

Newsletter Week 10 Term 3 2017



Deputy Principal Cathy Thompson with two of our Year 10 SRC members Emma and Mick assisting in the ribbon cutting at the official opening of the new Warringah Road Bridge on 8th August. They are pictured with John Hardwick, Executive Director Sydney RMS and The Hon. Brad Hazzard, State Member for Wakehurst.

Principal's Report

Another busy term has passed and thank you for all the support the families of our school community always give us as we work together in the education of your children.

HSC Since the last newsletter we have many things to celebrate. Our HSC students in the faculties of TAS and CAPA have completed their major works and practical examinations and the school community has been lucky enough to see many of these works and performances before they have been examined by external HSC

examiners. For these faculties their hard work as students and teachers is obvious but it goes without saying that all the other faculties delivering HSC courses to our 3 + 3 senior students do outstanding work in preparation for the HSC final assessments and examinations. Thank you to all the students, their families and teachers for their support during this time.



Sensory Interactive Workstation by
Andrea M. Year 11



Photography Major Work by
Joseph J. Year 11

NAPLAN I am also pleased to report that for Year 7 & Year 9 the NAPLAN results in literacy and numeracy were once again above state average and continue to improve each year. We love a graph that always moves in an upwards direction. The strategies that we implement to support student learning in literacy and numeracy in Years 7 to 10 have a positive impact. For students who did not meet the minimum standard as stated by NESA in Year 9, will support and monitor their progress and give them every opportunity for success in the online tests that will be available in 2018.

SRC Elections Each year at this time we have SRC elections for the upcoming year for students in Year 8 to Year 11. Although the new school leaders have not been announced as I write this, we should know by Friday 22nd September, the last day of Term 3. Both Deputies and I have been very excited by the calibre of students who have put themselves forward for selection as either SRC members or school leaders and feel confident that the school will be very well represented by these students in the school and wider community. I wish all students the best of luck in this election process.

New Staff Appointments We have had two staff appointments this term and these teachers will commence at The Forest at the beginning of the 2018 academic year. Mr Iain Sills was successful at interview in gaining promotion to the position of Head Teacher Special Education, replacing Mrs Susan Warnes who retired earlier this year. Congratulations to Mr Sills who is a classroom teacher with us at the moment. We have also appointed through merit selection, Mr Daniel Phua, who we will welcome to the TAS Department. Mr Phua will replace Mr Owen Carpenter who has relocated with his family to Canberra.



Owen Carpenter, TAS Teacher



Iain Sills, Head Teacher Special Education

As the Year 12 academic year draws to an end, we are preparing to say farewell to our Year 12 students at the end of 13 years secondary education. Students and staff will officially say farewell to Year 12 at a special School Assembly on Friday morning, the last day of Term 3. It is always with mixed emotions that we bid our senior students farewell. As teachers we have spent a lot of time with them over 6 years and been through many stages as they move towards adulthood. We wish students and their families all the best in the weeks ahead as the final touches are put towards examinations.

Cathy Thompson, Relieving Principal

Deputy Principal's Report

Good luck to Year 12 Term 3 has gone so fast and here we are in the last week of term getting ready to farewell our Year 12 students. I hope they make the most of the help offered to them by their teachers and use their study time wisely so they get the best possible results in their HSC.

SRC Elections are currently being held and it has been a real privilege to listen to our future leaders speak of their thoughts about our school and their role in it. We are lucky to have so many committed students who want to contribute more to making our school even better.

Jesse Street National Library Luncheon Last week I had the privilege to escort three of our female leaders to the annual Jesse Street National Library luncheon, a fundraising event for the library which houses the most extensive collection of women's writing. It is held at NSW Parliament House and there were many important women there, including numerous Members of Parliament as well as female authors, painters, designers and many more talented women. Several mentioned having gone to our school or had children who attended and they spoke very highly of the education they received at The Forest. We even met the grandmother of Grace Ellis in Year 11 who was happy to see our students at the lunch. Tamika Egan Walters, Megan Walsh and Mackenzie Brown had a chance to chat with The Hon. Tanya Davies, Minister for Women, Mental Health and Ageing, who seemed very young for such a portfolio. The guest speaker was Dr Gill Hicks MBE who, after

having both legs blown off in the London bombings in 2005, has dedicated herself to building peace. She spoke very powerfully about letting peace and love win over terror and hate, which is very appropriate in this climate.



