



Newsletter Week 10 Term 2, 2017

Principal's Report

Student Wellbeing

The school has introduced a number of initiatives this year to enhance student wellbeing. We are working collaboratively with Relationships Australia and this term they delivered “**Surviving Adolescence**”, a course for high school parents consisting of four evening sessions. The course was well attended with approximately 20 parents participating.

All Year 9 students participated in a half day wellbeing seminar with **Relationships Australia**. The sessions were separate for boys and girls so that students could identify the topics that were most relevant to them. Topics such as respectful relationships and cyber safety were covered in both sessions. Following on from that program, smaller groups of Year 9 boys and Year 9 girls were invited to participate in a pilot project and contribute feedback to assist with planning for future wellbeing seminars.

Many of you may have seen the Manly Daily article on the **meditation sessions** for senior students that were sponsored by Healthscope. The 90 minute session was run by Seaforth Counsellor and meditation expert, Nick Andrew. Year 11 and 12 Advisers, Helen Emery and Jason Millar, were keen to provide support for the senior students to manage the stress of their studies and exams. More sessions are planned. We are very appreciative of our continuing partnership with the new Northern Beaches Hospital and the many benefits it is bringing for our students.



Photo courtesy: Manly Daily 15/6/17

This year as part of our Year 10 into 11 subject selection process we invited all Year 10 students and their parents to an interview with the executive to discuss the students' subject choices and their academic goals for senior schooling. Students, parents, carers and executive staff gave very positive feedback on the process.

Teacher Professional Learning

This term teachers participated in a session on boys' education led by Head Teacher Teaching and Learning, Peter Santamaria and myself. 150 digitised learning tools and teaching resources have been made available to teachers to trial in their classroom. Individual teachers also undertook professional learning courses with three of the executive attending Edutech, a national technology conference and a number of staff investigating future focused learning in the areas of STEAM (science, technology, engineering, arts and mathematics) and innovative learning spaces.

We have set up a **future focused classroom** in G Block, which will be used to model effective teaching practices. In Term 3 teachers will be provided with professional learning in future focused pedagogies in each of our flexible learning spaces. This will be led by teachers from our school that have developed expert knowledge.

Our Term 3 School Development Day on 17th July 2017 will focus on CPR and anaphylaxis training for all teachers as well as an update on the school's curriculum and organisation for 2018.

Property Update

Work on the front car park is nearing completion and the plexipave court surface and the fencing of the netball court will occur during these school holidays. Once construction of the top car park is completed, work will commence on the western car park. Lighting for the top car park and the netball court will be installed shortly and all the areas under construction will be landscaped when the western car park is completed. We apologise for the inconvenience, particularly in terms of parking; however, the school will benefit enormously from the enhanced facilities.

Staff Update

Sue Warnes, Head Teacher Support, retired at the end of this term and will not be returning. **Owen Carpenter**, TAS Teacher has accepted a teaching position in the ACT and will also be leaving us at the end of the term. **Ben Goldsmith**, Head Teacher CAPA and Relieving Deputy Principal on many occasions, will also be departing temporarily for a sabbatical in Latvia. All these teachers have had a strong association with The Forest. Their experience and expertise will be missed and I am thankful to have had the opportunity to know them and work with them as a Principal. The school community will be very happy to welcome Mr Goldsmith back in 2019.



Sue Warnes



Owen Carpenter



Ben Goldsmith

School Planning

There will be opportunities for parents and the community to contribute to the **2018-2020 School Plan** at the next School Council and P&C meetings. Additional planning sessions will be held for staff at our Twilight Learning Sessions in Terms 3 and 4 and at our Executive Conference in October. Parents may attend some of those workshops as well if they would like to participate in additional planning sessions.

Uniform

I would like to remind parents and students that the new black winter jacket is now in stock and so are the black pants for the girls. Students are encouraged to wear these new items of winter uniform. Leggings are not appropriate to wear to school. If the girls prefer to wear the skirt they are encouraged to wear tights for warmth. All students are required to have black enclosed leather footwear. Please support us by ensuring students are in uniform - it has a big impact on how the community views our school and our students.

