6 in order for the Year 12 classes to obtain the teachers they will have next year so everyone will need to check their timetables on Sentral this weekend to be prepared for the week ahead.

If you have any other Year 7 news you wish to be reported in the newsletter please contact me.

Georgia Yam, Year 7 Adviser



Photos from the Year 7 Christmas Craft Club which is held every Wednesday

Year 8 Report

Congratulations to Emma-Jane Reeve who was recently announced as one of three finalists in the News Local Young Sporting Spirit Individual Awards, in recognition of her achievements in the sport of softball. Well done Emma-Jane, it's wonderful to see young people pursuing their passion and achieving at this level. We look forward to seeing what you will achieve in the future.



2018 SRC Members The newly elected SRC members have begun their work in representing out students. It's great to see some new members bringing their ideas to the SRC. Our members representing the Year 8 cohort in 2018 are Amelia B, Terence C, Nicki C, Taylor C, Akito K, Sam K, Genevieve M, and Willem S.

World Teachers' Day Once again Year 8 supported World Teachers' Day by writing thank you cards for their teachers. It was an opportunity for the students to think about a particular moment or conversation with a teacher that has left a positive mark with them, and to acknowledge the support of their teachers. The teachers really appreciated reading the kind thoughts the students put down in the cards. Thank you Year 8.



Wet 'n' Wild Our end of year celebration at Wet 'n' Wild is fast approaching. We are all looking forward to a day of fun and relaxing after a year of hard work! Payment for this this excursion is due by Wednesday 22nd November. Any questions or concerns regarding payment can be directed to either me or Mr Floriano.

Amanda Walsh, Year 8 Adviser

The last session for High Resolves for Year 8 will be held on Thursday 16th November

Year 9 Report

A lot is happening this term in Year 9. We have had Peer Support Training where students attended two all-day sessions discussing leadership and how to help new Year 7 students transition to high school. I am sure they can remember their own Peer Support Leaders and I hope many are applying to be one next year. I made a challenge to the boys of Year 9 - it was open to anyone but young men were the target, to participate in Movember. They are at an age that some should be able to sport a good moe and I am joining them on the challenge. Some have started strong and others are determined to get one by the finish line. I am so proud of every single one of them taking on the challenge. With Year 9 being such a difficult year and watching these guys work so hard, Mrs Walsh (Year 8 Adviser) and myself have organised a day at Wet 'n' Wild Sydney to celebrate the year. I hope that all Year 9 students are able to come and enjoy a day of fun.

Julian Floriano, Year 9 Adviser



Peer Support Training Year 9 had an engaging few days in Week 4 undertaking Peer Support training. Students participated in activities that promoted leadership, self-reflection, assertiveness and cooperation. Monday afternoon also brought out their creativity with the challenge of creating a costume merely out of newspaper and masking tape. The fashion show that followed was an enjoyable time for students to showcase their talents and have a good laugh. Well done to Year 9 for showing respect, responsibility and personal best and a big thank you to the eight teachers that volunteered their time to facilitate the groups.

Year 10 Report

This term has seen the Year 10 students experience being the senior students while Year 11 and 12 complete their examinations. Some of our SRC students represented the school in the opening of the new pedestrian walkway as well as being invited onto the roof of the new hospital. Apparently the view is spectacular!

Global Dignity Day Elizabeth R. and Emma D. represented the school for Global Dignity Day at Parliament House on 20th October along with Miss Murray. They heard an inspiring talk by Animata Conteh-Biger, first Sierra Leonean woman refugee on Australia and her work to help her homeland. SBS made a documentary on her earlier this year that can be viewed by searching for "Daughter of Sierra Leone". Following the keynote address the girls worked with other schools discussing the issue of dignity for all.



Elizabeth R. and Emma D. at Global Dignity Day



Guest speaker Animata Conteh-Biger

Band Tour is underway and I congratulate the many students who are representing the school and displaying their talents to the school in Western NSW.

Cyber Safety Over the last few days all Year 10 students have attended digital media presentations organised by Ms Chaloner. I hope the students enjoyed the presentations and were made aware of the consequences of posting information without thinking of the consequences. I thank the students for their co-operation and exemplary behaviour during these presentations.

Year 10 Evening of Celebration plans have now been finalised. The students and I are looking forward to a fun-filled evening on Wednesday 15th November at Miramare Gardens, Terrey Hills from 7-10pm. Parents and guardians are reminded that transport to and from the venue is organised by themselves. Supervision at the venue will be provided by teachers and venue security.