(L-R) Megan, Tamika, Mackenzie and Mrs Wright Deputy Principal



(L-R) Megan, The Hon. Tanya Davies, Tamika and Mackenzie

I wish all students a safe and happy holidays and hope that Year 11 and 12 students study hard for their exams.

Denise Wright, Deputy Principal

Term 4 Events

9 October	First Day of Term 4 for staff and students
11-13 October	Year 10 Assessment Week
16 Oct – 10 Nov	HSC Exams
23 October	Meet the Principal – 9.00am
25 October	School Council – 6.00pm P&C – 7.00pm
30 -31 October	Year 9 Peer Support Training
6-7 November	Year 8 VALID Testing
6-10 November	Band Tour
13 November	3+3 Senior Classes begin
14 November	SRC Induction Assembly
15 November	Year 10 Celebration Evening 7.00pm -10.00pm
16 November	Trivia Night
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
27-29 November	Year 10 Motivation Week
28 November	Silver Ceremony
29 Nov – 1 Dec	SRC Leadership Camp
4 – 8 December	Year 10 Work Experience
5 December	Year 7 2018 Orientation Day
12 December	Presentation Night
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

Student Representative Council (SRC) With the second half of Term 3 almost over it is time to start planning for the new academic year beginning in 2018. Although we are only three quarters of the way through Year 7 by the time this newsletter is sent out the SRC team will have been chosen for Year 8. Thanks go to the Year 7 SRC team for taking on the responsibility so early in their high school career and congratulations to the new team for accepting the role.

Poetry in Action During Week 6 we enjoyed a compelling performance by Poetry in Action with actors performing scenes, monologues and recounting speeches which brought poetry to life in an accessible way that helps students to enjoy using language.

MADD Night In the same week all of Year 7 were lucky enough to be the audience for the final rehearsal for MADD night, which some students also performed in. This annual event is a showcase of achievements related to music, art, dance and drama and is highly worth attending.



Digital Thumbprint Workshop On 11th September each Year 7 class took part in the Digital Thumbprint Workshop. This is an important introduction to online safety in terms of ownership of information posted on social networks and choosing appropriate passwords. Remember to choose a password that protects your privacy and never disclose it to anyone else, no matter how much you trust them.

R U OK Day The second Thursday of September each year is R U OK Day, a day in which we are all reminded to have meaningful conversations with others about mental health - a conversation which can be initiated by simply asking others if they are OK. The lunchtime stall by Headspace was extremely popular and all students had the opportunity to contribute to the colourful handprint mural. Headspace offers help and support for young people in person, online or over the phone. It is important for young people to be aware of various resources in order to access help if they need it.



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

Georgia Yam, Year 7 Adviser

Year 8 Report

Rotary Interact Conference Earlier this Term 4 of our Year 8 students Zoe W., Ingrid F., Amelia B. and Sophie W., together with Ms Yam from our Science Department, represented our school at the Rotary Interact Conference held at the Aerial UTS Function Centre. This conference brings together high school student leaders, from Sydney and beyond, for a day of personal development, teambuilding and networking. The theme was "Serving Humanity" and the day included an impressive line-up of speakers and activities designed to encourage and support the students in initiating and developing an Interact Club in their school. The girls introduced this initiative at our Junior Assembly this week, and we look forward to both seeing the group grow and what they can bring to the school community through Interact. The group is open to anyone in Years 7-9 who are interested in working on both school and community service based projects.