Happy Holidays

Lastly I would like to wish everyone a safe, happy holiday with their family and friends. School Development Day is on Monday 17th July. Students return on Tuesday 18th July.

Rosemary McDowall, Principal

Term 2 2017 Events

17 July	School Development Day - Staff only
18 July	First Day of Term 3 - students return
19 July	Vaccinations - Day 2 School Council - 6.00pm P&C Meeting - 7.00pm
21 July	CHS Cross Country
24-25 July	Sydney North Athletics
25 July	Year 8-9 Web Choices Open Year 8 into 9 Information Evening
4 August	Year 8-9 Web Choices Close
7-11 August	Trial HSC
8 August	Year 7 Gala Day
8-11 August	Year 10 Ski Trip
14 August	Meet The Principal - 9.00am
15 August	Year 7 Gala Day (reserve)
16 August	Grade Sport Semis School Council - 6.00pm P&C Meeting - 7.00pm
23 August	Grade Sport Finals MADD Night - 6.30pm
24 August	Senior Soiree - 7.00pm
28 August	Year 7 into 8 Language selection
6-8 September	CHS Athletics
12 September	SRC Captain Speeches

18-19 September	Year 10 Examinations
20 September	SRC Induction Assembly
21 September	Year 12 Celebration Day
22 September	Linton Cup Year 12 Breakfast & Farewell Assembly Last Day of Term 3
9 October	First Day of Term 4 for staff and students

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

Time Management

I had the pleasure of reading the first set of Year 7 end of semester reports recently. It was wonderful to see that so many students are making the most of the new opportunities presented in high school and consistently working towards their goals. I was concerned, however, with the number of students who had at least one subject report where an assignment was not submitted or was handed in late. The progression to high school comes with additional responsibilities, including time-management and getting assignments in on time. The students who participated in the study skills session run by Elevate will have had some strategies suggested to help with this. All students should be using their diary on a daily basis to keep track of work due and are reminded of the availability of **Beyond the Bell** on Thursday afternoons for homework help.

Term Achievements

This term has been a very active one. An extraordinary number of students participated in the Zone Athletics Carnival and it was pleasing to see a large group of girls involved in the **Girls Get Active Day**. A dedicated group of girls have also been rehearsing for the **Regional Dance Festival**. Some students with excellent sporting achievements received their awards at the Silver Ceremony at the end of May. In addition to sports awards, the purpose of the regular Silver Ceremony is to

distribute Silver awards, which are earned from five Achievement Certificates, which in turn are attained with ten green slips. Green slips are given out electronically on the Sentral system by teachers for students displaying **Respect, Responsibility** and their **Personal Best**.

Peer Support

A huge highlight of the term was the Peer Support excursion to Taronga Zoo. The majority of the Peer Support Program occurred last term to assist students with settling into a new environment. Some of the topics included team work and persevering with difficult tasks, skills which were put to the test at the zoo while students needed to collect a series of photographs in different locations and situations. It was a fun day out, particularly the free flight bird show and seeing the numerous baby animals currently at the zoo.

I wish everyone a safe and rejuvenating holiday and look forward to another exciting term of learning and development when we return on 18th July.

Georgia Yam, Year 7 Adviser

Year 8 Report

Sleepout

Our students (and teachers) had a really great night at the sleepout! It was fantastic to see them enjoying the school after dark - running around, riding bikes and skateboards, and in general just being happy, energetic kids.

Their behaviour was fantastic. So much so that I didn't say 'no' when asked if we could do it again! Similar events are being considered for later in the year, and I would love to hear any suggestions from the students of things they would like to have organised.





