

# Newsletter Week 5 Term 3 2018

## Principal's Report

**NSW Department of Education Minister's Awards** Two of our students Zali Van Der Veer and Alexander Dickson were nominated for the Minister's Award for Excellence in Student Achievement. Two of our teachers, Julian Floriano and Rebecca Constantin, were nominated by the students for a Minister's Award for Quality Teaching and Michael Strugnell was nominated for the Parent of the Year Award. The award winners will be announced on 29th August at Town Hall. Congratulations to all the nominees. We will announce the successful recipients in the next school newsletter at the end of term.

**STEM Showcase** Congratulations to Hannah Wiltshire, Relieving Deputy, who presented at the ACE STEM (Australian College of Educators, Science, Technology, Engineering, Mathematics) Showcase at Chatswood High School. The STEM Showcase is an initiative of the Northern Sydney-EC Community of Schools, of which we are members. At the showcase schools shared their journey in STEM education and outlined their plans for the future. Ms Wiltshire came away from the showcase with new ideas for moving our school forward leveraging on the strong collaborative relationships of our community of schools.

At the next P&C Meeting on 19th September, Ms Wiltshire will be doing a presentation for parents showcasing the STEM initiatives that we are implementing at The Forest High School.

**eT4L Awards** The Forest High School was successful at the Department's eT4L Technology Awards gaining a Highly Commended for Leader in Robotics in Learning and Teaching. Congratulations to the students and to the teachers involved in the competition and thank you to Peter Santamaria, an instrumental educator in the project, for preparing and submitting the school's entry.

**High Resolves** This month I was delighted to be invited to attend the High Resolves Principal's Luncheon, Gala Dinner and High Resolves Summit for Principals. These events featured international speakers and principals from Australia, Canada and the USA shared the experiences of their schools with the High Resolves program. High Resolves is having a global impact and is benefiting students from schools in different parts of the world. Through the program students are developing many of the "soft skills" that they will need as they complete their education and enter the workforce. Development of skills such as critical thinking, communication, collaboration and leadership are central to the High Resolves program. Additionally the program provides opportunities for our students to meet and work with leaders from universities and the business sector. Although the High Resolves program has finished for this year, our students will have the opportunity to enter "*Videos for Change*", a High Resolves competition that is based on the conception that with just an idea and a camera, students can produce a video that can change the world. Winning entries are featured on "*The Project*" and shown to an Australia-wide audience. We look forward to seeing the videos that our students produce. Our

school is fortunate to have support and funding from the P&C to make this program available to all of our students from Years 7 to 10.

**Student Representative Council** Congratulations to our SRC and Miss Nicole Murray, who show a huge commitment to our school. They have been creative and innovative in their leadership this year, taking on the organisation of the school's Open Night and now organising the inaugural Forest Festival of Light, which will occur on 7th September. The student leadership team has been responsible for the organisation of many charity and school events this year. I cannot praise them enough for their passion for the school and their initiative.

**HSC Preparation** Year 12 students have now finished their Trial Examinations. Some of them have projects and practical exams that must now be completed. Attendance after the exams is a critical factor in ensuring that students are able to perform at their best in the HSC Exams. Teachers review concepts and content and support students to hone their skills in preparation for the exams. The majority of students improve their trial results significantly if they attend their classes and complete regular revision and practice exam papers. The HSC represents 50% of the students' results so it is well worth working to improve upon their assessment marks and putting in the maximum effort prior to the HSC.

Term 3 is an extremely busy time for staff and senior students, particularly with whole school events occurring such as MADD night and the Senior Soiree. I congratulate our amazing students and the teaching staff on their ongoing dedication and commitment and for the huge number of additional hours they put in this time of year.

**Rosemary McDowall, Principal**

## Deputy Principal Report

At The Forest High School we continue to provide a diverse learning environment for every student. This week and next we are busy celebrating achievement as well as providing information for parents and students about their child's progress through the learning stages.

**Year 8 Information Night** This week we welcomed Year 8 students and their parents to the school to an information night on elective choices for Stage 5 (Years 9 and 10). This is a very important transition point as the students move towards their senior schooling at The Forest. For Year 9 2019 we are offering a change from the normal three 200 hour courses in our elective pattern for Years 9 and 10. The NSW Educational Standards Authority (NESA) requires students to study two 200 hour courses in Stage 5. Students will select two 200 hour courses and two short courses – one in Year 9 and one in Year 10. The short courses will diversify the curriculum in Years 9 and 10. Examples of short courses options include: Outdoor recreation, Mindfulness and Wellbeing, Journalism, STEM, Big History, Psychology, Criminal Minds, Ceramics and more.

**MADD Night and Senior Soiree** Last night the CAPA Department staged its MADD Night – a night of music, art, drama and dance. This night showcases the talents of students in all years and always delivers an amazing spectacle. Next week the Year 12 students display their Visual Arts Body of Work in the D Block Learning Space for the Senior Soiree. This Senior Soiree is a sophisticated night of culture at The Forest and should not be missed.

**Farewell to Ms Wright** I would also like to share some thoughts after the retirement of Ms Denise Wright, my co-Deputy Principal for the last three years. As many of you know Ms Wright retired just a few weeks ago. Students had a chance to bid Ms Wright farewell on different occasions and as a staff we had a wonderful farewell morning tea. We also had a social gathering which included teachers from The Forest and from across

her long teaching career as well as her friends and family. It was a fun night with Ms Wright receiving the acclaim she deserved after such a long time in the teaching service. We wish her well in her retirement.