Cupcake Stall The following week on Tuesday 21st November the school is holding a cupcake stall to raise money for the Kids with Cancer organisation. Year 10 students are asked to prepare cupcakes suited to sale at lunchtime as well as bring some money to support this initiative.

The Cross Roads Camp for all Year 11 students is booked for Monday 26th to Wednesday 28th March at The Great Aussie Bush Camp, Tea Gardens. A note outlining the details will be sent home shortly.

Jerseys We will be finalising the design and orders for the senior jersey by the end of 2017 with the view to allowing the senior students to have their jersey for two winters.

Assessment Tasks As we draw closer to the end of the year, I remind students that if they have outstanding assessment tasks it is in their best interest to submit those outstanding tasks to their teachers as soon as possible as they may impact their RoSA grades which need to be submitted to NESAs shortly. If a student has concerns or questions it is best to seek assistance from their teacher, myself or Mrs Nunura (Learning Support). Homework assistance is available on Thursday afternoons or by arrangement with a mentor teacher.

Clare Diggins, Year 10 Adviser

Year 11 Report

Congratulations to Year 11 for completing the first round of HSC Examinations. The commitment and dedication that all students displayed was tremendous! We look forward to welcoming students on Monday 13th November as the new Year 12 and leaders at The Forest High. As school leaders they have a crucial role in representing and reflecting the school PBL goals of Respect, Responsibility and Personal Best. New timetables will be issued and new preliminary classes will begin straight away. We know students will return to school with an enthusiastic and conscientious attitude.

Special congratulations also go to our **2018 Leadership Team** on their success in the recent elections.

School Captains: Zali Van Der Veer and Alex Dickson

Vice Captains: Gabriella Apostolou and Luke Geddes

Sport Captains: Andrea Malm and Oscar McSorley

Performing Arts Captains: Mackenzie Brown and Angus Walsh

Environment Captains: Kandy Lee and Ryan Heaphy

Prefects:

Robert Buttiglieri, Lachlan Clarke, Ginger In, Marko Paunovic, Jasper Schwarz, Zane Smuts and Megan Walsh



The Induction Assembly was held on Wednesday 11th October for the incoming Student Representative Council members for 2018. After an extensive election process at the end of Term 3 the new Council are brimming with new ideas and plans for next year. Our 2018 Captain and Prefect body are already proving to be outstanding leaders - discussions are already underway for new directions for the student body. Alex and Zali - 2018 Captains - have a strong leadership team and the staff are looking forward to working with them. Looking forward to a successful year ahead for the Class of 2018!

Helen Emery, Year 11 Adviser

Year 12 Report

The last HSC exams were completed on Tuesday 7th November and Year 12 are now free of academic obligations; at least until any tertiary education commences next year. Congratulations to all Year 12 students for surviving the HSC (twice).

Clearance Days Unfortunately, their obligations to the school are not fully discharged yet. The students need to complete the clearance process on either **Tuesday 21st** or **Wednesday 22nd November**. This involves returning any textbooks or other resources provided to them by the school, having their teachers from 2017 sign the clearance form and paying any outstanding fees.

Graduation There will be a rehearsal for the graduation that students are expected to attend at **12 noon on Wednesday 22nd November**. This rehearsal is important and will ensure that the graduation goes smoothly and is an occasion to remember with fondness and pride. The graduation starts at **4.30pm on Thursday 23rd November** but students should arrive between 4.00pm and 4.15pm and parents attending should also arrive a little before 4.30pm to ensure they are seated and ready for the ceremony to start on time at 4.30pm. Following the graduation, the students will make their own way to Manly for the **formal** which starts at 7pm and is being held at the Novotel. I am sure the formal will be a wonderful night and live long in the memory of this fabulous year group. Finally, I would like to thank all the parents of Year 12 for the support I have received over the last six years. It has been a pleasure helping to guide your children through the potential minefield of high school.

Jason Millar, Year 12 Adviser



On the last day of Term 3 we farewelled a wonderful group of Year 12 students to their exams and their future beyond The Forest High School. The day started off with Year 11 students hosting a BBQ breakfast for Year 12 and their teachers. An opportunity for Year 11 to say thank you for the great mentoring and role modelling Year 12 have provided to them.

CAPA Report

On Friday 13th October Year 9 & 10 Visual Arts students visited the AGNSW with Ms Livingstone, Mrs Nunura, Mrs Brown and Ms Thompson to view the Archibald Prize 2017 exhibition. The students enjoyed the whole gallery experience and represented the school in their usual exemplary fashion.