Year 8 students enjoying the Sleepout activities

Reports

I have very much enjoyed reading the Semester 1 reports this week. Overall, the year group has done very well both academically and in demonstrating a responsible, positive attitude towards their learning. Well done. I have suggested to the students that they should take the time to carefully read their reports and try to identify one or two key areas to work at improving on during the next half of the year. They have also been encouraged to use the break to replenish their supplies and dig out their diaries to enable them to be well prepared for school on their return.

Electives

Next term, Year 8 students will have the chance to select their electives for Stage 5. If you can, please take some time to discuss these choices with your children over the break. They are encouraged to ask questions of their teachers and the Heads of Faculty to make sure they are making an informed decision. Information will be sent home regarding the selection process, and the accompanying information night for parents and students.

I wish all our students a restful break and look forward to seeing them back next term.

Amanda Walsh, Year 8 Adviser

Year 9 Report

The last five weeks have reminded me of the great work of our year group and how they are all growing up to be “decent human beings”.

Year 9 Camp

Year 9 Camp at Morisset Outdoor Education Centre was a huge success! We braved the rainy weather and cold to have a fun filled three days. The definite highlights were Mud World, a muddy obstacle course, and the Giant Swing. The students pushed themselves to conquer their fears and some took great delight scaring the teachers! (thank you Jacob H. on top of the High Ropes).

Year 9 Reports

Year 9 Reports have been sent out. If you do not have it yet please contact the school or myself and we will help you. Reading the reports gave me an indication of all the hard work Year 9 have been doing and it was fantastic to see students achieving results that reflect their potential. The aim now is to push themselves to get an improved result at the end of the year.

Term 3

In Term 3, we will be working on mindfulness in Roll Call and fundraising for an end of year activity for everyone to celebrate their hard work and come together as a fantastic year group that I am proud to be their Year Adviser.

Julian Floriano, Year 9 Adviser





All smiles at Year 9 camp

Year 10 Report

Last week I had the opportunity to attend the Stage 5 Music performance evening - what wonderful talent we have in the year group. Thank you for the entertainment! I was impressed with the range of music performed from Status Quo to The Black Keys. Reports have been written, checked and signed off. They will be posted home before the end of the term. Congratulations to all the students who are working to their personal best and striving to improve their performance across the range of their subjects. Wishing everyone a very happy and

relaxed break. I am looking forward to seeing the students return to school in correct uniform ready for the second semester and the challenges it will bring.

Clare Diggins, Year 10 Adviser

Year 11 Report

Well done to all Year 11 students who completed and worked hard throughout a busy Term 2 and in particular the Half Yearly Examinations. To support our students in dealing with stress and anxiety we offered Year 11 students a meditation session during Week 8 and we will be continuing these sessions during Monday lunchtimes.

Trial HSC

The Trial HSC begins Week 4 of Term 3, the week beginning the 7th August 2017. Now is the time to begin your preparations for these important examinations. Completing past papers and timed responses is a significant part of the revision process. This examination is crucial in terms of your assessment schedules but also in terms of your preparations for the HSC.

Study opportunities

There are numerous study opportunities during these holidays, both at school and at various external HSC lecture days. Also, if you are interested in Macquarie University, there is an opportunity to earn 3 bonus ATAR points. Please contact me if you require further information.

Finally, a reminder that subject selections for 2018 courses are now overdue and to get in touch if there are any issues.

Helen Emery, Relieving Year 11 Adviser

Year 12 Report

It seems almost surreal to think that Year 12 have only one more term of school left. I recall the Orientation Day back in late 2011 with complete clarity and remember their first day of high school in 2012 like it was only yesterday. They have come a long way in those six years and although there is still much to do, on a personal note, it is sad to think that they are nearing the end of their journey at

The Forest High School.

Mediation and Relaxation Workshop

This term Years 11 and 12 were offered a free meditation and relaxation workshop. Although not many took up the opportunity, those that did hopefully learnt some really useful techniques that will stand them in good stead in dealing with the stresses of the next few months and beyond. An open invitation is extended to all Year 11 and 12 students to attend D13 on each Monday of Term 3 during lunch 2 for more meditation and relaxation sessions. We will not have an expert lead the sessions but will utilise some of the excellent meditation resources available on the internet. All Year 11 and 12 students are welcome at no cost and without needing to register.