**Cathy Thompson, Deputy Principal**



On Thursday 9th August I presented, alongside other STEM coordinators in our NS-EC network, at the ACE STEM showcase at Chatswood High School. We all had similar themes about the journey we have been on in STEM education and our future plans. It was an exciting event listening to the other speakers and sharing our passions for the future of education using STEM education as a vital step. I came away with many ideas of moving our programs forward and am planning to work with the other leaders on collaborative projects.

**Hannah Wiltshire, Acting Deputy Principal**



# Term 3 2018 Events

22 August	School Council 6pm P&C 7pm
23 August	MADD Night SRC 2019 Election process begins
28 August	Year 10 Road Safety Program
29 August	PISA Testing
30 August	3+3 Senior Soiree
5-7 September	State Combined Athletics
7 September	Forest Festival 3pm-9pm Year 12 Elevate Study Skills
10 September	SRC Captain Speeches
11 September	Year 10 VALID Testing
13 September	Year 11 Vaccinations
17-28 September	Year 11 Yearly Exams
17-21 September	Year 10 Work Experience
19 September	School Council 6pm P&C 7pm
27 September	Year 12 Celebration Day
28 September	Year 12 Breakfast & Farewell Assembly Linton Cup Last Day of Term 3
15 October	First Day of Term 4 – Students Return

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

Year 7 have had a busy start to Term 3 with the opportunity to participate in a variety of programs and workshops.

**Verbal Combat** In Week 1, Year 7 watched an innovative and interactive anti-bullying presentation called Verbal Combat. This unique presentation addressed the issue of bullying and cyber safety and gave students the tools to stop bullying online and at school. Students enjoyed this engaging presentation and left the hall empowered with strategies to enhance their resilience and wellbeing.

**Gala Day** In Week 5, Year 7 students participated in their Gala Day. Students selected from netball, soccer, touch or frisbee, practised their chosen sport in PE lessons and then had the opportunity to play against Year 7 students from other schools in the area. Win or lose, all our Year 7 students had a brilliant day out.

**Homework** As the year progresses and homework becomes more common, it is important students are utilising their diary to help them remember important due dates. Students should be using their diary to record homework allocated, as well as the due dates of assessment tasks. Good habits begin in Year 7 and using your diary is one of the easiest ways to stay organised and on top of your work!

**Kate Board, Relieving Year 7 Adviser**

## Year 8 Report

**Anti-Bullying Performance** Year 8 began the term with another engaging anti-bullying performance called Verbal Combat by Brainstorm Productions. Some things that could be discussed at home as a follow-up to this production are using confident actions and body language; positive interactions with others without manipulation; your digital footprint and privacy settings on social media; what constitutes bullying and where to go for help. My hope is that no students will be subjected to bullying behaviour but if they are then they will be equipped with resilient tools with which to respond and know where to access assistance.

**Year 8 Sleepout** As I mentioned in the last newsletter the Year 8 Sleepout was postponed from last term and will be on 31st August this year – hopefully the coldest of the nights will have passed by then. The plan is to arrive around 6pm with pillows and sleeping bags, having been home after school. We will get a pizza delivery around 7pm for dinner and there may be some other treats for supper later in the evening. Students can bring their bikes and board games for entertainment. Some students are planning a giant game of "Capture the Flag" as well. In the morning we will have a simple breakfast of toast and cereal before departing for home by 9am. This year we are fundraising for Mission Australia, an organisation that supports people nationwide by combatting homelessness, assisting disadvantaged families and children, addressing mental health issues, fighting substance dependencies, and much more. Please support us by making a donation online at <https://act.missionaustralia.com.au/fundraisers/year8forest>

**Georgia Yam, Year 8 Adviser**

## Year 9 Report

**Subject tasters** Next week, our Year 9 students are being offered an opportunity to have a 'taste' of the courses on offer for them when they move into Stage 6 in Year 11. This gives our students a chance to begin to think about where they may like to direct their studies in their senior years, by allowing them to spend some time in senior classrooms to experience both the subject matter and the way the delivery of the course can change to suit the more mature and self-directed approach of senior students.

I encourage the students to choose to visit lessons that interest them or that they have queries about, and to consider a variety of course options to allow them to gain a broad understanding of what is on offer in Stage 6. This opportunity will be provided again in Year 10 to help finalise their decisions prior to subject selection time.



**Rotary Exchange** For those of you who have been following the announcements about Aliyah L's Rotary Exchange application, we are very excited to announce that she has been placed with families in Germany for her year abroad in 2019. I am sure Aliyah will thoroughly enjoy her time in Germany, and we look forward to hearing her stories throughout the year.

Any students interested in the Rotary Exchange Program can find more information at <http://www.ryea.org.au/>, or they can come and speak to me and I will assist them in finding what they need to know (the program is ideally suited to students during their Year 10 school year and applications are submitted during Terms 1 or 2).

**Cheap Thrills** On 30th August Brainstorm Productions will be presenting their student wellbeing program 'Cheap Thrills' for Years 9 and 10. 'Cheap Thrills' is a live theatre performance that takes the audience on an emotional roller coaster as the lead character's world becomes a boiling, emotional-cauldron, fuelled by risky behaviour and 'cheap thrills'. This moving production is filled with convincing dialogue, intelligent humour and memorable reminders that risky behaviour can ruin lives. But as fast as the cheap thrills come and as chaotic as the situations get, the experience is sobering and designed to give students the confidence to make good decisions and take personal responsibility for their actions. Cheap Thrills is part of our student wellbeing curriculum and the program has been developed in consultation with teachers, psychologists, as well as real-life student experiences. The methodology of the program is safe, supportive and non-judgmental and designed to provide students with positive and useful tools that they can use in their everyday lives. Permission slips and payment are due back to school by Tuesday 28th August.

