

# Newsletter Week 10 Term 3 2018

## Principal's Report

### Year 12 Farewell

The 2018 Year 12 cohort has been an exceptional group of students who have made extremely positive contributions to The Forest High School over the last six years. Their last day of school filled us with some sadness, although we have great hopes for their futures and we look forward to their graduation and celebration on 22<sup>nd</sup> November.

I encourage them to use the next few weeks to prepare for their final examinations. As the last 3+3 cohort to go through, they have the benefit of being able to focus on a small number of subjects and really improve on their Year 11 HSC results. Intense, focused revision does pay dividends and the HSC accounts for 50% of their final mark so it is well worth putting in the effort.

As I read their final reports, I was impressed by the comments and the high standard so many of them have achieved. I trust that they will use the remaining study time wisely and their efforts will be rewarded.



**CONGRATULATIONS TO THE CLASS OF 2018  
GOOD LUCK FOR THE HIGHER SCHOOL CERTIFICATE**

### Forest Festival of Lights

Congratulations to the SRC and particularly the Senior SRC for the inaugural Forest Festival of Lights. In spite of the threatening weather, we had a really good turnout and everyone had a wonderful time. The students worked tirelessly over many weeks, planning the event, organising sponsors and enlisting the support of volunteers. The evening was marked by wonderful musical performances by our bands, the band from Frenchs Forest Public

School and a number of individual performers and groups of performers who contributed to the evening. The Festival was a stunning example of the power of student voice, leadership and teamwork.



### **2018 Minister's and Secretary's Awards**

We were extremely proud that three members of our school community were the recipients of prestigious educational awards at the 2018 Minister's and Secretary's Awards for Excellence on August 29<sup>th</sup> at a ceremony at Town Hall. School Captain, Zali Van Der Veer received the Minister's Award for Excellence in Student Achievement, which recognises outstanding year 12 students who have excelled in their secondary years across academic excellence, sporting, cultural, community and leadership. Julian Floriano received the Minister's Award for Excellence in Teaching, which recognises teachers who deliver the highest quality education to their students and contribute to their professional communities. Michael Strugnell received the 2018 Public School Parent of the Year award. This prestigious award is presented to parents, caregivers and guardians who have made a significant difference to their local NSW public school community.



### **2019 School Captains and Prefects**

I congratulate the newly elected 2019 senior student leadership team and I also acknowledge and congratulate all the nominees. The standard was incredibly high this year with a large number of outstanding candidates running for every position. The student interviews and speeches were exceptionally strong and it was difficult to make a choice. We have a large leadership pool from which to select

- Captains – Elizabeth Raffin and Joshua Short
- Vice Captains – Emma De Zeeuw and Pavan Pashnath Shaji
- Sports Captains – Emma Beukers and Matthew Filatoff
- Performing Arts Captains – Katie Strugnell and Joshua An

- Environmental Captains – Sineada Duval and Riley Eavis
- Prefects:
  - Tara Mapstone
  - Jacqui Gopilan
  - Danielle Lorzano
  - Sean Stephens
  - Hannah Keeler
  - Maddie Davies
  - Ben Neale
  - Emily Kim
  - Minji Kwon
  - Anima Mushfika

## **NAPLAN**

As you may be aware the release of the NAPLAN results was delayed this year as some schools completed NAPLAN online, whilst other schools did the pen and paper test. As a result it took longer for the results to be collated and compared. Students' individual results have been sent home and we hope to give you a school report on the results early next term.

## **Property Update**

We are hoping that all work undertaken by Ferrovia York will be completed on the Western car park and the school over the holidays ready for the start of Term 4.

We are continuing to upgrade and modernise our learning spaces. The computer lab in D Block, across from the DBLC has been refurnished as a flexible, future-focused classroom. The Business Services Room is now completely furnished and has been set up to facilitate student learning in a modern office environment.

In the next 12 months a large number of classrooms will be painted and provided with new carpet.

## **Staff Update**

In term 4 we will welcome a new Deputy Principal, Mr Mathew Finley, who was previously at Muirfield High School and a new Head Teacher English, Ms Sarah Peachman, who was previously at Barrenjoey High School.

## **Happy Holidays**

Lastly I would like to wish everyone a safe and restful holiday with family and friends. All staff and students return to school on Monday 15th October.

**Rosemary McDowall, Principal**

# Deputy Principal Report

## **First things first.**

**Year 12** I would like to wish all of Year 12 the very best for their HSC exams commencing on 18<sup>th</sup> October. They are an amazing group of young adults and have made us very proud at school and in our wider community.

