

Newsletter Week 5 Term 4 2018

Principal's Report



Australian College of Educators (ACE) World Teachers' Day Awards

Congratulations to three of our teachers who have recently been nominated for World Teachers' Day Awards for their outstanding contributions to education. The recipients are Iain Sills, Head Teacher Support, Rebecca Constantin, CAPA and Amanda Walsh, TAS. We congratulate them on this well-deserved recognition.

Japanese Study Tour In the October holidays Leo Ye, Danny Thai, Tom Golanoski and I undertook a study tour to Japan to visit our sister school, Chiba Keiai High School.

Chiba Keiai is a private senior high school for students in Years 10, 11 and 12.

It is located in the city of Chiba near Tokyo. Chiba is a co-ed school of

approximately 1600 students. It offers a broad curriculum. Students arrive early in the morning and often stay until 8:00pm in the evening, participating in after school extracurricular activities. On our first day we were welcomed to Japan by Mr Shoji Takahashi from Chiba and we were taken on a tour of Tokyo. The following day we were welcomed by Principal Mr Eiichi Omori and we spent an entire day at Chiba, participating in a whole school welcome assembly and then visiting classes. Our three language teachers actually taught some lessons in the afternoon, whilst I participated in a calligraphy lesson. Chiba Keiai held a special welcome dinner for us that night.

The following day we had the opportunity to visit two other schools and a University, Yoshioka Primary School a K to 6 school in Yotsukaido City, Yotsukaido Nishi Junior High School a middle school for students in Years 7 to 9 and Keiai University. We learned a great deal about education in Japan and it was a wonderful experience for all of us. The remainder of our trip was spent visiting sites of historical and cultural interest in Tokyo, Kyoto and Osaka.

This is the first of what we hope will be many visits to Chiba Keiai. It is our intention to organise a student and staff excursion to Japan in 2020. We highly value our relationship with Chiba Keiai High School. It is a strong partnership that has been nurtured for almost 25 years.



Farewell to Year 12 HSC Examinations have now finished. Year 12 students managed the examination processes relatively smoothly. From my discussions with students and teachers I believe that our students were well prepared and their efforts will be rewarded. The Year 12 Graduation Ceremony is scheduled for Wednesday 21st November at 4:30pm with their formal to follow. I would like to congratulate Year 12 2018 on their leadership and their many positive contributions to the school community. Their legacy is one of strong school spirit and a commitment to community service. We look forward to celebrating the end of their high school studies at the graduation and the formal. I thank their parents and their teachers for their ongoing nurturing and support of this exceptional group of students. They will be missed and I hope they will maintain their strong connections to our school in future years.



Term 4 Attendance I would like to remind students that attendance continues to be of importance in Term 4. Year 11 have commenced their HSC studies and for other year groups, teachers will be teaching the final syllabus topics in preparation for the following academic year. Attendance will continue to be monitored closely and I strongly encourage students to maximise their learning this term.

Rosemary McDowall, Principal

Deputy Principal Report



My name is Mathew Finley and as the new Deputy Principal of The Forest High School I hope you will be open with me about the opportunities and challenges facing your children. I want to know what works and how we might improve. My interest is in understanding what matters to our school community. I am an advocate for pride and respect. Whether you are a junior or a senior, I want to see and hear students who celebrate success and promote the achievements of The Forest High School. I will treat every parent and student with respect at all times. Raising children takes a community, and I will strive to model the dignity and respect I demand in the classroom.

Integrity is a quality I admire. That means we tell the truth. You can expect me to tell the truth, and I will expect the same. Telling the truth can sometimes be challenging, and is not always comfortable. But telling the truth means we can overcome those difficult challenges and find the best solutions to move forward.

Most importantly, I value students who strive to do their personal best. Our job is to improve outcomes for students and to provide an environment where they can learn and grow. I will support students to make good choices, accept the opportunities placed in front of them and celebrate their success and the success of others. Doing your personal best requires resilience, and this means students must take risks and learn from their failures in their pursuit of achievement. Complex and challenging work cannot be completed in an afternoon or evening. It requires weeks of careful planning, design, review and execution. This is a process that our students need to be supported in and requires the support of teachers and parents. No doubt this means we sometimes have to make that extra effort and personal sacrifice. Those efforts will lead to great reward. These are my values and expectations. I look forward to working with The Forest High School community on building a successful future for our students.