**Amanda Walsh, Year 9 Adviser**

## Year 10 Report

Over the past few terms, Year 10 remind us, almost daily, of what a great bunch of people they are. They have had many opportunities this year to show us this, and many more to come!

**Careers Expo Day** 50 lucky Year 10 students were able to attend a Careers Expo Day at Miramare, Terrey Hills with myself and Mr Mansell. It was a day full of exploring and thinking about where the students may want to be in a few years' time. There were spokespeople and stalls set up by universities, overseas camp workers, Navy, Defence Force, TAFE NSW and many more which the students had the opportunity to visit and talk to about their options. I also found out that lots of them are very witty with almost all students leaving with multiple free cups, free pens, free bags and even free sunglasses.

**Reports** Year 10 Reports have been sent out, so if you have not yet received it, please contact the school or myself. Mr Floriano read through each and every student's report and we could not be happier with the progress that they are all making. It gave us an insight into the effort being demonstrated in classes, and the respect, responsibility, and personal best that is on display. We strongly encourage all students to now maintain these efforts in preparation for Year 11.

**Ski Trip** This was a trip many of our Fitness Leader students had been looking forward to for terms! (I know I had). We arrived in Jindabyne at 8.30pm on Tuesday night, after leaving school at lunch, and went straight into boot, jacket and helmet fittings, with a quick lesson from Mr Floriano, Mr Pitt, Mr Neely and myself on how not to knock others out when carrying your skis. Wednesday was the first time for lots of the students on the slopes and most of them quickly picked up their skiing or snowboarding skills. Late on Thursday, we started to hear the phrases, 'I'm pretty tired' and 'My legs are sore' and this was confirmed when they all fell asleep quickly on Thursday night. Our last day ended with a huge snowball fight, which is when we learnt what students were

confident enough to dump a pile of snow on teachers (Charlie N.). All students were incredibly well behaved and we were all very proud of them skiing around with their TFHS helmets on.



**Work Experience** A reminder to all students that Work Experience is coming up in Week 9 this term. It is important for all students to be looking for placement in an area they are interested in, as this will come around quicker than expected. Ms Williams, the current Careers Adviser, is available in Careers classes to help them with any issues they may be having with this process. This week of work is a great opportunity to experience what life after school is like, and what you may want to pursue as a career. 2018 has been big so far for Year 10, and I could not be happier with how they are travelling. There is still more to come before the end of the year so watch this space!

**Hilary Page, Relieving Year 10 Adviser**

## Year 11 Report

Term 3 has settled quickly and all of the students are to be congratulated for the way they have continued to use their time wisely in lessons.

**SRC Elections** The SRC election process has commenced and I am delighted to know of many students who are preparing speeches. Next week the Senior Executive will commence interviewing students who are keen to take on senior leadership positions in the school and I wish the students every success as they prepare for their interviews and their speeches.

**Festival of Lights** Congratulations to the SRC representatives who are very busy at the moment spending many hours preparing for the Festival of Lights on Friday 7th September. I hope to see many students come to the festival to support the school and the positive energy that the SRC students have created.

**Preliminary Examinations** The last two weeks of the term have been set aside for the Preliminary Examinations. The students will receive the examination timetable shortly and are expected to be at school 30

minutes prior to the commencement of each exam. During the examination weeks, teachers will be available to assist students with their revision if required though normal class timetabled lessons are suspended. It is important that all students spend their time wisely when they do not have an examination by revising their work, revision activities and practising past papers. A regular study plan, regular exercise, a nutritious diet and adequate sleep is necessary for a student to achieve their best in the assessments.

All students are encouraged to regularly revise their notes and follow teacher directions and advice to help ensure they feel confident preparing for the examinations. Students are encouraged to speak with their mentor or myself if they feel they require extra support preparing for the exams. Sometimes stress motivates and sometimes stress inhibits ability. Coping with stress is a learnt ability and everyone deals with stress differently. I wish all the Year 11 students the best preparation for their exams, but please do not leave it to the last minute!

**Clare Diggins, Year 11 Adviser**

## Year 12 Report

Congratulations to all Year 12 for the successful completion of your Trial Examinations. It was wonderful to see all students striving for their best results. Congratulations also to those students who have completed some very impressive Major Works and Performances for their HSC Subjects. Of course this is a very intense term for Year 12, but there is the Celebration Day (Thursday 27th September) and the Final Assembly (Friday 28th September) to look forward to. More information to follow in the weeks ahead. Year 12 are reminded to continue the intensity and hard work in the final weeks of this, their final term of school.

**Helen Emery, Year 12 Adviser**

We are excited to announce that Year 12 student Andrea Malm (pictured below) has been awarded the Pierre de Coubertin Award. This award is named after the founder of the Modern Olympic Games and recognises students who demonstrate academic excellence and sporting prowess whilst exemplifying the Olympic values. Each award recipient must participate in sport and display the Olympic values, in particular, good sportsmanship. We congratulate Andrea on this outstanding achievement and recognition.





# CAPA Report

**'Meet the Music 2' Night** At the end of last term our senior music students were treated to a wonderful night at the Sydney Opera House. Prolific Australian composer Ross Edwards this year celebrates his 75th birthday. The night opened with a spectacular rendition of Happy Birthday played by the Sydney Symphony Orchestra with all audience members standing and singing to the much loved composer. It was definitely a special moment for our students to be part of. For our piano students, the musical highlight of the night was possibly Rachmaninoff's 'Rhapsody on a Theme of Paganini'. After his phenomenal performance of this epic work, world renowned pianist Stephen Hough generously met with students for a wonderful photo opportunity. He is pictured below with Year 11 students Jacqueline G. and Benjamin N. Thank you to the families who made this wonderful experience available for these students. We are all looking forward to the next concert in the 'Meet the Music 2' series.