Year 11 students L-R Robert B., Zoe N. and Cameron W.

Photo courtesy: Manly Daily 15/6/17

HSC Preparation

These holidays are an important opportunity for students to make sure their notes are all up to date and start serious preparation for the Trial examinations which

will take place in Week 4 of Term 3. The holidays can serve to unwind and distress as well as to prepare for these important examinations. Achieving a balance between these competing goals is vital.

I wish all Year 12 students and their families a very enjoyable and safe holiday.

Jason Millar, Year 12 Adviser

NAIDOC Week



Our Languages Matter

2-9 JULY 2017

This week we are participating in NAIDOC Week at school, celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. There are many fun activities throughout the week including art classes where students can create a map of Australia using traditional artwork. A BBQ will be held at lunchtime on Thursday 29th June giving students the opportunity to try traditional meats such as kangaroo and emu. On Friday 30th June students from Years 7 & 8 will attend a performance in the hall which will give them a better understanding of traditional dance, music and culture.

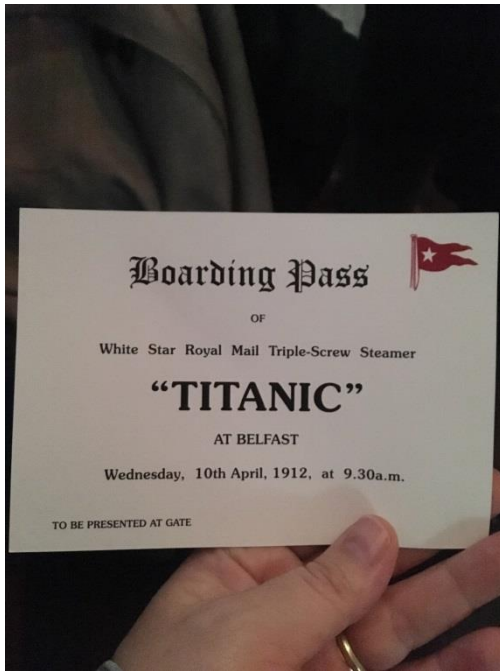
English Report

Titanic Exhibition

On 19th May, we took a group of Year 8 students to the Titanic Exhibition at Moore Park in Sydney. The students had been learning about the Titanic in their English lessons and this was a great opportunity to consolidate their learning. Students were given a ticket to board the Titanic and were assigned a passenger or crew member to follow through the exhibition. We travelled through cargo and third class into second class and then through the first class state rooms. We took a photo on the grand staircase while waiting for Leonardo Di Caprio, enjoyed the starry night on the first class deck and the students got to lay hands on the iceberg

that sealed our fate. At the end of the exhibition they were able to cross-check their ticket with the list of survivors to see if they were lucky enough to survive the sinking of the Titanic. It was such an enjoyable excursion.

Kate Fitzsimmons, English Teacher



All aboard for the Titanic exhibition!

Poetry Performance

On Monday 29th May, 2017, all Year 9s were fortunate enough to see Zohab Khan, a prolific poet, perform his powerful poems. Zohab Khan enthused the students by performing a variety of his poems which explored ideas of social justice and equality. A select group of students also worked cooperatively with Khan to compose their own poems in the workshop held in the DBLC. This was an excellent event thoroughly enjoyed by all Year 9s and one which helped them see the significance and power of using poetry as a means of communicating ideas about the world. We look forward to having Zohab Khan back next year for another eventful day!