Mathew Finley, Deputy Principal

Term 4 2018 Events

20 November	Year 12 Clearance & Graduation Rehearsal
21 November	Year 12 Graduation – 4.30pm
27 November	Silver Assembly Year 10 Formal – 7.00pm – 10.00pm
28 November	School Council – 6.00pm P&C Meeting & Christmas Drinks – 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 Retreat
11 December	Presentation Night – 7.00pm
12 December	Stage 4 Mini-MADD Night – 6.15pm
18 December	Christmas Assembly
19 December	Last Day of Term 4 for students
29 January 2019	School Development Day – staff only
30 January 2019	New students enrolment Years 7, 11, 12 & Peer Support Leaders return
31 January 2019	Full school resumes

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

Digital Thumbprint We recently welcomed Optus' free digital education program, Digital Thumbprint, to deliver their workshops to our Year 7 students. Delivered in class to students by a facilitator, the program is fun and engaging with interactive workshops tailored to the needs of specific year groups. Designed to empower and inform Australia's young digital natives, the workshops taught students the advantages of having a positive online presence and armed them with the vital information they need to stay safe online. Our school has proudly joined Optus' Digital Thumbprint program in its commitment to ensuring our students are savvy, responsible and proactive members of Australia's online community. Overall, the program proved to be a highly beneficial experience for students and was thoroughly enjoyed by all. For more information on the program and each of the workshops we encourage you to visit: www.digitalthumbprint.com.au/ There is also a range of free resources, from Optus and its partners, for parents and caregivers that support you to have effective conversations around what young people should and should not share online, cyber-bullying and how digital technology can support effective study practices. Please visit: www.digitalthumbprint.com.au/parent-resources

Lucy Sturley, Relieving Year 7 Adviser

Year 8 Report

In the first week of term the new SRC representatives were inducted during a morning assembly. The Year 8 cohort has a mixture of student representatives who have been on the SRC before and a few new faces. Congratulations go to Jackson, Emily C., Mitchell, Liam, Kathlyn, Halle, Kye and Amelia – the SRC representatives as we move into Year 9.

Year 8 have proven resilient and resourceful while completing assessment tasks in the first half of this term so that teachers can write their end of year reports. I look forward to reading these reports later in the term and learning of everyone's great achievements this year.

The process of choosing electives for Stage 5 is a complex one and unfortunately not everyone was able to be placed in both their first and second choices. The 200-hour courses have now been assigned and the students are excited by the prospect of studying different subjects in Year 9. The choices for the 100-hour courses should have been submitted by now and we shall wait to see which classes will proceed next year.

We are in the midst of planning some fun activities to look forward to towards the end of term – another games and pizza night for Year 8 on Friday of Week 6 (23rd November) and a combined end of year excursion with Year 9 in the final weeks – look out for notices on Sentral soon.

Georgia Yam, Year 8 Adviser

Year 9 Report

Peer Support Training Our Peer Support training workshops have been completed and we have a difficult selection process ahead of us. We have a wonderful group of caring, motivated and inspiring potential leaders in our year group, who participated in the workshops with great enthusiasm. The workshops were a chance for students to demonstrate their skills and character in an environment different to their regular lessons which allowed the teachers leading the program to see a different side to many of our students.



I led one of the groups through the Friday workshop, and really appreciated the opportunity to get to know some of this group of students a little further. We had a very fun day! A special thank you to Miss Anwar for coordinating the workshops, and for making our school's Peer support program such a successful one. I look forward to reading the Expressions of Interest for the leadership positions, and to assisting Miss Anwar in the selection process.





Northern Beaches PCYC Blue Edge Police Program Last term, five of our Year 9 students were selected to participate in an initiative coordinated by Senior Constable Eckford, Youth Case Manager at the PCYC in Dee Why. This initiative - Blue Edge Police Program, was designed to promote a healthy lifestyle and educate participants with the ramifications of cyber bullying and unsafe internet use with the aim of making them become advocates amongst their peers and the youth within the community. These students attended sessions twice a week for 8 weeks, demonstrating commitment, initiative and responsibility throughout their attendance of the program. Congratulations to these students for successfully completing the program and for being wonderful representatives of our school in the community - Taylor Crichton, Brady Eavis, Cameron Foster, Emily Morgan and Emma-Jane Reeve.