(L-R) Ms Yam, Zoe, Amelia, Sophie and Ingrid



Amelia and Ingrid presenting at the conference

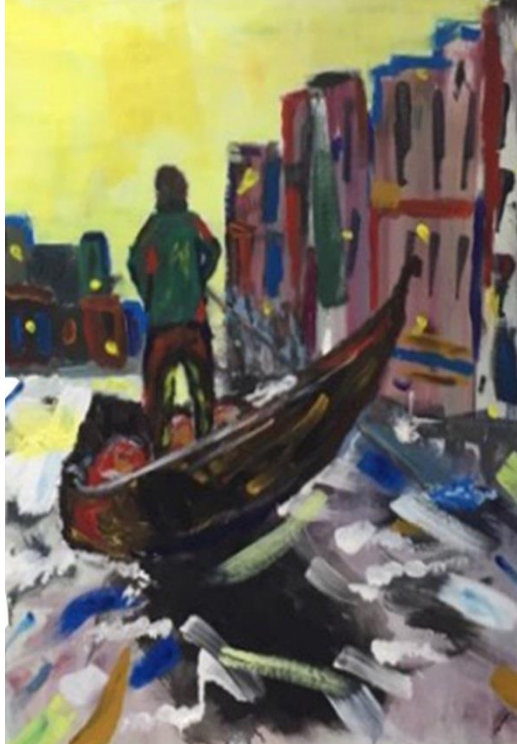
Student Achievements In the last newsletter I encouraged parents to let me know of any student achievement outside of school. I am pleased to say we have had some great achievements in our year group recently.

Jaiden B. entered the Northern Beaches Art prize earlier this term. His piece "The Gondolier in Venice", was selected to be hung in the Youth Exhibition. Well done Jaiden.

Simon C. has also achieved great success throughout this year in both local and international Brazilian Jiu-Jitsu competitions. Simon achieved a Gold Medal at both the Sydney Cup Competition and the Australian National

Jiu-Jitsu Championships held earlier this term. Whilst in April he won the Abu Dhabi World Professional Jiu-Jitsu Championship. A fantastic effort.

It is really great to hear what the students are achieving outside of the school. I would love to hear more about these achievements so that we can help celebrate the students' success at school. It also helps their teachers to better understand, and appreciate, the students' interests and talents.



"The Gondolier in Venice"
by Jaiden B. Year 8



Jiu-Jitsu Champion Simon C. Year 8
(photo courtesy of *The Manly Daily*)

Subject Selection Our Year 8 students will have received their subject selections for Stage 5 this week. Thank you to the teachers involved in collating the choices and creating the timetable. It is a big task!

While the vast majority of students have received their preferred combination of subjects, some students will have missed out on one or two. Unfortunately this is inevitable, and we thank those students in advance for their understanding of this situation. If there are any concerns with the subjects that have been allocated, students are encouraged to discuss these with me at any time.

I wish all students a happy and relaxing break, and look forward to seeing you next term.

Amanda Walsh, Year 8 Adviser

Year 9 Report

This will only be a short report as Year 9 have been busy getting to the end of term. The holidays are here and everyone is very excited to enjoy a much deserved break. With Year 9 always being the year of tumultuous change with subjects and friendships, I feel this break should be an opportunity to have some space from each other. Enjoy some peace and quiet, relax and unwind. Leave the drama behind and come back refreshed.

Julian Floriano, Year 9 Adviser

Year 10 Report

Congratulations to all of Year 10 for their efforts this term. Teachers have been rewarding effort and personal best with many green slips and Certificates of Achievement. Students have told me there is some work to be done over the school holidays, so I encourage the students to spend some time working on their tasks to allow Term 4 to begin with ease. Term 4 means that our Year 10 students take on the leadership role in the school while the HSC exams are on. I encourage all students to set a high standard for themselves, the school and the junior students by wearing the correct uniform, being on time and prepared for all lessons.

Year 10 Evening of Celebration Thank you to all the students who have paid the deposit for this function on 15th November. The numbers have now been finalised and the outstanding amount of the money will be due early Term 4.

SRC Elections were held last week and I was very impressed with the students who nominated themselves as representatives for the year group. Each student spoke well and I have every confidence in their ability to make the school a better place. At the recent year meeting I spoke to all the students about the fact that a leader does not have to be elected into a representative role, a leader works responsibly, with enthusiasm and makes positive choices. Something that I hope all students in the year group will achieve over time.

Wishing everyone a safe and happy holiday, looking forward to welcoming the students back in Term 4.