On Friday 28<sup>th</sup> September, at our traditional whole school assembly, we said farewell to these students as a year group. This is the time that students and teachers at The Forest share our memories of them and wish them the best for the future.

Year 12 students undertaking practical areas of study – TAS subjects, CAPA subjects and extension English and History - have had a busy term getting their works ready for external marking. Dance and Music students have also had performances marked at school by visiting external markers. All of this work demonstrates how our senior students and their teachers work cooperatively and collaboratively to prepare the best work they can to contribute to success in their HSC results.

**Work Experience** Year 10 students participated in the Work Experience program last week, 17<sup>th</sup> to 21<sup>st</sup> September. All reports are that this week went very well with students undertaking placements in a wide range of locations – media organisation in Ultimo, Botanic Gardens in the city, Lawyers across town, gymnasiums as fitness trainers and the list goes on. Big congratulations Year 10 for your achievements and a special mention to Mrs Williams for setting up Work Experience placements for over 95% of Year 10 students.

Year 11 Our Year 11 students have completed their end of course final examinations and I am sure are looking forward to receiving their final grades and commencing their Year 12 HSC studies at the beginning of Term 4. Students who intend to move from 12 units of study to 10 units for their HSC have been advised that they need to present a letter from their parent/carer outlining their wish for a change of subject status and that the Deputy Principals will look at this request from week 2 term 4 when they will review student's Year 11 results.

So as we move into the school vacation we can reflect on a term of achievements across the school demonstrating our combined commitment to success at The Forest.

Wishing all students a happy and safe vacation.

#### **Police – School Youth Liaison officer appointed**

A dedicated police presence for schools in the Northern Beaches has been appointed from Police Youth Command this week. Detective Senior Constable Darren Cairnes, School Youth Liaison Officer, will work across schools on the Northern Beaches schools to help support student and schools in the areas of student safety and wellbeing.

We look forward to working cooperatively with him in the future

**Cathy Thompson, Deputy Principal**

## Term 4 2018 Events

15 October	First Day of Term 4 - Students Return
16 October	Year 11 Clearance
17 October	SRC Induction Assembly Class of 2018 Preliminary Showcase
18 October - 9 November	HSC Exams
22 October	Meet the Principal - 9.00am
22-24 October	SRC Leadership Camp
24 October	School Council - 6.00pm P&C Meeting - 7.00pm
1 November	Year 7 Vaccinations
5 November	Year 10 Exam Week



12-16 November	Band Tour
20 November	Year 12 Clearance & Graduation Rehearsal
21 November	Year 12 Graduation - 4.30pm
27 November	Year 10 Formal - 7.00pm - 10.00pm
28 November	School Council - 6.00pm P&C Meeting - 7.00pm
3 December	Year 10 Clearance
3, 7, 10 December	Year 7 Swim School
4 December	Year 7 2019 Orientation Day
6-7 December	Year 10 Focus Day
11 December	Presentation Night - 7.00pm
12 December	Stage 4 Mini-MADD
18 December	Christmas Assembly
19 December	Last Day of Term 4 for students

Full details of all school events are available on the school calendar on the school website [www.theforest-h.schools.nsw.edu.au](http://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?

**Visual Arts Club** - Mondays 3-4 pm - meet in B3. Cost is \$2 See you there for painting!

**Chess Club** - every Tuesday at lunchtime students can meet in E1007 (A12) to play chess or other board games.

**Choir** - this year choir will rehearse on Tuesdays at lunch D1010 (B10). Our choir is open to everyone from all years so come along and have a sing with us!

**Maths Helpdesk** - Friday lunchtime in E1007 (A12) - free - all welcome

Full details of what's on offer are on the school website

## Year 7 Report

As we approach the end of Term 3, I would like to thank Year 7 students for their continual commitment to our school values of Respect, Responsibility and Personal Best. Students continually demonstrate these values through the way they interact with teachers and peers, by consistently wearing the correct school uniform and through the high quality of their class work and assessment tasks. It has been a pleasure to see so many students receiving green merit awards for their efforts in class throughout the term. Keep up the great work! This term, Year 7 have been reading the novel 'Fake Profile' in roll call as part of the *Turn the Page* program. This book is about friendship and the way social media influences interpersonal communication of teenagers today. This text solidifies the message that has been delivered in the numerous workshops Year 7 have participated in throughout the year: that we must always be considerate of others and careful with the content we post online. On this note, students are reminded that mobile phones are not to be used in the classroom unless students are specifically instructed to do so by their teacher.