Links to Learning Graduate Congratulations go to Jack Matthews for successfully graduating from the Links to Learning program this term. Through the program Jack has keenly participated in a range of activities that have given him valuable experience in a range of building trades out in the community. We thank Jack for engaging so enthusiastically with the program and look forward to providing this opportunity to other students in the future.

Amanda Walsh, Year 9 Adviser

Year 10 Report

We have made it to the final term of Year 10! It has been a huge year but Year 10 have made it pretty easy to keep a smile on our dial throughout Terms 1, 2, 3 and now 4.

SRC Camp Our new SRC members for Year 11 2019 were lucky enough to go to Vision Valley to embark on another camp, but one that is different to what they have experienced so far. They planned and planned and planned for the following school year, and represented their year group with a fantastic attitude and even better ideas. We are pretty excited for these students to help lead the rest of our amazing year group in the coming years.



Year 10 Retreat Students have now been given permission notes for the Year 10 Retreat which is happening during the end of Week 8, Thursday 6th to Friday 7th December. It is a bit of a rest for Year 10 after such a big year and gives them a break from their usual schooling. It will focus on participating in activities that promote their wellbeing, increase their understanding of scenarios they may encounter over the next few years, such as the importance of sleep and how to be confident when handling your hard-earned money, as well as other opportunities. On the Thursday night, students can then come back and 'sleep out' at school and will be provided with dinner and breakfast on the Friday.

Please encourage your students to bring back their permission note and money as soon as possible.

Year 10 Celebration Evening This has come around so soon! Payments have now closed, so a big thank you to all that are ready and raring to go. Do not forget the date for the 'most exciting thing we've done so far Miss!' – Tuesday 27th November 2018 at Miramare Gardens from 7-10pm. We look forward to seeing all their smiling faces as they turn up!

Year 11 Camp 2019 After lots of preparation, Year 11 Camp 2019 has been booked for 20th February to 22nd February 2019 (Week 4). Students will receive this permission note over the next couple of weeks. It would be ideal for this to be paid before we break for school holidays, but we understand it is 'that end of the year' so if there are any issues, please do not hesitate to contact me.

Thank you Year 10 for being such a great group of people.

Hilary Page, Relieving Year 10 Adviser

Year 11 Report

Congratulations to the Year 11 students who have settled into their pattern of study for the HSC year. Since returning from long service leave I have been catching up with students and encouraging them to work to their

personal best for the next four terms. Ms Thompson and I have recently read the Year 11 reports and we are both impressed with the overall performance and results of the year group. These reports should be posted home shortly.

Students are encouraged to work to an established study routine and organise their time to complete homework and assessment tasks early to avoid last minute stress and anxiety. It is also important at this age to effectively balance social, paid work and school commitments to allow for success in the future. Three and a half more terms until the end - set the goals and make the most use of time now!

Clare Diggins, Year 11 Adviser

Year 11 students have been sharing their experience and guiding Year 9 students in preparing for senior study. It has been a great opportunity for students to set goals and understand the importance of Years 9 and 10 for developing the skills to succeed in their senior schooling.



Year 12 Report

The last HSC exams were completed on Friday 9th November. Congratulations to all Year 12 students for completing the HSC.

Clearance Days Students need to complete the clearance process on either **Tuesday 20th or Wednesday 21st November**. This involves returning any textbooks or other resources provided to them by the school, having their teachers from 2018 sign the clearance form and paying any outstanding fees.

Graduation There will be a rehearsal for the graduation that students are expected to attend at 12 noon on Tuesday 20th November. This rehearsal is important and will ensure that the graduation goes smoothly. The graduation starts at 4.30pm on Wednesday 21st November but students should arrive between 4.00pm and 4.15pm and parents attending should also arrive a little before 4.30pm to ensure they are seated and ready for the ceremony to start on time at 4.30pm. Following the graduation, the students will make their own way to

Mosman for the formal which starts at 7.00pm and is being held at Taronga Zoo. I am sure the formal will be a wonderful night and live long in the memory of this fabulous year group. On behalf of Helen Emery, I would like to thank all the parents of Year 12 for their support. We wish all students the very best for their future endeavours. Success comes to those who strive for it.

Erin McWhirter, Relieving Year 12 Adviser

CAPA Report



English Report

Journal Writing In English, many students are writing regularly in class in their journals. Ms Nixon's classes have been using the process to engage with exciting new ideas, reflect on their learning and to promote creative and critical thinking. These journals are a wonderful way for students to regularly engage with extended writing, and as you can see in the photographs, they are able to use them for peer feedback and to work through the editing and refining process.