**Melissa Yea, Music Teacher**



**Visual Arts Camp** On Thursday and Friday 26th-27th July, 50 students took part in the inaugural 'Visual Arts Camp'. They travelled to Canberra to visit some amazing venues and exhibitions of painting, sculpture, photography, glass art and digital media. At the National Gallery of Australia their educational tour included some art making activities and they were excited by the virtual reality artwork 'Terminus' by Jess Johnson and Simon Ward. They also visited the Canberra Museum and Gallery, National Portrait Gallery and Canberra Glassworks. It was a great trip.



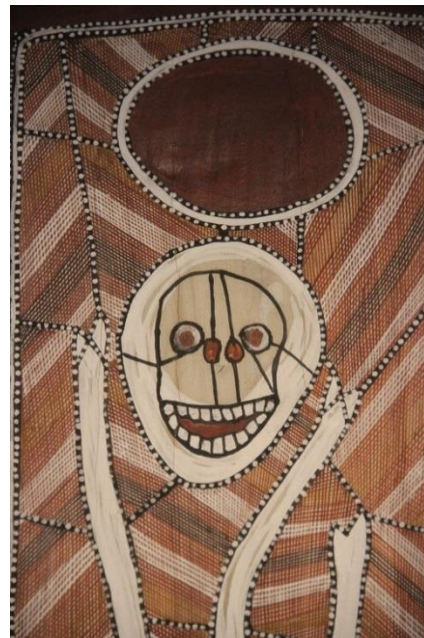


**HSC Visual Arts** On 9th August our HSC Visual Arts class visited the Brett Whiteley Studio and MCA as part of a case study on artists and the practices of making and exhibiting art. At the MCA, they documented and investigated the work of the Chinese political artist Sun Xun and the contemporary indigenous bark paintings of John Mawurndjul, in their work booklets. The students then travelled to the Brett Whiteley studio for a guided tutorial about the artist's life, influences, artistic practices and the current exhibition of landscape paintings. They had a hugely valuable experience by personally visiting and being in the presence of great artworks, one that cannot be replicated, online or in the classroom.

**John Juric, Relieving Head Teacher CAPA**







One night only!  
6pm Thursday 30.8.18

30.8.18

D Block Upper  
Frenchs Forest NSW 2086

135 Frenchs Forest Rd.  
Frenchs Forest NSW 2086

# The Forest High School

# Senior Soirée 2018

Exhibition of HSC major works  
by our talented Visual Arts  
students.

Musical performances with  
catering by VET Hospitality.

Enquiries: ph. 9451 5111  
fax. 9975 3292  
theforest-h.schools@det.nsw.edu.au

**Sydney North Region Dance Festival** Terms 1 and 2 are incredibly busy for our students who are involved in our dance ensembles, as they learn and rehearse works for possible inclusion in the Sydney North Region Dance Festival. This festival is held at The Glen Street Theatre and runs for 2 weeks. During this time approximately 180 performances are showcased.

In 2018, The Forest High School successfully auditioned two items - "Entwined" choreographed by Mrs Bailey and "Woolf's Writings" choreographed by Ms Constantin. "Entwined" involved 21 students who rehearse at lunch time once a week from Years 7, 8 and 9. The dance explored the way we wind and twist together, connecting and interweaving. "Woolf's Writings" was performed by eight Year 11 students and conveyed the idea of Virginia Woolf's stream of consciousness writing style. All of our dancers showed an incredible level of professionalism and talent during the rehearsal process and their performances. They should be very proud of their efforts and we look forward to showing our school community their performances at MADD night.

This year, we also had four students (Mackenzie, Zali, Kyffin and Ashleigh) who acted as comperes for this festival. These students have a challenging task in being presented with a script half an hour before the show commences and having to ensure correct pronunciation of some very difficult item and choreographer names. All of these students handled themselves exceptionally well. Congratulations to all involved.



**HSC Drama** Term 3 is an exciting time for our HSC Drama students as they gear up towards their examinations. The practical examination will take place on Monday 27th August and on this day our students will present Group Performances and those that have elected to complete a monologue as part of their Individual



Project will also perform these. Our elective students from Year 9, 10 and 11 Drama will have the opportunity to be an audience member on the day and gain an early insight into how the HSC Drama operates.

In the lead up to these exams, a performance evening was held on Friday 3rd August. This evening also acted as the practical trial examinations and all our students presented their works for marking. We thank our audience for their understanding and support on this very long evening of drama performances. On this night we saw a variety of very strong performances that explored a range of themes and issues and a diverse range of performance styles were utilized. We wish them all the very best for their upcoming exam.

**Rebecca Constantin, Dance/DramaTeacher**

## English Report

This term has been exciting in English. Year 12 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 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. Our junior students have been working well, with Year 7 studying *Shake 'Em Up, Shakespeare*, which introduces them to The Bard's language. Year 8 finished up their study of *Romeo and Juliet* and have begun their '*Chills and Thrills*' unit on the horror genre. Year 9 are having fun with performance poetry, while Year 10 have completed their workshops on Creative and Analytical writing and are now studying Documentaries.