Thank you again for your hard work this term, enjoy your well-deserved break.

**Kate Board, Relieving Year 7 Adviser**

# Year 8 Report

**Year 8 Sleepout** The second half of this term has flown by in a flurry of activities. Our Sleepout at the end of Week 6 was a huge success. The students enjoyed being at school in a large group out of hours and entertained themselves playing various games like soccer in the dark, hide and seek, Uno and various computer games. We had a satisfying delivery of a variety of pizzas for dinner, hot chocolate with Miss Roberts' famous slice for supper and a last minute decision to cook bacon and egg sandwiches for breakfast. Many thanks to the staff who came to support the evening – Miss Sweeny & Mr Fraser – and especially to those who gave up precious sleep to stay over – Mr Davies, Miss Sturley and Mr Golanoski. The year group has done a magnificent job of fundraising for Mission Australia's Sleepout, an organisation that supports people nationwide by combatting homelessness in families and children. Altogether we raised \$1009.50 and a special mention goes to Emily S. who raised \$303.80 on her own. Donations can still be made online at <https://act.missionaustralia.com.au/fundraisers/year8forest>

**Stage 5 Electives** The students have now chosen their Stage 5 200-hour electives based on the subjects they have enjoyed the most during Stage 4 – Food Technology and Fitness Leader being popular choices. We are now anticipating some exciting choices for the revised format of 100-hour courses. It will be intriguing to see the choices on offer and which courses the students will select for Year 9.

**Year 9 Camp 2019** Speaking of Year 9 next year – we are now in the early stages of planning for the camp in Term 2. Put May 8th-10th in your diaries for next year and start putting some money aside as it will be a fantastic memory-making experience. More information will follow in due course.

**Georgia Yam, Year 8 Adviser**

# Year 9 Report

**Subject tasters** Early next term Year 9 students who have made their selections will be participating in our Senior Subject Tasters Program. Thank you to those eager students who have made their selections for the program! Students are asked to make sure they watch and listen for further instructions about the tasters when they return in Week 1. This will be an exciting opportunity to test out some subjects that may interest the students for study in Stage 6.

**Visit from our Police Youth Liaison Officer** This week our students received a visit from our recently appointed Police Youth Liaison - Senior Constable Darren Cairnes. He spoke with our students about the realities of drug and alcohol usage amongst youth on the Northern Beaches, just one of the issues he regularly talks to school students about. Senior Constable Cairnes is available to our school community to assist in a range of different situations. We welcome his expertise in helping our youth navigate the law, and look forward building a strong relationship with him.

**2019 SRC** Congratulations to those students nominating for a position on the SRC, on recently presenting their nomination speeches. I would like to congratulate, Amelia, B, Terry C, Nicky C, Sophie D, Akito K, Sam K, Genevieve M and Will S on their appointment to the SRC for 2019. I have no doubt that this group of students

will fulfill their role with dedication and purpose. Thank you to those students leaving the SRC this year. We appreciate your work in representing your peers in 2018.

**Peer Support Training** During Week 3 next term, Year 9 will be participating in a 2 day Peer Support Training workshop. During this training all students will participate in activities that will help them to develop the skills needed in order to apply to become a Peer Support Leader to our 2019 Year 7 students.

The program that we run at The Forest High School is supported by Peer Support Australia and is an important component of our well-being program.

*"Participating students realise the significant outcomes of the program, including better connectedness, reduction in bullying behaviours, improved resilience and a greater sense of possibility", Peer Support Australia.*

This is a great opportunity for our Year 9 students to demonstrate their potential leadership skills as well as to learn a little more about themselves and each other.

At the conclusion of the training the students will be able to demonstrate their intention to become leaders by completing an Expression of Interest form.

I look forward to assisting Miss Anwar in selecting our 2019 leaders.

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

**Amanda Walsh, Year 9 Adviser**

## Year 10 Report

We are now coming to the end of the year where the 'feels' for becoming a senior student are 'getting real'. Year 10 has been busy this term, and there are still lots of things to come...

**Work Experience** Thanks to our amazing Careers Adviser, Mrs Williams, almost all students attended work experience in Week 9. This is an outstanding effort, and we're so proud of them for taking a jump into the world outside of school. On my visits to students at their job, it was so lovely to see them outside of school, in a different environment, taking initiative and going above and beyond. We had students working everywhere – they were teaching dance, teaching at the local primary schools, working at vets and Bunnings just to name a few. I'd like to commend all of Year 10 on their effort during this week, we are very proud.