Here are a few examples of some extraordinary writing from some students.

His eyes were as black as obsidian, his clothing a forest green and torn in many places, dirt all over his grimy, filthy body, colouring it a brown of the earth. His teeth were a poisonous yellow, rotting and jagged. His nose was bulbous, shaped like a tap. He was cut in some places, blood oozing from the wounds, the dirt gathered within them, turning him into an infected, bleeding, ugly, unlovable fleshy sack of muscle and bones.

Rowan Barker, Year 8

For We Walk By Faith

A society surrounded by darkness.

No light from the moon or stars filled the streets and fields, as there was no astrological décor to fill the sky. Just a black abyss that seemed to have no end. There were no animals or wind.

Everything was still and silent.

Tick

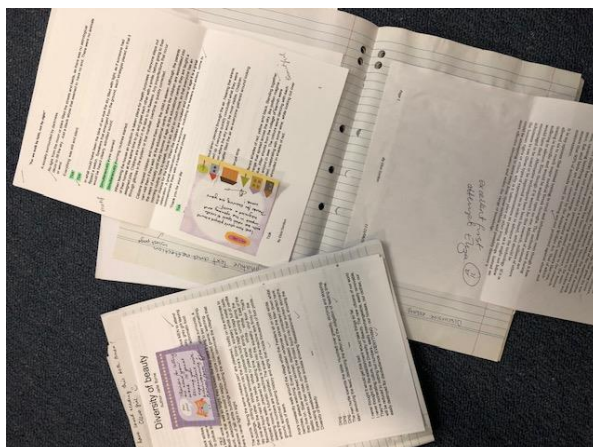
Tick

In what could have been the blink of an eye the sky filled with light, as if someone had flipped a switch. Speakers emerged from the ground, each strategist places so that it would be heard clearly, emitted sound.

Simultaneously eyes opened.

Simultaneously morning routines started.

Eliza Gordon. Year 1



English Teachers' Association New Syllabus Day This semester our Standard and Advanced cohort went to the International Convention Centre to engage with students from around the state. The presentations throughout the day were highly engaging, particularly Eddie Woo's phenomenal speech at the beginning of the day, which had the students riveted. Karen Yager, Mel Dixon and Jane Sherlock then went on to present on many aspects of the new Syllabus. Karen Yager had some amazing suggestions for creative writing, which inspired many students. Our students got a great deal out of it, and it has spurred conversations in the classroom, creating a clear focus and perspective on the course.

Sarah Peachman, Head Teacher English



Languages Report

Chinese Cultural Excursion Year 9 students who undertake the Chinese course recently went on an excursion to Chatswood to immerse themselves in Chinese culture. They participated in a scavenger hunt in which they were tasked to find and take selfies of Chinese logos and icons found along Victoria Avenue. The group then went to the Mandarin Shopping Centre to enjoy delicious and exotic Yum Cha food. Students highly enjoyed trying a variety of new foods and expanding their cultural understanding and appreciation. We look forward to another year of rewarding and culturally enriching learning experiences here at The Forest High School.

Leo Ye, Languages Teacher



Maths Report

Competitions Congratulations – we are very pleased with our results from the Mathematics Olympiad and Mathematics Competition this year. In the Olympiad we had William Zhang in Year 7 and Dale Mapstone in Year 8 both coming in the top 10% of entries. We also had 7 other students in the top 25% of entries. We were very excited this year to have Akito Koike in Year 9 receive a prize in the Mathematics Competition. A prize is the highest award possible and places him in the top 100th percentile. We also had 4 Distinctions and 21 Credits.

Seniors The Year 11 students have now begun Year 12 work. New textbooks will be issued that cover the Year 12 content. It is important that they maintain attendance until the end of the school year. The first HSC assessments will be in Week 9 for Mathematics and Standard 1 and 2, Week 8 for Extension 1 and Week 10 for Extension 2.

Year 10 In Week 6 we will be sending a team of 4 Year 10 students to the World of Maths Day at UNSW hosted by Adam Spencer and Eddie Woo. The students will have a day full of challenge and fun. From Week 6 we will rearrange our Year 10 classes to better support the students for the level of Mathematics they have chosen next year. Please check all textbooks are returned before Week 6.

Years 7, 8 and 9 – Work continues until the end of the year. All students are required to bring their workbooks, pens and calculator to each class.