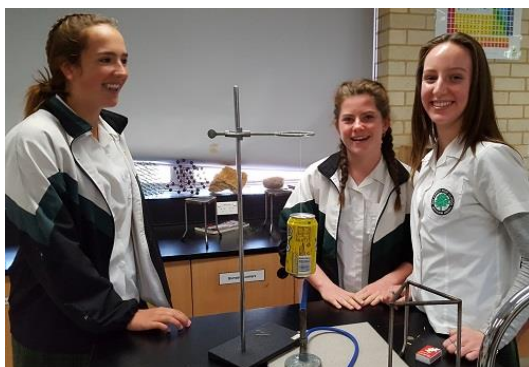
**Kelly May, Relieving Head Teacher English**

## HSIE Report

**Model Trebuchets – Year 10 Elective History** Year 10 Elective History have been building and firing model trebuchets as part of their "History of Warfare" topic. Students were very excited to get hands on with their learning and after some initial frustrations with small parts, were soon hurling small balls of playdough across the room. The trebuchet is a siege engine that effectively applied scientific principles of levers, counterweights and momentum to overcome medieval fortifications and learning through doing made it a great lesson for all students involved. No students were harmed in the making or firing of these trebuchets, however, there is still some playdough stuck to the classroom window.



**Model Steam Engines - Year 9 History/Science** Year 9 History have been learning about the Industrial Revolution and getting hands on with the creation of model steam engines. Ms Wiltshire and Mr Taylor of the Science faculty kindly gave up their time to set up the equipment and lead the students in the building of aluminium can boilers. Using small holes to direct the steam produced the boilers were soon generating power which was converted into movement. Students were learning about and applying the scientific principles of energy conversion, state changes and Newton's Third Law that underpin this invention that led to incredible changes in the world around us. Students also enjoyed emptying the soft drink cans used.



**Year 12 Geography** Our HSC Geography class visited Barangaroo to conduct fieldwork for their studies of Urban Places. Whilst there they met with planners from Lend Lease to learn about this \$6 billion development project, which they will use as a case study in their examinations.

**Erin McWhirter, HSIE Teacher**



**Year 12 Society and Culture** On Friday 3rd August the Year 12 HSC Society and Culture class attended a tour of Auburn Gallipoli mosque to conclude their study on Islam as a belief system.



## Maths Report

**Assignments** This term our students in Years 7 to 10 will be working on their Semester 2 assignments. These assignments give the students the opportunity to show their understanding of the mathematics they are learning in alternate ways to an examination. Students will be given assistance in class to complete sections of the assignment and any assistance from home is encouraged. Please check the Sentral messages to get the test dates and assignment details for this term.

**Mathsworks** This term students in our top two Year 8 classes are working with Beacon Hill Primary school on a program called Mathsworks. In groups our students create a set of mathematical problems which are sent via Edmodo to Beacon Hill Year 5 and 6 students to work through. Our students can then communicate with the primary students via Edmodo on their progress. This program builds our students- organisation, teamwork and problem-solving skills. The program culminates in Week 8 when we visit the primary school and run a practical problem-solving day.



- Year 7 - Measurement Assignment (Weeks 5 to 8)
- Year 8 - Famous Mathematicians Assignment (Weeks 6 to 8)
- Year 9 - Coordinate Geometry Assignment (Weeks 8 to 10)
- Year 10 - Environment Assignment (Weeks 7 to 10)

**Numeracy and Literacy Week** During Weeks 7 and 8 we will celebrate Numeracy and Literacy Week. We will again hold the Mathletics competition to find the class that can earn the most points over a two week period. There will be a book display in the Library of books with a mathematical theme. During roll call students will be challenged with some fun maths puzzles.

**HSC Maths** I would like to finish with some words of advice to our senior students. In these final weeks of school before the HSC make the most of your learning opportunities. Complete your summaries, work on practice papers and be actively involved in class. Remember that: "Success is a ladder you cannot climb with your hands in your pockets"

**Karen Gourlay, Head Teacher Mathematics**

## Science Report

**National Science Week** The beginning of Week 4 marked the beginning of National Science Week. To celebrate this event Year 9 students were given the chance to attend the Science Expo at The Australian Museum. The day involved a series of workshops looking at the impact of Science and Technology on our world. Students visited workshops on light and how it works as well as how data can track what is killing and will kill Australians in the future. They also participated in a number of interactive workshops including how to be a myth buster and an interesting career panel from a range of people in different scientific careers. As part of the day students also had the opportunity to walk around the Science Expo hall which included a range of interactive displays such as a VR experience looking into a nuclear reactor at ANSTO.







**Year 10 VALID Test** On Tuesday 11th September students in Year 10 will sit their VALID 10 Test. This is an end of Stage 5 assessment and assesses students on their content knowledge throughout Year 9 and Year 10. In addition, the VALID test has a strong focus on working scientifically and will assess students on their ability to plan investigations, organise and process data, evaluate data and draw conclusions and communicate scientifically. Students can find a revision folder in Stile in the Year 10 Assessment 2019 folder and this includes notes on all topics covered in Year 9-10 for review. Students are reminded that the VALID test is completed online and if they have a laptop they are encouraged to bring this on the day. All students will be required to bring headphones that can be used with the computer as some aspects of the test require sound.

**Lucy Sturley, Relieving Head Teacher Science**

## TAS Report

Here are some of the wonderful special occasion cakes made by our Year 11 Food Technology students and below are two of our senior hospitality students during their recent Work Placement week







Programme for International Student Assessment

## PISA is coming to our school!

PISA is an important part of the National Assessment Program in Australia, which is the measure through which governments, education authorities and schools can determine whether or not young Australians are meeting important educational outcomes. All Australian Education Ministers have agreed to Australian schools' participation in PISA, which is reflected in the Australian Education Act 2013.

International assessments provide a wide range of valuable information for education policy and review in Australia and overseas and also enable Australia to consider the performance of our education system compared with others.

Since the first PISA assessment involving 32 countries in 2000, the survey has continued to raise interest amongst educators and policy-makers world-wide. In 2018, Australia will be one of over 75 countries participating in PISA with around 15,000 students (from more than 800 schools) representing our country.