Mini MADD Night

6pm Wednesday 6.12.2017

The Forest High School Hall

135 Frenchs Forest rd

Frenchs forest NSW 2086

Enquiries: ph. 9451 5111

theforest-h.schools@det.nsw.edu.au

Year 7 & Year 8

Creative & Performing Arts Showcase

Music and dance performances.

Art exhibition.



English Report



Year 7 Picture Books On 19th October some of our Year 7 students along with Ms Fitzsimmons visited Frenchs Forest Public School to share with their students the picture books they have made for The Northern Beaches Hospital. These books will be used in therapeutic contexts with young and older patients during their treatment programs. The illustrated stories present a range of issues and experiences of trauma, loss and recovery and reveal the power of young minds engaged in a project that sees their work having a real impact on the health of the community.

Writing Workshop On 19th October six students from Years 9 and 10, along with Ms Anwar, attended the Young Adult Short Story Writing Workshop at HarperCollins Publishers on Elizabeth Street in the CBD. The day included presentations by 'P is for Pearl' author Eliza Henry Jones and 'Remind me how this ends' author Gabrielle Tozer; two flourishing Australian authors who spoke of their careers and imparted students with helpful advice on creative writing. Students also had behind the scenes access to the book cover design process, marketing and sales. It was a delight to be invited to such an event at such a reputable company and treated to an incredible view of the city!

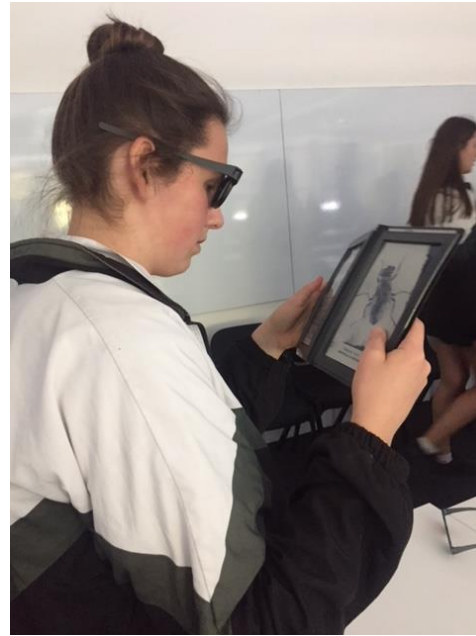
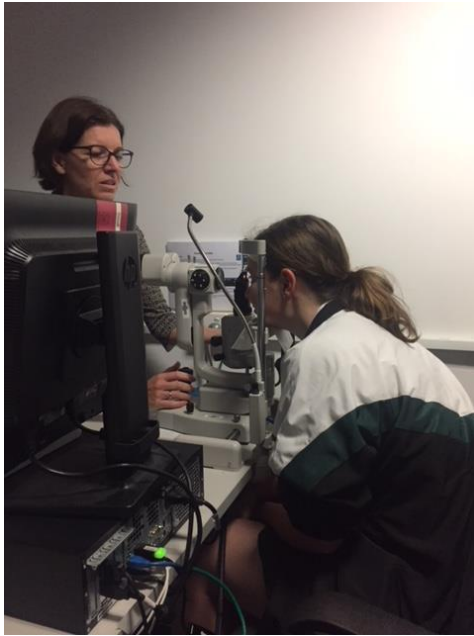




Science Report

On Wednesday 1st November Miss Sturley and 10 students from across Years 9 and 10 were invited to attend the annual L'Oreal Girls in Science Forum held at UNSW. The students attended a lecture where they heard from leading female scientists from a range of fields about their research and their life as a scientist. Students also enjoyed attending hands on workshops held at the School of Optometry and the School of Chemistry.





Trivia Night

Thursday 16th November 2017

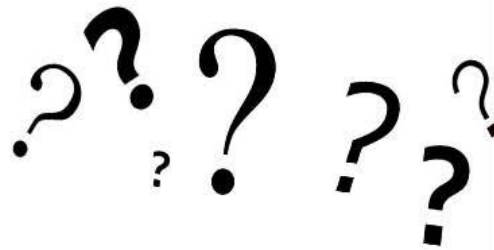
7pm School Hall

\$20.00 per adult

\$10.00 per child/student

\$50.00 per family - 2 adults and up to 3 children

A table of ten Forest students/staff will cost maximum of
\$70.00.