Class requirements for 2019:

Junior Students – 200 page A4 grid workbook, calculator, ruler, scissors, glue, pens, pencils

Senior students – A4 150 page book with ring binder holes if you are using a folder. We do not suggest separate folder sheets. Calculator, ruler, scissors, glue, pens and pencils

If a new scientific calculator is needed we use the Casio fx-82AU PlusII. These are available from most shops and also from school for \$20.

Over the holidays Mathematical skills can be gained in many ways. Play some games like Yahtzee and Monopoly which both improve addition skills. When teaching probability there are many students not familiar with the suits and numbers in a pack of cards. Any card games would provide this understanding and be fun. The students are able to access Mathletics and Mathsonline over the holidays and these programs would be a great way to consolidate key concepts.

Enjoy the Holidays from the Mathematics Staff - Mrs Gourlay, Mrs Blair, Mrs Frykberg, Mrs Barry, Miss Wallace, Mrs O'Donnell, Mr Shaw and Miss Page.

PDHPE Report

Junior Boys T20 cricket The junior boys' cricket team started their T20 campaign off in style beating Cromer in their first game at Nolan's Reserve on 17th November. The boys comfortably chased down 107 runs with Jake Hutchings and Lachlan Johnson both retiring on 40 runs. Roop Dhillon and Noah Kasmar were the pick of the bowlers restricting Cromer to an achievable target. In our second game we came up against some strong opposition in Balgowlah Boys A and failed to chase down their 130 runs. The pick of the bowlers in game 2 were Zach Herrmann and Roddy Dixon. Jake Hutchings was once again the anchor of the innings but the boys fell short by 20 runs. Their next games are in early December against Balgowlah Boys A.

Senior Boys T20 cricket The senior boys T20 cricket team came up against some strong competition in their opening match against St Augustine's. The Forest High bowled first and they were hit around the park by some strong batting. The pick of the bowlers were Lachlan Johnson and Noah Kasmar. Set a mammoth 161 runs for victory, The Forest High got off to a slow start and lost wickets at the wrong time. The highlights of the batting innings were Cameron Taylor, Jacob Herrmann and Moustafa Hill smashing a few very large 6's. Unfortunately the boys fell 80 runs short of the target and their next game will be in early December against St Paul's College.

Kurt Neely, PDHPE Teacher

Science

On 13th November a selection of girls in Year 9 attended the annual L'Oreal Girls in Science Forum. This day involved hearing from leading female scientists about their current research and the impact of their work. In the afternoon students then had the opportunity to visit a range of facilities at the UNSW campus looking at different future career options in science-related fields.

Lucy Sturley, Relieving Head Teacher Science



Interact Club

Our Interact club has busily been working with our local community and rotary club on a number of service projects this term.

Our bake sale last term was a fantastic initiative organised by the group, which raised enough money for us to buy 11,500 litres (\$250) of water for our farming community. Thank you to our supporters who ate lots of cake to enable this purchase.

The Interactors are quickly gathering suppliers for their next project – **Operation Christmas Child**. During this project they will collect a range of gifts that will be donated to children in developing countries. Anyone can be involved in this project, visit Operation Christmas Child at <https://bit.ly/2bFkbBa> to see how you can pack your own box, and for drop off points. Collections in our area are closing 30th November.

Finally, we are gearing up for our biggest service project of the year – **Borgnis Street Christmas Lights Collection** for Bear Cottage. Last year our members assisted the local Rotary groups in collecting over \$35,000 for Bear Cottage at this event. It is a fantastic atmosphere and a wonderful experience for families, so if you have never been, or even if you are a seasoned viewer, come along and soak up some Christmas Cheer in Borgnis Street, Davidson, in the two weeks leading up to Christmas and drop a few coins in one of the buckets in support of Bear Cottage and our Interactors.

Amanda Walsh and Georgia Yam, Interact Club Coordinators

Peer Support

Congratulations to Year 9 Peer Support students who performed exceptionally well during Peer Support training in Week 3. Teacher trainers had nothing but positive feedback to say regarding the cooperation and well-behaved nature of the cohort despite the incredible heat especially on the Friday. Well done Year 9 and I look forward to working with a selected group of you in 2019. A big thank you also to the teachers who volunteered their time during the two days to facilitate the activities.