Clare Diggins, Year 10 Adviser

Year 11 Report

Congratulations to all our Year 11 students who are trying out for leadership positions for 2018. Staff and students have been very impressed by the commitment and dedication shown by the candidates. We wish you all the best of luck in the upcoming elections. This term a record number of students received a Certificate of Achievement Award. These awards are issued to students for excellence and attitude.



Year 11 students (L-R) Charlie P., Jasper G. and Blake B. receiving their Certificates of Achievement

Most importantly, all Year 11 students need to focus on their upcoming HSC examinations. After the two weeks of holidays, there is a week of STUVAC where students need to study and prepare thoroughly for their exams. This is such an important time for all students to complete a variety of past papers and revise all topics. Good luck to all Year 11 students in their HSC examinations!

Helen Emery, Relieving Year 11 Adviser

Year 12 Report

Year 12 have finally reached the end of their 13-year journey. Congratulations to all. There is, of course, one more little hurdle to overcome – the HSC. However, having been through the experience last year, I am sure that the cohort will do very well again this year.

Apart from the HSC, Year 12 have their Graduation and Formal on 23rd November. The Graduation Ceremony starts at 4.30pm in the school hall and should finish by 6.30 pm. The students and their partners will then make their way to the Novotel in Manly for the Formal. Please note that we do not have access to the ballroom until 7pm. The formal will be a fitting way to celebrate their time at the Forest and the friendships made with both their peers and their teachers. The formal will end at midnight.

Finally, on a personal level, I would like to thank the cohort and their parents for six wonderful years. I recognise how lucky I have been to be connected with such a wonderful group of people and I wish all the very best for the future. I am sure it will be bright.

Jason Millar, Year 12 Adviser



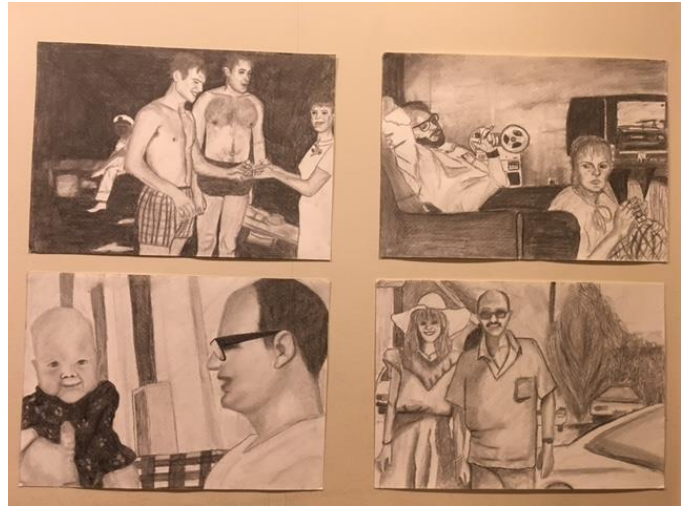
CAPA Report

MADD Night On 23rd August we held our annual MADD Night where we enjoyed music, dance and drama performances from our Performing Arts students as well as an exhibition of art and photography by our Visual Arts students. The evening included items from our school bands, dance ensembles, drama groups and individual performances.



Senior Soiree On 24th August we held the annual Forest High School Senior Soiree. Students, parents and members of the community attended an exhibition of HSC major works by our talented Visual Arts students. The evening included musical performances by some of our performing arts students and catering by VET Hospitality students. It was a wonderful showcase of the talents from this impressive group of students.

More photos are on our school website: <https://edit.pws.det.nsw.edu.au/web/the-forest-high-school/gallery>



English Report

Congratulations to Year 11 students Zane, Kyffin and Nathan who won 1st prize in the **Transport NSW Short Film competition**. The topic was Young Driver Safety and their film "Distractions" came first in the state. They were presented with their certificates and Ipads by Ben Lowe, Community Engagement Officer Transport NSW at the school assembly.