**Year 10 Celebration Evening** The Year 10 Celebration Evening will be held at Miramare Gardens, Terrey Hills on the 27<sup>th</sup> of November 2018. This is the Tuesday night of Week 7 Term 4, and goes from 7pm – 10pm. Over the past few weeks, students have been reminded regularly to hand in their permission note and money, and there is also another copy of the note attached to Sentral in case their original note has gone for a walk. The final date for this payment is by the end of the term, so we strongly encourage you to pay for this ASAP please so they can have a wonderful night all glammed up!

**SRC** I would also like to congratulate our SRC members for Year 11 2019! There are lots of new faces accompanied with lots of new ideas, and we are excited for you to experience next year in this leadership role. You will be an asset to the school's leadership team, and I know you will thrive in this role.

Another thing to note is that we are trying to prepare things for the beginning of next year, such as Year 11 camp and student senior jerseys, so to keep your ear to the ground for these announcements. Thanks again for your wonderful children.

**Hilary Page, Relieving Year 10 Adviser**

## Year 11 Report

As I write this report, Year 11 are in study mode completing their final examinations for their Preliminary Courses, the final step before their HSC courses begins! It has been pleasing to see many students take the opportunity to work closely with their chosen mentors. Students have commented on how helpful their mentors' advice on goal setting and individual study plans has helped in the lead up to the Preliminary Examinations. Year 11 has had an extremely busy and productive term. The term started with the SRC Election process, which involved candidates interviewed by the school executives and captain speeches to staff and students. This process was thorough, and has resulted in a very strong leadership SRC Council for 2019. As one of the SRC candidates said: "You can't be a leader without a strong team behind you". Also, Year 11 students were fantastic role models in supporting our Year 12 students in the inaugural Forest Festival of Lights which was a fantastic school and community event.

So, I would like to take this opportunity to congratulate Year 11 on a productive term. I hope all students take the time to rest and enjoy the holidays in preparation for the start of their HSC year, which commences in Term 4.

**Karin Nixon, Relieving Year 11 Adviser**

## Year 12 Report

Congratulations Year 12 Students on completing your secondary school education at The Forest! We are very proud of your excellent behaviour in your final week of school and very much look forward to celebrating with you at the Year 12 Graduation and Formal on Wednesday 21st November. Thank you to all parents and staff for your wonderful support of these amazing young adults!

**Helen Emery, Year 12 Adviser**

## Forest Festival of Lights

On Friday 7<sup>th</sup> September we held the first Forest Festival of Lights after months of hard work, preparation and commitment by the SRC. Student, teachers and helpers from the school community worked together to hold an event to foster school and community spirit. We survived for two and a half hours before the heavy rain but with everyone's help we moved the performances to the Hall and continued on. From market stalls to the Silent Disco, food trucks to light displays by 'Lightstoparty', there were attractions to cater for everyone's tastes. Additionally we had performances from our talented students, teachers and community members. We thank all for their support.





## 2019 Space Camp

# SPACE CAMP



## APRIL 2019

To support the Forest High School's inaugural Festival of Lights the students going on the 2019 Space Camp trip held a Cake Stall to help raise funds for the trip. With great support from parents and hard work

from the students on the evening we were able to raise close \$850 to go towards the trip. The students will be also holding a Monster Raffle over the summer period to assist with fundraising, so keep an eye out for any eager student looking to raise some funds for this outstanding trip. There are spots still available to any student who wants to jump on-board!!!

## Senior Soiree

In Week 6, CAPA held the 2018 Senior Soirée for our 2018 3+3 Visual Arts Class. The results of many months of hard work by Mr Juric and Mr McGrath's talented Year 12 students were exhibited in the DBLC. Jazz A., Robert B., Connor D., Ryan H., Wyn L., Luke M., Laura M. and Danielle R. celebrated the completion of their practical Visual Art works on the night with delicious catering by Mrs Diggins and her VET Hospitality class. Some fantastic mood music was provided by Thomas G. from the Year 11 Music class. On display were designed objects, sculptures, paintings, photography, drawing and mixed media works exploring themes ranging from environmentalism, through to the comforts of childhood, to street culture and strong political statements about gun control. The night also saw Year 11 Visual Arts paintings and mixed media artworks, and black and white photography by Year 11 Photography, Video, and Digital Imaging photographic students. A surprise Domino's pizza delivery topped off a wonderful night. We wish our HSC students all the best in the HSC and look forward to next year's Senior Soirée.