### What will PISA mean for our school?

Thirty students who are randomly selected from our school will be sampled to complete a two-hour computer-based assessment consisting of mathematics, science, financial literacy and reading questions. These students will also be asked to complete a questionnaire.

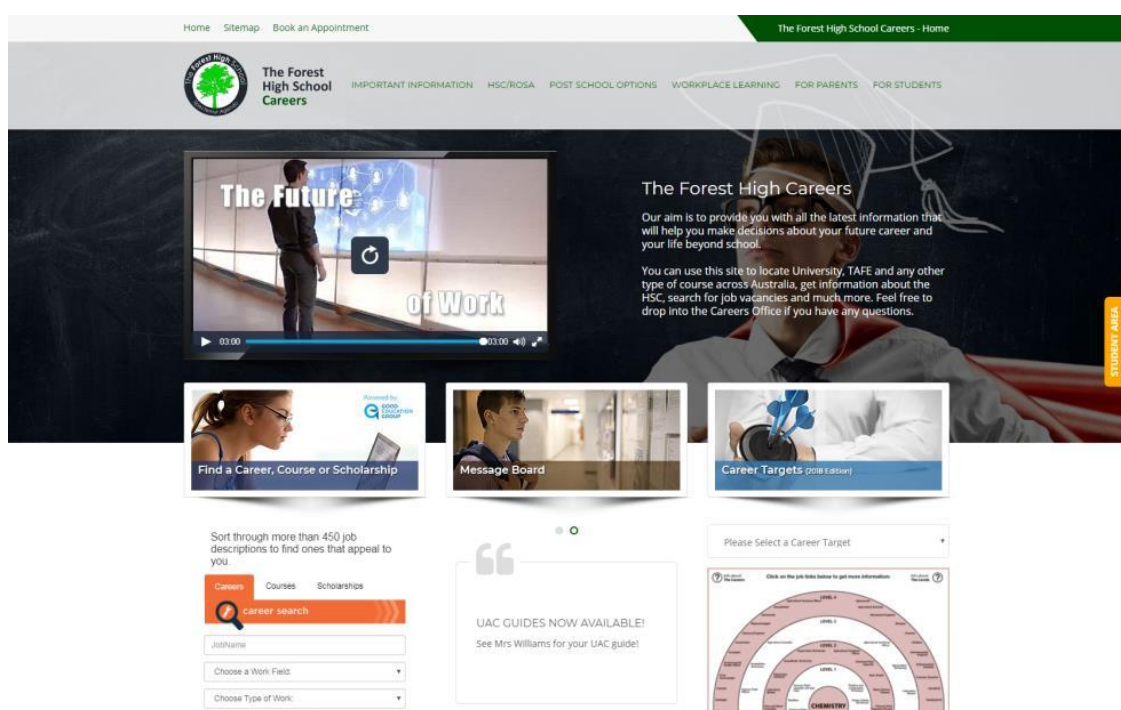
***Every participating school and student has an important role in showing the rest of the world what Australia can do.***

***ACER will provide our school and participating students with a certificate, recognising their contribution. Each student will also receive a small gift in appreciation of their participation.***

Date of Assessment: 29th August 2018  
PISA School Coordinator: Peter Santamaria  
PISA IT Coordinator: Mark Lawson  
ACER- PISA Project Information Line: 1800 280 625

# Careers Report

**New Careers Website** Our school now has a School Careers Website. You can find it at [www.theforestcareers.com](http://www.theforestcareers.com). It is a “One Stop Shop” for your child’s needs with their Career Planning, information on HSC and Post School Options and much more. Students can also use it to create and save their resume. The site is also designed with you, the parent/caregiver in mind, to provide you with all the information you need about your child’s Career Planning and post-school options – and the information is constantly changing in these areas. This is a great opportunity for parents, particularly those with students in the senior years, to keep abreast of current offerings for our students, including university/ TAFE/private college open days, study sessions, GAP year programs, work experience and job opportunities.



**Year 10 Work Experience** Work Experience is on in Week 9, Term 3. All Student Placement forms are due back by the end of Week 7 at the very latest. It is expected that all students will attend Work Experience as it is such a valuable learning experience. If your child is having difficulties finding a placement, please encourage them to visit me in the Careers Office for advice.

Any parents/school community members who would like to offer our students the opportunity to do Work Experience in their workplace, this year or in future years, I would love to hear from you! Please email me - [annika.williams@det.nsw.edu.au](mailto:annika.williams@det.nsw.edu.au) or give me a call at school to express your interest. I would love to add you to my Work Experience database.

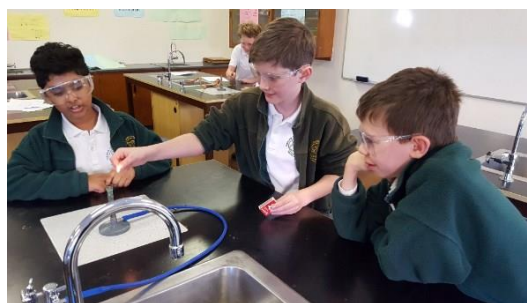
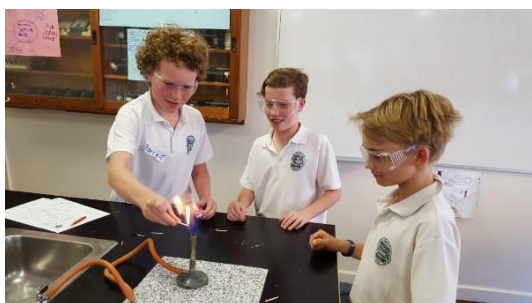
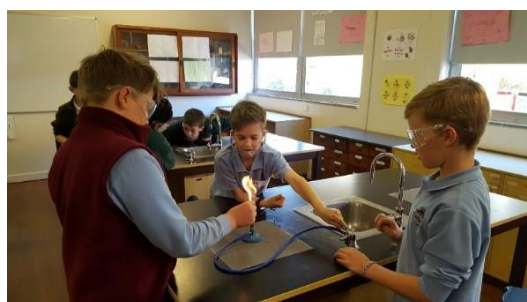
**Annika Williams, Relieving Careers Adviser**