L-R Ben Lowe, Nathan B., Zane S.,
Kyffin B. and Ms Nixon



L-R Kyffin B., Zane S., Nathan B.
and Ben Lowe

HSIE Report

Modern History 3+3 Modern History had a wonderful and informative excursion to the Jewish Museum. We attended a lecture on our topics of Albert Speer and Conflict in Europe which was extremely useful for our HSC examination preparation. We also had a guided tour of the new exhibits and met with a Holocaust survivor George and learned about his harrowing personal story of him and his family. It was a rewarding and memorable experience for the class.

HSIE Heroes Lunch In the final week of Term 3, HSIE students were tasked with writing an in-class extended response. The two top responses and the student with the most improved response were invited to attend an HSIE luncheon. Well done to the HSIE Heroes for their commitment and hard work. Writing practice is extremely important for HSC exam preparation.



3+3 Modern History at The Jewish Museum



HSIE Heroes Lunch

Year 8 Medieval Incursion Year 8 were treated to a medieval incursion in Week 9. Students were able to see how both armour and weapons developed across the centuries, courtesy of the brave volunteers who stood in front of the group and carried the heavy load! The students were then given a closer look at the astonishing range of weapons, shields and armour. Students gained an understanding of life in medieval society, and the different types of punishment used in Medieval Europe, which I am sure made our students feel most grateful that they live outside the jurisdiction of medieval law and order!



PDHPE Report

This has been another busy term with several extra-curricular activities occurring - the annual Year 10 Ski trip for Fitness Leader students being a highlight already mentioned in previous reports.

Also this term, Year 10 students were involved in a **Melanoma Australia** presentation at the school. Included in this report is the perspective from two students on the workshop.

The Year 7 Gala Day saw all Year 7 students playing a variety of sports against other schools for the whole day. Our Year 10 Fitness Leader students acted as coaches and umpires for the day. The Year 7 students have been busy practicing their skills in their selected sport during PE classes and from all accounts had an enjoyable day. Well done to the Year 10 instructors who also took on their responsibilities of looking after their teams very well.

Our annual Year 7 Swim School will be coming up in Term 4. This mandatory PDHPE program is an intensive two days of swimming and lifesaving on **Thursday 7th and Friday 8th December**. On **Monday 11th December** students will participate in the Level 2 Surf Awareness/Surf Skills program. At the Manly Pool students will undertake the Royal Life Saving Society's **Swim and Survive Awards** and all levels of ability, from complete non-swimmers to competitive swimmers, will be catered for. The Year 9 Fitness Leader elective class will act as instructors. Each day students will undertake a series of activities which will include an endurance swim (using form strokes), water skills, a survival swim (dressed in clothes) and theory work which will include safety and personal survival techniques, resuscitation, basic first aid and surf awareness. Letters regarding this activity will come home early in Term 4.



On 8th September all Year 10 students took part in a free **Student Sun Safety and Melanoma Workshop** organised by the Melanoma Institute Australia and funded by Coca-Cola Amatil and Tour de France Cure Funding.

Melanoma is the deadliest form of skin cancer and also the most common cancer for people between the ages of 15 to 39 years. With knowledge and understanding, melanoma can be prevented. The main messages that Year 10 took from the presentation were:

- **always slip, slop, slap** before outdoor activities especially on hot, sunny days
- **have regular skin checks** every 12-6 months no matter your age
- **do a full scale 10 minute check of your body once a month** for any irregular suspicious lumps, bumps and rashes
- **during summer try to avoid too much exposure to the sun** between the hours of 12pm-5pm as this is when UV rays are most prevalent

Many of the students walked out of the clinic with a completely different view and outlook on sun protection and skin care, vowing to look after their skin better whilst out in the sun due to the confronting stories and facts that

were spoken about and the alarmingly high rate of young people with the disease. With a better knowledge and understanding of this malicious disease Year 10 will now take better care of their skin whilst out in the sun and remember to **SLIP, SLOP, SLAP**.

Emily A. and Seamus A., Year 10



Our Year 10's headed out to Qudos Arena, Homebush for the **bstreetsmart** show on 17th August. The show is part of an injury prevention program designed to educate students about road safety issues and trauma caused by road crashes and gives them information and strategies to reduce serious injuries and deaths. **bstreetsmart** is the inspiring initiative of the Trauma Service at Westmead Hospital. Westmead's Trauma Service is constantly reminded through their hands on work that young people aged between 15-30 are disproportionally represented in road trauma. As a result they have a strong commitment to Road Safety Education.