*Line up the trivia buffs and sign up now for
a table at the SRC Trivia Night. Booking
Forms available in the Library.*

SPACE CAMP



APRIL 2019

Don't miss this once in a lifetime opportunity
A major STEM initiative

Activities include:

- > Group work
- > Missions to Mars, ISS, satellite repair & rocket building
- > Zero gravity (scuba)
- > Jet fighter simulations
- > 1/6th gravity chair
- > Multi Axis trainer
- > G Force simulator
- > Museum tours
- > Future of Space exploration
- > Also included a visit to two major US cities

If interested come and register your name with Mr Dodds in the PDHPE Staffroom

Information Night coming Term 1 2018

Cost: \$7000.00 approximately – Some fundraising to assist students to be held

Extra-Curricular



Opal Card - tapping on and off at the beginning and end of each trip is one of the conditions of using a School Opal Card. Please remind students to do this for each bus journey and also to have their OPAL card ready before boarding any bus. The tap on and off date is used by Transport for NSW to determine demand for bus services. If students do not tap on and tap off, services may be cancelled due to the lack of recorded patronage.

Careers

Please note that the Year 10 Work Experience date has changed to Week 9 of Term 4 (4th-8th December) and the due date for documents has moved forward to 3pm on Friday 17th November

Road/Hospital Update

The RMS has installed a **Kiss and Ride Zone** on Frenchs Forest Road in front of the school - please see map below for location (marked in yellow). This is for student drop off and pick up only - no waiting is permitted



For more information or to report any concerns, please contact Ferrovial York Joint Venture

☎ 1800 014 307 (free call line available 24 hours)

@ nbhcommunity@ferrovialyork.com.au

📄 Northern Beaches Hospital Road Upgrade, PO Box 6040, Frenchs Forest NSW 2086

🌐 rms.nsw.gov.au/nbh

Community Notices



APPLICATIONS
OPEN
1 SEPTEMBER 2017

SYO
SUMMER
SCHOOL
2018

8-12 JANUARY 2018

REGISTER YOUR INTEREST NOW FOR SYDNEY YOUTH ORCHESTRAS' WEEK-LONG OPEN MUSIC PROGRAM.

Young aspiring musicians are placed in large ensembles which match their abilities and extend their skills - come along for a unique opportunity to make friends and have fun.

A wonderful experience for young musicians of all ages. My son looks forward to it every year. He comes away very inspired and very happy having made some new friends who love music as much as he does. Thank you so much!

DAILY PROGRAM INCLUDES

Choir workshop for all participants, large ensemble rehearsals, instrumental tutorials, sectional preparation, master classes, music learning games, optional theory class and HSC preparation.

REGISTER ONLINE AT SYO.COM.AU



SYDNEY
YOUTH
ORCHESTRAS

LIKE US FOR MORE INFO & UPDATES [f SydneyYouthOrchestras](https://www.facebook.com/SydneyYouthOrchestras) [i SYOorchestras](https://www.instagram.com/SYOorchestras)



THE PITTWATER PADDLE

SUNDAY 12 NOVEMBER 2017

8.4KM AROUND
SCOTLAND ISLAND
OR OUR NEW
3.6 KM FAMILY
FRIENDLY COURSE

KAYAK | SUP | PADDLE BOARD | SKI

The NBI Pittwater Paddle is on again this year, and we'd love you to join in the fun!

NBI is a not-for-profit organisation that provides support to Northern Beaches families who are living with a disability. We believe that people with disabilities should enjoy individual choice, new opportunities, stretched boundaries and connected communities.

The Pittwater Paddle is NBI's main fundraising event for the year, and we are asking for you to support us by registering to paddle on the day, and by fundraising for us, so that we can continue to support children with additional needs, and their families living in the Northern Beaches.

There will be 2 events this year:

The Pittwater Paddle: An 8.4km paddle for elite or recreational paddlers (aged 12 years and older).

The Pittwater Family Paddle: A shorter 3.6km paddling event for families and less experienced paddlers (aged 12 years and older).

You can register as an individual or compete as a team in a multi-seated craft.

If paddling isn't your thing, simply come along and show your support on the day - there will be food and entertainment available on shore.

REGISTER TODAY | WWW.PITTWATERPADDLE.ORG.AU



EVENT DETAILS

Date
Sunday 12 November 2017

Time
9am (registration from 8am)

Location
Winnereeremy Bay, Mona Vale

Register
www.PittwaterPaddle.org.au

For more info contact
katie@nbi.org.au

BYO Paddle Craft
Entry Fees Apply



HELPING LEARNER DRIVERS BECOME SAFER DRIVERS WORKSHOP

Wed 6 Dec, 6:30 – 8:30pm

This workshop aims to increase the confidence and knowledge of supervisors who oversee learner drivers.

Supervising drivers will gain understanding of the log book, hours needed by their learner driver, and it will them gain more clarity and understanding of what they can do as a supervisor driver to help learners become safer and better drivers.