**Mr McGrath, Visual Arts Teacher**





## English Report

This term has been exciting in English. Year 12 students have sat their trial exams and have nearly completed their courses prior to their final exams. Good luck for the HSC next term! Year 11 students are working on their final units of work, a close study of text – *The Story of Tom Brennan* for the Standard English students and a comparative study of text for Advanced students who are comparing *Othello* with *New Boy* by Tracy Chevalier. They will all be starting their Year 12 courses in English next term.

**Kelly May, Acting Head Teacher English**

## New Student Representative Council

Congratulations to the following students who have been selected as the 2019 Student Representative Council

### Year 12

Joshua A., Emma B., Maddi D., Emma De Z., Sinaeda D., Riley E., Matthew F., Jacqueline G., Hannah K., Emily K., Minji K., Danielle L., Tara M., Anima M., Ben N., Pavan P., Elizabeth R., Joshua S., Sean S. and Katie S.

### Year 11

Alyssa B., Alex D., Sophie G., Amelia H., James H., Johnson L., Paris R., Nic S., Finn S., Cameron T., Noah T. and Marcus V.

### Year 10

Amelia B., Terence C., Nicki C., Sophie D., Akito K., Sam K., Genevieve M. and Willem S.

### Year 9

Jackson B., Emily C., Kathlyn R., Mitchell N., Liam P., Halle S., Kye S. and Amelia T.

### Year 8

Gracie B., Jordan E., Emily H., Monica K., Isabel M., Rio N., Holly S. and Callan W.

**Nicole Murray, Teacher Librarian**



# TAS Report

Congratulations to our Year 12 TAS students for the outstanding completion of their HSC major works. We welcomed representatives from NESA to the school recently who examined and marked the HSC major works. We wish our seniors the very best of luck in their upcoming HSC examinations.



# The Forest High School P&C

Wow I cannot believe Term 3 2018 is about to finish. Where has this year gone?

I want to say a huge thank you to the SRC on a fantastic Twilight Evening that was enjoyed by all. On behalf of the P&C executive we would like to wish Rosemary, Denise, Hannah, teachers, office and general staff and the families of The Forest High School a fun and safe holiday break and see you all ready for our last term of 2018.

Good luck to Year 12 over the break studying hard ready for the up and coming HSC. We all know you will achieve great results.

The Uniform Shop will be open Monday 15<sup>th</sup> October 8.00am to 9.30am and Thursday 18<sup>th</sup> October 2.00pm to 3.30pm as normal for Term 4.

P&C meetings for Term 4 are Wednesday 24<sup>th</sup> October starting at 7.00pm and our Christmas Drinks on Wednesday 28<sup>th</sup> November starting at 7.00 pm.

Looking ahead to 2019 - I would love to hear from the Forest parents and carers on how you would like to see your P&C work for you and the school? What information would you like included at the meetings? What can the P&C do to bring our school community together? How do you feel about the P&C? Are there any events you would like? I want to hear from you, what you want.

So, please email me on [a-shaw1@bigpond.com](mailto:a-shaw1@bigpond.com) so we can improve, grow and build our school community.

Have a lovely holiday.

**Amanda Shaw, P&C President**

## **Uniform Shop - opening hours**

**Monday - 8.00am to 9.30am**

**Thursday - 2.00pm to 3.30pm**

Are you on Facebook and would you like to stay up to date with the latest Forest High P&C news and updates? Please visit our P&C Facebook book page by cutting and pasting the following URL in your browser:

[https://www.facebook.com/groups/1894258124123121/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/groups/1894258124123121/?ref=aymt_homepage_panel)

The P&C Committee updates this page as an informative and useful destination for all parents of The Forest High School community. If you would like specific information to be added to this Facebook page, please contact either Myrna Van Pelt or Clodia Heffernan via the P&C Committee.



# Community Notices



## Become a foster carer

Help us make a positive difference to the lives of children in your community. As a Key Assets foster carer, you will be provided with 24/7 support, a dedicated social worker and on-going training.

Change a child's life today:

- 1800 WE CARE
- [iwanttofooster.com.au](http://iwanttofooster.com.au)



THE CHILDREN'S SERVICES PROVIDER




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THE CHILDREN'S SERVICES PROVIDER

## Raising Your Child in a Digital World

WITH **Dr Kristy Goodwin**



Dr Kristy Goodwin translates the latest research about how technology is shaping childhood into essential information and realistic advice for parents... and no she won't suggest that you ban the iPad, or unplug the TV!