# Enrichment Program

**Year 5 Enrichment Program** A new group students from Year 5 are visiting The Forest High School this semester for our Year 5 Enrichment Program. They had a great time on Wednesday 25th July doing a variety of subjects, but working with Bunsen burners was definitely a class favourite. Students from Frenchs Forest, Allambie Height, Beacon Hill and Balgowlah North Public Schools will continue to visit through the rest of the term to extend their learning and experience high school.

**Peter Santamaria, Head Teacher Teaching, Learning & Languages**



**Year 7 Enrichment Program** The Forest High School has been recognised by the NSW Technology For Learning Directorate for excellence in its Year 7 Robotics Program. All students undertake this program as part of the enrichment course completed in Year 7. Students learn about robotics and its implications for society both in the present and in the future. Students also get hands on in building their own robots using the LEGO EV3 Education robot kits kindly donated by the school P&C.

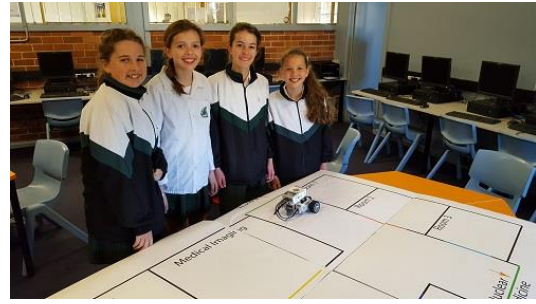
This program has been partnered with the Northern Beaches Hospital with Engineers from the hospital construction team both launching the major challenge project and acting, alongside the School Principal, as judges in the final product competition. This final product is a self-driving hospital bed that demonstrates the features students have built and coded on a simplified map of the Northern Beaches Hospital.

This program received the Highly Commended Award at the NSW Technology For Learning Conference in August making it a stand out across the state for the skills it develops in students and the authentic learning it makes possible through its real world connections.

A big thank you to both the P&C and The Northern Beaches Hospital for making this program possible.

**Peter Santamaria, Enrichment Coordinator**

**Head Teacher Teaching and Learning**



## Welfare

### Compulsory School Attendance - Information for Parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

Full details of the School Attendance Policy can be found on our school website <http://www.theforest-h.schools.nsw.edu.au/our-school/attendance-absences>

## SRC

### THE FOREST Festival of Lights

Friday September 7, 2018 • 4PM  
to 9PM

The Forest High School  
Enquiries: Stalls  
[nicole.murray@det.nsw.edu.au](mailto:nicole.murray@det.nsw.edu.au)

[HTTPS://WWW.FACEBOOK.COM/THEFOREST-HIGHSCHOOLFRENCHSFOREST/?FREF=TS](https://www.facebook.com/theforest-highschoolfrenchsforest/?fref=ts)







1 in 20 Aussie kids face a birth defect or genetic disease. On Friday 3rd August The Forest High School students and staff went denim to support the Children's Medical Research Institute. Every dollar donated on the day will help by speeding up the search for treatments and cures. Thank you to everyone who supported Jeans for Genes this year.



## The Forest High School P&C

I cannot believe we are in Term 3. How quickly the year is going. I am looking forward to the Twilight Evening coming up on 7th September and hope to see you all there supporting our school and the greater community.

P&C meetings for Term 3 are Wednesday 22nd August and Wednesday 26th September starting at 7pm in the School Library. Remember to catch up through the term with all the news happening by logging on to The Forest High Facebook page. Remember if you need to contact me I am just an email away – [a-shaw1@bigpond](mailto:a-shaw1@bigpond).

P&C members had the pleasure of joining staff from The Forest High School on a tour of the new Northern Beaches Hospital at the beginning of Term 3. We were guided through the Emergency and GP Clinic as well as through some of the rooms, paediatric section, theatre rooms and training areas. The finishes are beautiful and the views from every room are spectacular. We should be very proud to have such a great relationship between the school and Healthscope which will lead to wonderful opportunities for the future. Year 10 student Nic Seale's artwork looks stunning as an example of the talent that comes from students at The Forest High School. Access to this event is just one example of the benefits of joining the P&C. Presentations from teachers and other guest speakers help us to make decisions about the way we contribute to the school as well as keep us informed about what is happening each term. Hope you can also join us.

**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



There have recently been legislative changes to the rules regarding children riding on footpaths. Children under 16 years of age can ride on a footpath. An adult rider who is supervising a bicycle rider under 16 may also ride with the young rider on the footpath. Bicycle riders are allowed to ride on footpaths where indicated by signs. When riding on a footpath or shared path, riders must keep left and give way to pedestrians.

Click on the two links below for more information:

<https://www.smh.com.au/politics/nsw/law-change-gives-green-light-for-teenagers-to-ride-on-footpaths-20180720-p4zsl2.html>

<https://www.bicyclenetwork.com.au/newsroom/2018/07/23/footpath-riding-law-change-in-nsw/>

## 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:** headspace Brookvale

Level 2 Brookvale House, 1A Cross Street, Brookvale

**DATES:** Wednesdays 22<sup>nd</sup> August – 19<sup>th</sup> September 2018 (5 sessions)

**TIME:** 6.30pm – 9.00pm

**COST:** \$150 – subsidised rates available re: financial difficulty  
REFRESHMENTS PROVIDED

**BOOKINGS ESSENTIAL:** <https://tnbrook3.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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- Teach your teenager to deal with conflict?