Cameron Rowland, English Teacher

'Speak Out' Competition

On 23rd June Sam T., Riley S., Zali V. and Miss Board were invited to judge the Frenchs Forest Public School 'Speak Out' Final. At the event there were many great speeches performed by students in the Years K-6. The topic was "What matters to me". The students came up with a variety of interesting and engaging speeches on topics such as gender equality, saving the environment and family. All the speeches were performed to the best of the students' ability and sounded amazing. It was a tough decision to make, although we think we made the right choice in selecting the winning speakers. We, the students at The Forest High, thoroughly enjoyed our time at the primary school and hope to go back again next year.

Riley S. and Sam T., Year 9

Science Report

Our Science Department recently welcomed a guest, John Naylor, to the school to engage students with a lesson on projectile motion using water propelled rockets which was a very exciting activity for them.



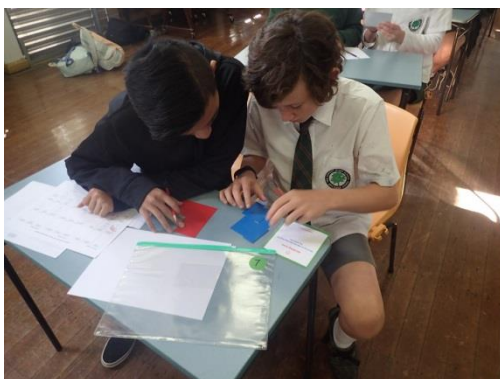
Blast Off!

Mathematics Report

Patterns, Pictures, Puzzles and Problems

On Tuesday Year 8 attended the P+P+P+P maths enrichment day. During two periods they were taught new skills in a challenging and fun environment. All activities enhanced the student's ability to work mathematically and to work as part of a team. There were many winners on the day and lots of chocolate prizes. In the other two periods the students watched a recent maths inspired movie "Hidden Figures". The maths teachers who attended were very impressed with the involvement and effort shown by all students. We would also like to thank the Year 10 markers who practised their teacher skills.

Karen Gourlay, Head Teacher Mathematics





Year 8 P+P+P+P Maths Enrichment Day

PDHPE Report

NBCHSSA Golf Championships

It was a beautiful, sunny day for our four Year 8 students who represented The Forest High School in the NBCHSSA Golf Championships at Warringah Golf Club on Monday 29th May, competing against teams from Manly Selective and Balgowlah Boys. A close-run competition saw Balgowlah Boys win the day. Congratulations to the winners and well done to all who participated. Thanks also to Warringah Golf Club for their support on the day.

Clinton Dodds, PDHPE Teacher



Pictured: (l-r) - Corey B., Bobby B., David M., Oscar F. and Mr Dodds

Zone Athletics Carnival

The Zone Athletics Carnival was held at Narrabeen Sports Academy on Friday 2nd June - well done to all those students who competed and particular mention should go to Scott W. (Year 9) who came 2nd in the 14yrs 100m and Jacob H. (Year

9) who came 2nd in the 15yrs 200m - both these students now proceed to the Regional Carnival on 24th and 25th July. We wish them well in their events.



Outstanding performances at the Zone Athletics Carnival

Girls Get Active

On Thursday 22nd June we attended a Girls Get Active Day at Pittwater Rugby Park. When we arrived we got sorted into groups. We met lots of new people and talked with other schools. We then went into a room and were introduced to 6 athletes. Those athletes included Sarah Johnston from NSW Hockey; Amy Sommerville who played for the NSW Swifts Netball Team; Emily Leys from the

Sydney S-ixers; Shanice Parker who plays for the Australian Rugby Team; Maddie Spencer from Surf Lifesaving NSW and Chloe O'Brien who plays for the Western Sydney Wanderers. There was a panel talk and we were able to ask them questions about their personal experiences. We then played a variety of sports including golf, rugby, AFL, soccer, hockey and cricket. We were shown different techniques and got to play some games. We were given a show bag and thanked the athletes. Overall we enjoyed our experience and had a very fun day. We would definitely go again.