Shaheena Anwar, Peer Support Coordinator





Careers

Pictured below are Jack Matthews (Year 9) and Remy Juchau. (Year 10) who have attended Links to Learning at Ingleside one day per week for the last two months. This program gave them opportunities to do project-based learning developing vocational and life skills in many areas from landscaping and barista training to equine therapy!

Annika Williams, Careers Adviser



SRC

The Induction Assembly was held on Wednesday 17th October for the incoming Student Representative Council members for 2019. The new Council have great plans and ideas for next year. Elizabeth and Joshua our 2019 Captains have a strong leadership team and the staff are looking forward to working with them. We congratulate them all on their election to these important school roles.

School 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
Environment Captains	Sineada Duval and Riley Eavis
Prefects	Maddi Davies
	Jacqueline Gopilan
	Hannah Keeler
	Emily Kim
	Minji Kwon
	Danielle Lorzano
	Tara Mapstone
	Anima Mushfika
	Ben Neale
	Sean Stephens

Year 11 SRC	Year 10 SRC	Year 9 SRC	Year 8 SRC
Alyssa Bowers	Amelia Bates	Jackson Brown	Gracie Barr-Jones
Alex Dimitrov	Terence Chernishov	Emily Costa	Jordan Edwards
Sophie Graham	Nicki Coleman	Kathlyn Richards	Emily Harrison
Amelia Hanson	Sophie Dary	Mitchell Norton	Monica Kaati
James Harris	Akito Koike	Liam Pooley	Isabel McPherson
Johnson Ly	Sam Kosack	Halle Smit	Rio Nunura
Paris Robson	Genevieve Michie	Kye Sparks	Holly Sercombe
Nic Seale	Willem Smit	Amelia Trout	Callan Wee
Finn Soegaard			
Cameron Taylor			
Noah Thurbon			
Marcus Vilnis			







SRC 2019 Leadership Camp The newly elected SRC for 2019 participated in the annual Leadership Camp at Vision Valley from 22nd-24th October. Led by the Captains and Prefects the students planned the upcoming year - concentrating on school spirit and the environment. After the success of The Forest Festival of Lights this year it will make a come-back in 2019 - we look forward to more of our community being actively involved. Wacky Olympics led by the Sports Captains was once again a highlight with teams competing for the glory ... and the trophy! Our Prefects ran a fun and challenging Trivia Night after an afternoon of team building activities.

"SRC Leadership Camp was an amazing opportunity for us to come together and work as a team. With a balance of fun and productivity we got a lot of work done in the planning of events for Term 4 and 2019. We have set the goal for SRC 2019 to continue to build and cultivate school spirit and enforce a positive tone and environment for the school community" - SRC Year 11 Leaders





Halloween

Below are some of our students getting into the Halloween spirit in Week 3.

There are lots more photos on our school website.





The Forest High School P&C

The Forest High School P&C is seeking a volunteer Treasurer for next year (2019). If this position is not filled by 30/11/18 we will have no choice but to outsource this as a paid position. This will unfortunately reduce the donation of money that we give back to the school for our children's education. If you are interested in volunteering for this position, please reply to Amanda a-shaw1@bigpond.com or Tracy tracyshanny@gmail.com. Please also consider becoming a member of our P&C Facebook page to stay up to date with ongoing school matters https://www.facebook.com/groups/1894258124123121/?ref=aymt_homepage_panel

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

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

KALOF



Every Thursday,
15 November - 6 December
4.30 - 6pm

YOUTH ART AND DESIGN

Street Art Workshops

Learn from street art professionals in
this hands-on four-week workshop

YoYu's Youth Centre
Forestway Shopping Centre
Frenchs Forest

FREE! 12 - 24 year olds
All materials provided

Bookings and enquiries 9970 1629 or
youth@northernbeaches.nsw.gov.au



KALOF.



Friday 16 November, 7 - 9.30pm

NORTHERN COMPOSURE UNPLUGGED

HEAT 1

TR3VS
Dysfunction
Nina Conradi
Phototropic
Tiana Mannell
Alleyways
Blue Riffs

Will Howell
Teddy Confetti
Nat & Jules
Ryan Kerrigan
OMEN
Naua
Annie Hunt

Manly Library
1 Market Place, Manly

\$10 entry on door, No pass outs
Drug and Alcohol free, All Ages

Any questions? 9942 2195
youth@northernbeaches.nsw.gov.au
KALOF.com.au



KALOF.