**VENUE:** Chatswood Community Health Centre

57 Hercules St, Chatswood

**DATES:** Mondays 13<sup>th</sup> August – 10<sup>th</sup> September 2018 (5 sessions)

**TIME:** 6.30pm – 9.00pm

**COST:** \$150 – subsidised rates available re: financial difficulty  
REFRESHMENTS PROVIDED

**BOOKINGS ESSENTIAL:** <https://tnchatst3.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



# WE INVITE YOU TO TAKE A SEAT AT OUR AUCTION AND LEND A HAND



**AUCTION: WED 22ND AUGUST 2018**

RNSH school will be showcasing seats designed by students in our hospital, our community of schools and youth centres as well as local artists.

This is a 'pay it forward' initiative in which all donations and proceeds from the auction will be donated to Seven Women Charity in Nepal and Northern Beaches Women's Shelter.

We would love you to join us at this very special event.

Guest speaker is Stephanie Woollard who founded the Seven Women Charity that supports and empowers the underprivileged people of Nepal.

RSVP: Vanessa Murphy, Principal Ph 94632280 or Email [vanessa.murphy@det.nsw.edu.au](mailto:vanessa.murphy@det.nsw.edu.au)

**Date:** Wed 22nd August 2018  
**Time:** 9.30 - 11.00am (including morning tea)  
**Venue:** Auditorium, Kolling Building (next to RNSH)  
cnr Reserve Rd and Westbourne St (off Herbert St) St. Leonards

**S.E.A.T PROJECT**  
[www.seatproject.org](http://www.seatproject.org)



## Book Fair Details:



**Lifeline Northern Beaches Giant Book Fair: 24<sup>th</sup> to 26<sup>th</sup> August 2018**

**Venue:** Ted Blackwood Hall  
Cnr Jacksons & Boondah Rds  
Warriewood

**Dates/Times:** Friday 24<sup>th</sup> August 12pm - 8pm  
Saturday 25<sup>th</sup> August 9am - 5pm  
Sunday 26<sup>th</sup> August 9am - 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available

(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.

For the enthusiast/collector we have a large number of award winning and collectible books.

In addition to all the books we also have a wide selection of puzzles, jig saws, games, CD, DVDs, vinyls etc so there's something for everyone!

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community, including 24 hour counselling, bereavement support, anger management and problem gambling to name but a few.

Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community

With Father's Day just around the corner - here's a great opportunity to grab a bargain for Dad!

You can also catch us on Facebook at: Lifeline Northern Beaches - book life

See you there!

KALOF.



**FRIDAY 31 AUGUST. 7 - 10PM**  
Celebrating live music on the Northern Beaches

**ALL AGES  
BAND NIGHT**

**Black Iguana | Heartlake  
Pocket Mammoth | The Vicious Cycle**

Yoyo's Youth Centre,  
Forensics Shopping Centre, French Forest

\$10 entry on the door  
(No cash, no card)  
Drinking Alcohol Free Event

Enquiries: 9542 2155 or  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)



KALOF.



**Entries now open!**

**NORTHERN  
COMPOSURE  
UNPLUGGED**

Be part of this premier acoustic competition!  
In November you'll compete with local musicians  
to win cash, prizes and busking licences.

Open to young people under 30  
years old. Get your entries in before  
Sunday 30 September!

Everything you need to know about  
Northern Composure Unplugged is  
over on our website: [KALOF.com.au](http://KALOF.com.au)

Any questions? Give us a call  
on 9542 2155 or shoot us an email  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

Logos for COMMUNITY, KALOF, and northern beaches council





## Helping Learner Drivers Become Safer Drivers Workshop

Wednesday 29 August 2018, 6:30-8:30pm

This workshop aims to increase the confidence and knowledge of supervisors who oversee learner drivers. The two hour workshop will provide practical advice about:

- Changes to the Learner Driver Licensing Scheme starting 20 November 2017
- Log book apps approved by the Roads and Maritime
- Completing the Learner driver log book
- Understanding the benefits and safety aspects of supervised on-road driving experience
- Understanding of the licence conditions for learners and provisional licence holders

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>



The Rotary Club of Roseville Chase has a wide range of programs throughout 2018/2019 with opportunities for students and young leaders of tomorrow to participate in. Contact either David Brand ([davidhbrand@icloud.com](mailto:davidhbrand@icloud.com)) or Ian Fraser ([ifraser1@bigpond.net.au](mailto:ifraser1@bigpond.net.au)) about the programs they offer or go to [www.rosevillechaserotary.org.au](http://www.rosevillechaserotary.org.au)

- **Rotary Youth Program of Enrichment** - Year 9 into 10 to develop valuable leadership skills
- **Rotary Adventure in Citizenship** - an intensive, fun-filled week-long program that helps prepare young adults in Year 11 for citizenship, run in partnership with the Commonwealth Parliamentary Education Office
- **Science Mathematics Engineering & Technology Challenge** - one day event for Year 10 students
- **Model United Nations Assembly** - for senior high school students to develop an awareness of the UN and the countries they represent
- **National Youth Science Forum** - two week forum in January each year for students commencing Year 12
- **Rotary Youth Leadership Awards** - celebrates and rewards the outstanding contribution of young persons aged between 21 and 27 in the local community

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

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