By Halle and Jesse



Enjoying the sports activities at the Girls Get Active Day

TAS Report

Year 10 Food Technology

Our Year 10 Food Technology students have been producing some wonderful creations decorating their cakes for special occasions this term.



CAPA Report

Sydney North Public Schools Dance Festival

Congratulations to our ten dancers who performed at The Regional Dance Festival during Weeks 9 and 10 this term. These students have been working tirelessly, learning and rehearsing choreography at 7:30am rehearsals since the middle of February. Over the course of two evening shows and one matinee, held at the Glen St Theatre, our students proudly presented the work titled “Communita” which explores and celebrates life within a European community. These students have shown commitment and dedication to this piece and are to be commended on their professional performance. Congratulations and thanks also go to our Performing Arts Captains who expertly compered two evenings' worth of shows. The work “Communita” can be seen at the upcoming MADD evening next term on Wednesday 23rd August at 6.30pm.

Rebecca Constantin, Dance Teacher

HSC Art Excursion

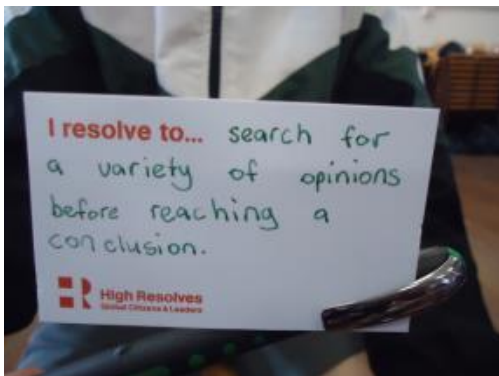
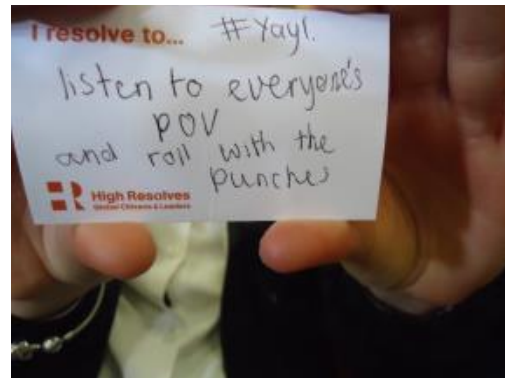
Students from the HSC Visual Arts class attended an excursion to the Brett Whiteley Studio, Art Gallery of NSW and the Museum of Contemporary Art on the 14th June as part of a case study on Brett Whiteley and Exhibition practice. All had a fantastic day and came away with a greater knowledge of the contemporary art world.

John Juric, Relieving Head Teacher CAPA



High Resolves

Year 10 completed the 'Effective Collaboration' module on Tuesday 13th June. They participated in the main activity 'Guess What?', where students had to collaborate in groups to identify specific objects. This game is designed to help them understand the importance of integrative thinking as a practical way of solving problems. The final session will be on 'Digital Citizenship' to be held on Thursday 29th June.



'Guess What?'

Peer Support Program

The Forest High School's Peer Support Program has yet again been a success in creating strong bonds between students, imparting them with social skills and fostering positive and beneficial discussions about school and social life. The program concluded with an excursion to Taronga Zoo in June which students thoroughly enjoyed.



Year 10 Peer Support leaders and Year 7 students at Taronga Zoo

SRC

Beanie for Brain Cancer Day

On Wednesday 24th May the SRC organised Beanie for Brain Cancer Day where staff and students were invited to wear beanies, scarves and/or matching socks and donate a gold coin to support research into brain cancer. \$400 was raised and we thank all those who participated and donated to this very important cause.



Wrapped up warm for Beanie Day

Karaoke & Flicks Night

On Friday 19th May the SRC organised a fun night of karaoke and movies in the school hall and a bbq. The funds raised were donated to support The Starlight Foundation. Students and staff who attended enjoyed singing along to their favourite songs and some of the classics and \$350 was raised for this worthy cause. Thank you to everyone who supported and the SRC for organising this event.