Parents will understand the latest risks to kids' online safety and digital wellbeing (including why kids have become obsessed with Fortnite, the current cyber-safety risks for primary students, how to prevent and deal with cyber-bullying, screen addiction concerns and exposure to pornography) as well as the health and learning implications of young kids growing up in a world of screens. Kristy will share her simple formulae to calculate healthy screen-time limits, will arm parents with a host of strategies and ideas to prevent technology trumps and will discuss whether we should use screen-time as a reward or punishment tool.

Ditch the guilt & guesswork. You'll leave being able to make informed decisions about how to best manage screen-time at home, so that it doesn't always end in screen-time.

### SEMINAR DETAILS

**DATE:** Monday 29th October 2018  
**TIME:** 7-9pm (please note, doors open at 6:30pm and the talk starts promptly at 7pm)  
**LOCATION:** Pymble Public School | Crown Road | Pymble, NSW 2073  
**AUDIENCE:** Parents and carers of children aged 4-12 years  
**TICKETS:** <https://drkristygoodwin.com/pymble>



Dr Kristy Goodwin is a leading digital parenting educator, researcher, author & former teacher (and mum who deals with her kids' tech-bulldozer). She translates the latest research into essential information and tips for parents, educators and health professionals so that they can safely navigate the digital terrain... without suggesting that kids be 'digitally impugned'. Kristy has spoken at and consulted with schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.

*An event open to the public, proudly hosted by Pymble Public School*



## Northern Beaches Mental Health Forum TOGETHER ON THE RECOVERY JOURNEY



Catherine DeViye —  
Inspirational Speaker & Author



Patrea King — Quest for Life



Ben Webb — Northern Beaches Veterans Centre



Catherine Kezelman — Blue Knot Foundation



Alan Stuard — NSW Police



Kim Hodges — Author of Girl Over the Edge

A Forum for those on their mental health recovery journey, their family and support people, featuring a range of inspirational and informative speakers, including those with lived experience.

- Browse over 30 information stands.
- Lunch and refreshments provided.

**Wednesday 3 October  
9am to 3.30pm**

**DEE WHY RSL**  
932 Pittwater Rd, Dee Why

**CONTACT**  
Snow on 8405 4444 or [snow@yourside.org.au](mailto:snow@yourside.org.au)

**FREE—BOOKINGS ESSENTIAL**  
**Participant registration:** [www.trybooking.com.au/VUFN](http://www.trybooking.com.au/VUFN)  
**Stall holder registration:** [www.trybooking.com.au/VUFI](http://www.trybooking.com.au/VUFI)

The Forum has been organised by the Northern Beaches Mental Health Working Group










The Forum has been sponsored by Dee Why RSL Club

**NORTHERN  
COMPOSURE  
UNPLUGGED**



 @KALOF  @KALOF



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northern  
beaches  
council



What do you say when your friend or family member is going through a tough time?

# COURAGEOUS COMMUNICATION

TUESDAY 9 OCTOBER 6-8PM

Words can make all the difference. Come along and learn how to manage a difficult conversation.

This is a free event for 14-24 year olds held at Newport Community Centre. Parents and Carers welcome.

Register or find out everything you need to know about this event at [KALOF.com.au](http://KALOF.com.au)

Any questions? Give us a call on 0070 1020 or shoot us an email at [youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

Competition Weekend

# 24/7

Youth Film Festival 2018

Saturday 29 September, 8 - 10am

The challenge is on! On Saturday you will learn secret rules you must use in your 7 minute film. Submit it by Sunday 10am and have a chance at \$5000 in prizes!

Northern Beaches Council Civic Centre  
725 Pittwater Rd, Dee Why

Ages 12-24

247filmfest.com.au  
Enquires on 0070 1223 or  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

northern beaches council

## 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 teenage behaviour problems?
- Teach your teenager to deal with conflict?

**VENUE:** Brookvale Community Health Centre  
612-624 Pittwater Rd, Brookvale  
**DATES:** Thursdays 25<sup>th</sup> October – 29<sup>th</sup> November 2018 (5 sessions – NO SESSION ON 8<sup>th</sup> NOVEMBER)  
**TIME:** 6.30pm – 9.00pm  
**COST:** \$150 – subsidised rates available re: financial difficulty  
REFRESHMENTS PROVIDED

**BOOKINGS ESSENTIAL:** <https://tntbrook4.eventbrite.com.au>

PH: 8877 5376

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](http://www.nslhd.health.nsw.gov.au/Services/CAP)

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