Jenny Power, PDHPE Head Teacher

Science Report



The Greenhouse Project Year 8 students are participating in a STEM sustainability project, examining the problem of feeding the burgeoning human population. One possible solution is the use of greenhouses, which may allow for continued food production in the face of climate change event or disease outbreaks. Working mainly with recyclable materials, students have constructed portable greenhouses and have planted various seeds of their own choice. Our students have been busy at work with their constructions and plantings and are eagerly awaiting the fruits of their labour!

TAS Report



It has been all go for our Year 12 Industrial Technology students who have been busy finishing their timber major works ready for HSC submission. The table and hallstand pictured are two of the impressive pieces made by our talented students



"Decades" was the theme of our SRC Dance on Wednesday with students donning 1950s poodle skirts, rocker t-shirts and leather jackets; 1960s hippie gear; 1980s leotards, leg warmers and ruffle shirts and 1990s fluoro shirts and mini-skirts. The DJ played music from each era while the students danced the Swim, the Frug, Rock 'n' Roll and the Twist. Songs which really "got the place rockin" were YMCA, the Macarena and Bohemian Rhapsody. It was good to see students from all years attend and socialise together



The SRC 2017 held a morning tea on Tuesday of this week to say farewell to their Year 12 leaders. After some short speeches by the Captains the delicious cake was cut and enjoyed by all!

School Improvements



There has been a lot happening around the school recently - new painting in a bright, fresh colour scheme, upgraded car parks, new signage and sports courts. There is still more to come with landscaping to be completed, but it is looking good and we are all enjoying the improvements.

Careers

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

Tell Them From Me: Parent survey



You're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey, designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools will be able to use the survey feedback to make practical improvements and inform their school plan.

What does it involve?

This is an online survey that takes about 15 minutes to complete. It is anonymous, and voluntary. If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 21 August and 13 October 2017. Follow the link below on your computer, tablet or smartphone:

<https://nsw.tellthemfromme.com/9xc5w>

The survey is available in English, Arabic and Chinese (Traditional). After clicking on the link above, parents will have the option to choose their language.

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website:

<http://surveys.cese.nsw.gov.au/>



Road/Hospital Update

To allow for the upgrade and widening of Naree Road, the road is required to be closed to all local traffic from **Thursday 7th September** for around four weeks. **Residential access will be maintained during this time. However all residents will only be able to drive in a westbound direction (toward Forest Way).**

For further information:

Call: 1800 014 307 (free call 24 hours per day)

Email: nbhcommunity@ferrovialyork.com.au

Write: PO Box 6040, Frenchs Forest NSW 2086


Visit: Community Information Centre, Cnr Wakehurst Parkway and Warringah Road (north ester corner), Frenchs Forest NSW 2086, from 9am - 5pm, Monday to Friday

Website: rms.nsw.gov.au/nbh

Community Notices

TUNING IN TO TEENS

EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS


Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

Brookvale
VENUE: headspace Brookvale
Level 2 Brookvale House, 1A Cross Street, Brookvale
DATES: Thursdays 19th October - 16th November 2017 (5 sessions)
TIME: 6.30pm - 9.00pm
COST: \$150 (subsidised rates available re: financial difficulty)
BOOKINGS ESSENTIAL: Contact 02 9937 6500

Chatswood
VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Tuesdays 17th October - 14th November 2017 (5 sessions)
TIME: 7.00pm - 9.30pm
COST: \$150 (subsidised rates available re: financial difficulty)
BOOKINGS ESSENTIAL: Contact 02 8021 3668

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District
www.nslhd.health.nsw.gov.au/Services/CAP



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	Register	www.PittwaterPaddle.org.au
Time	9am (registration from 8am)	For more info contact	katie@nbi.org.au
Location	Winnererremy Bay, Mona Vale	BYO Paddle Craft	Entry Fees Apply

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