Karaoke sing-a-long fun

Extra-Curricular

We're fundraising with *entertainment* and here's what's in it for you...

Still just **\$70** giving you over **\$20,000** of value!

"I love this Book! I'm discovering places I have never been before."

"I have the Entertainment™ Digital 'Book' on my smartphone and I love it!"

The *entertainment* Book **OR** The *entertainment* Digital Membership

Year 7 have adopted the **Entertainment Book** for their fundraising for the school and the new 2017-2018 book will be available from late March. Please support the school's fundraising by clicking on the link below to purchase one of the books and you can discover thousands of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more! <https://www.entbook.com.au/200z485>.

We thank you for your support!

Uniform Shop - sale!

The Uniform Shop has an extended sale on the following items:

- Forest knitted jumpers (limited sizes available) - only \$20
- Boys grey shorts - only \$20

New jackets and pants - available now!

The new style black jackets are in stock and available now in the Uniform Shop. They come in both male and female style and features include a mobile phone holder and pockets. Price is \$70. Pictured below are some of our SRC modelling the new jackets. Also available now are black pants for girls which are \$40 each.



Road Work Update



Service relocation work continues from Thursday 1 June

Service relocation work will continue from **Thursday 1 June** to **Thursday 31**

August. Some of this work will be carried out during standard construction hours between **7am** and **6pm** from **Monday** to **Friday**, and between **8am** and **1pm** on **Saturday**.

Due to the high volume of traffic and pedestrians in the area, some of the work will be carried out outside standard construction hours for safety reasons and to limit delays on the road network. This will include some **night work** between **8pm** and **7am** from **Monday** to **Friday**, and some **daytime weekend** work.

How will the work affect you?

The work will involve the use of machinery which may generate some noise. We will make every effort to minimise impact by notifying the community before work starts near their property. We will use noise shields to dampen noise where appropriate and ensure equipment and vehicles are turned off when not in use. Portable lighting will be used only in the working area.

Traffic changes

There will be some temporary traffic changes for safety reasons including lane closures and detours. Pedestrian access will be maintained at all time. Please observe speed limits and follow the direction of traffic controllers and signs.

For the latest traffic updates contact 132 701, visit livetraffic.com or download the Live Traffic NSW App.



Contact

If you have any questions, would like to register for project updates or have any feedback please contact Ferrovia York Joint Venture on:

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

Website: rms.nsw.gov.au/nbh

Email: nbhcommunity@ferrovialyork.com.au

Community Notices

JOIN SPORTS CAMPS AUSTRALIA FOR SOME SERIOUS. FUN!



Join a sport camp today!
A seriously fun way to play a sport, learn new skills and make new friends. Register Now for the July School Holidays!

- BASEBALL • BASKETBALL • INDOOR SOCCER • NETBALL
- MOUNTAIN BIKING • AFL • HOCKEY • RUGBY UNION • BMX

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ENGINEERS AUSTRALIA

Experience It!

Student Conference 2017

Would you like to know more about engineering and what you can do as an engineer?

8:10am - 3:30pm, Tuesday July 4 2017

Auditorium, Building EE, Western Sydney University - Parramatta Campus

If you like designing solutions to problems, want to contribute to society and make a difference to the world, come see what engineering is about at the Experience It! student conference.

What you will do?

It will be a day of fun, interactive and hands-on workshops and team-based activities, exploring the peculiar and bizarre applications of engineering!

Hear from current students and our industry representatives, learn what careers and opportunities are available to you and be inspired by their journeys and achievements.

Who is this for?

This conference is aimed at NSW high school girls in Years 8-10. No prior engineering, maths or physics experience is required and students will have the opportunity to do workshops based on their areas of interest. You'll also get to work as a team in challenges to win some great prizes.

Do you live or go to school more than 100 km from our venue?

You may be eligible for our Rural Scholarship to offset the cost of travels, please apply via the registration page.

Supported by



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