Friday 23 November, 7 - 9.30pm

NORTHERN COMPOSURE UNPLUGGED

HEAT 2

Willow
Lisa Kristensen
Kris Arian
Paris Whiteley
Callie Dibble
Ultramarine Ski Machine
Rose Howell

Cameron Ingle
The Cryptids
Ella Bullock
Ned R
Rules of Yesterday
Daniella Piskor
Alex
Riella

Mona Vale Library
1 Park Street, Mona Vale

\$10 entry on door, No pass outs
Drug and Alcohol free, All Ages

Any questions? 9942 2195
youth@northernbeaches.nsw.gov.au
KALOF.com.au



KALOF.

Friday 23 November, 6.30 - 9pm

DISCOBILITY JUNIOR

Early Summer Beach Party

Party the night away at Discobility Junior, a dance party for high school students with disability. DJ Andy will be spinning awesome tunes, with loads of prizes to be won!

PCYC Northern Beaches
40 Kingsway Dee Why

\$10 entry includes food and a drink. Family, friends and carers welcome

Any questions? 9970 1151 or youth@northernbeaches.nsw.gov.au
KALOF.com.au

PCYC POLICE CITIZENS YOUTH CLUBS

northern beaches council

Lifeline Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale

St Augustine's College – Sydney
Federal Parade

November 23-25

Friday 4-9
Saturday 9-5
Sunday 9-2



Little Athletics NSW

Introduction to Coaching Course

Learn from the Little Athletics experts!

Help Kids Learn Basic Athletics Skills
Fun. Practical. No exam. No previous experience necessary!

"The course was very enjoyable, easy to follow and very informative" ITC Course Participant

Manly ITCCs

The Introduction to Coaching Course (ITCC) is designed to help participants become better placed to assist children to perform basic athletics skills.

The ITCC is a practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia. It covers how to teach basic working models for each event on the Little Athletics program. Participants will be shown event-specific skills, drills, games and activities relevant to the target age group.

The course is great for parents, school teachers and other interested people who want to know a little more about the skills of the sport so that they may help to coach children of primary school age, assist at Little Athletics centres or prepare students for a school athletics carnival.

This course is suitable for:

- People with little or no athletics coaching experience
- People who are considering attending a Level 1 Community Athletics Coach Course
- People who have completed a Level 1 Community Coach Athletics Accreditation

At the conclusion of the course the participant will, for the target age group:

- Better understand an appropriate working model for each Little Athletics event
- Have a greater knowledge of appropriate drills, skills, games and activities for each event
- Identify some of the more common technical faults associated with each event
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

Manly ITCC: Choice of 2 dates!

- Saturday 3 November, 2018 OR
- Saturday 22 December, 2018

- Wakehurst Public School, 8 Glen Street, Belrose
- \$62 per person
- Must be 16yrs and above
- Register at lansw.com.au

Like us on 

Register at lansw.com.au

PARENTS AND TEENS relationships and mental health

Do you have a teenager between 11 and 17 years old?
Help us understand how family relationships influence teen mental health

anxiety

raising teens

behaviour

relationships

mental health

Complete a brief anonymous survey online at:
<https://exp.psy.uq.edu.au/parentingteens/project/mentalhealth>

Chance to WIN \$100 gift voucher

Who can participate?

- Parents with teenagers aged between 11 and 17 who are living in Australia.
- After completing the survey, parents can invite their teenagers to take part.



For more information and to complete the survey, please visit our project website:
<https://exp.psy.uq.edu.au/parentingteens/project/mentalhealth>
You can also contact our research team at parentingteens@uq.edu.au

 THE UNIVERSITY OF QUEENSLAND AUSTRALIA

Helping Learner Drivers Become Safer Drivers Workshop

Wednesday 28 November 6:30 – 8:30pm

This two-hour workshop aims to increase the confidence and knowledge of supervisors who oversee learner drivers. It covers:

- Changes to the Learner Driver Licensing Scheme that started from the 20 November 2017
- Log book apps approved by the Roads and Maritime Services
- Completing the Learner driver log book
- Understanding the benefits and safety aspects of supervised on-road driving experience
- Licence conditions for learners and provisional licence holders
- Reinforces the importance of on-going support for young drivers in the early years of driving

Northern Beaches Council Civic Centre – 725 Pittwater Road, Dee Why

Bookings: <https://www.northernbeaches.nsw.gov.au/things-to-do/whats-on/event-calendar/booking-form-helping-learner-drivers-become-safer-drivers>



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