Northern Beaches Council Civic Centre
725 Pittwater Road, Dee Why
Bookings: 9942 2447 or
roadsafety@northernbeaches.nsw.gov.au

NORTHERN
BEACHES
COUNCIL

northernbeaches.nsw.gov.au



Melinda Pavey
Minister for Roads, Maritime and Freight

MEDIA RELEASE

14 September 2017

IMPORTANT LICENSING CHANGES ON THE WAY FOR YOUNG DRIVERS

Minister for Roads, Maritime and Freight Melinda Pavey has announced major improvements to the state's highly successful Graduated Licensing Scheme to ensure new drivers are safe drivers on our roads.

The NSW licensing system for young drivers is already one of the safest in the world and the changes that come into effect on 20 November 2017 are designed to improve the way the scheme prepares novice drivers - in particular young drivers - to be safe on the road.

"We know that the first six months of driving solo is the highest risk period for novice drivers so it's important we continue to look at ways to improve licensing of young drivers to ensure they get the training and experience they need to be safe on our roads," Mrs Pavey said.

"Young drivers continue to be overrepresented in road crashes. P-plateers make up 8 per cent of all driver licence holders, yet their crashes account for 15 per cent of all fatalities on NSW roads.

"Last year was a horror year for road crashes, with 100 fatalities and 1,684 serious injuries involving a 17-25 year old driver on NSW roads. It's vital we continue to adapt and improve our approach to reduce this tragic loss of life and serious injuries involving our young drivers."

The Graduated Licensing Scheme has been highly successful since it was first introduced on 1 July 2000. The scheme takes drivers from their learner licence to full licence with restrictions and conditions that are designed to ensure they build their skills and knowledge so they understand risks and are safer on the roads.

Since its introduction, there has been a 50 per cent reduction in the number of young drivers killed on NSW roads.

The changes to the Graduated Licensing Scheme mean:

- Learner drivers will have to complete the Hazard Perception Test before they can take the driving test;
- P1 drivers will no longer have to complete the Hazard Perception Test to get their P2 licence; and
- The Driver Qualification Test has been removed for P2 Drivers and in its place P2 drivers will have to stay on their licence for an extra 6 months if they receive a suspension for unsafe driving behaviour.

These changes come into effect from 20 November 2017.

Find out how the changes affect you or someone you know at www.rms.nsw.gov.au/licences

Media: Lance Northey | Minister Pavey | 0435 346 343

Follow us on social media:



**Lifeline Northern Beaches Giant Book Fair:
24th to 26th November 2017**

Venue: St Augustine's College Sydney
Cnr Federal Parade West & Alfred St
Brookvale (next to Brookvale Oval)

Dates/Times: Friday 24th November 4pm - 9pm
Saturday 25th November 9am - 5pm
Sunday 26th 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!

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



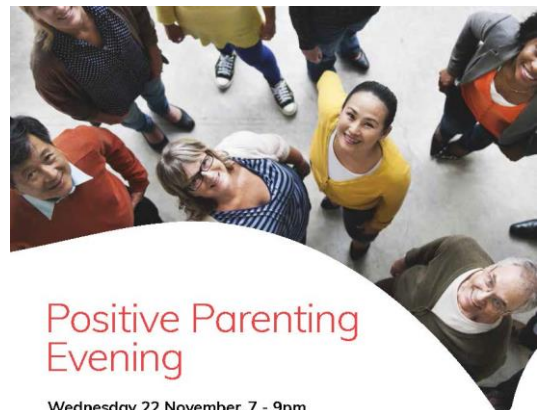
Garigal National Park, St Ives, an adventure playground, is just 30 minutes from Sydney's CBD. It's a brilliant way for little and big kids to experience our beautiful bushland. With our variety of courses there is something for everyone, from beginners, families to challenging 10km and 15km courses for seasoned runners.



Garigal National Park
Sunday 12th November 2017 • www.barecreektrailrun.com

facebook.com/barecreektrailrun

2km Dash • 6km Family Walk/Run • 10km Run • 15km Run



Positive Parenting Evening

Wednesday 22 November, 7 - 9pm

Parents and carers are invited to join an evening that offers a formula for building positive family relationships, promoting better social connections and a healthier lifestyle for teenagers.

Presented by Gitta Laub - Child and Adolescent Parenting Educator at Northern Sydney Local Health District

Barrenjoey High School, Coonanga Road, Avalon
Free for workers, parents and carers of teenagers
Enquiries: Youth Services Team on 9942 2681
Bookings essential: youthbookings@northernbeaches.nsw.gov.au
(limited numbers available)



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You are receiving this email because you are a part of The Forest High School Community

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