

Principal's Report

Final Farewell to Year 12 With the conclusion of the HSC Examinations, it is bittersweet to say goodbye to the Year 12 students as they sign out of school this week. The Year 12 Formal on Thursday is the last school function they will attend as a whole group. For teachers like myself who have watched them since they arrived in Year 7, it has been gratifying to see them develop into outstanding young adults. They will be missed but they leave a legacy of school pride and service to their school community. We wish them all the best in their future and we look forward to hearing about their future endeavours and successes.



Early Entry Offers for University Placement 17 of our students have currently received early offers to study at several different universities and tertiary institutions in a range of courses including Actuarial Studies, Arts Law, Environmental Science, Medical Science and Psychology. This scheme is for leaders and achievers and recognises our students for their achievement across a range of endeavours, academic, creative, sporting, vocational and leadership.

New Staff Appointments Several vacancies went to merit selection this term. We are very pleased that Erin McWhirter and Tim Hepburn were the successful applicants for two positions in HSIE and that Bethany Sweeny was the successful applicant for the Learning and Support Teacher position. All of these teachers have been at The Forest as outstanding temporary teachers for an extended period of time and we are delighted to be able to make them permanent members of staff.

2019 Executive Conference This year our executive conference focused on growth coaching, wellbeing and school planning. The executive team spent two highly productive days working collaboratively to plan for 2020, particularly in relation to reviewing our milestones and outline the 2020 writing projects.

2020 Focus on Writing We have had a strong focus on writing in Year 7 this year, with students completing a writing portfolio under the guidance of teacher mentors. Erin McWhirter, Year 7 Adviser, has effectively led this program and the students have made significant progress in writing skills this year. The program will continue in Year 7 and be extended into Year 8 in 2020. In addition, next year English and HSIE will deliver a writing program targeting Year 10 in preparation for the academic writing requirements of the HSC.

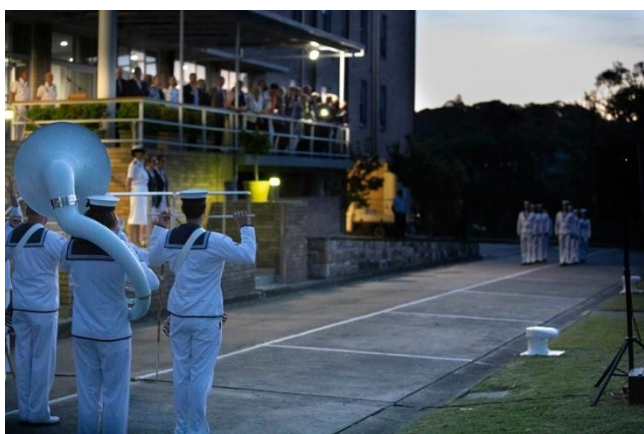
Rosemary McDowall, Principal

Deputy Principal's Report

Senior Leadership Meetings One of the priorities I set myself this year was to increase the communication between students and the senior

executive. Every Wednesday morning before school I meet with our 2020 School Captains and Vice Captains, Alexander Dimitrov, Amelia Hanson, Megan Huston and Johnson Ly. This weekly conversation provides a direct platform for our student leadership to

raise and discuss issues at the school. In our first few meetings they have reiterated a commitment to school pride initiatives, and building a leadership culture where every year group can contribute to making The Forest High School a positive place to learn. These meetings are also designed to empower our young leaders to develop and implement initiatives that benefit the whole school. The first of these is an HSC Mythbusters session that our student leaders intend to run with Year 10 at the end of this term.



Educational Leaders at HMAS Penguin On Wednesday 6th November I attended the Beat to Quarters and Ceremonial Sunset at HMAS Penguin, Mosman. The event was an opportunity to learn more about Penguin's mission and liaise with base personnel. Commander Bernadette Alexander spoke of the historical and contemporary significance of the base. "The base was purpose built on the shore of Middle Harbour as a training establishment and hospital complex during the Second World War and we continue today to provide a vital capability to the Navy. We are a key training base with 220 Defence personnel, public servants and contractors coming to work every day to support over 2000 students gain new qualifications every year. Penguin is home to a number of Navy units, including the Australian Defence Force Diving School, the Maritime Geospatial Training Centre, the Royal Australian Navy Medical School and the Sailors Leadership and Management Faculty". The opportunity to engage with educational leaders from the Defence Force sector was a wonderful opportunity. Both The Forest High School and the Royal Australian Navy have been engaged in professional learning that values critical thinking with a focus on the application of skills in a range of

contexts. It was also interesting to learn that they are also applying cognitive load and cognitive bias theories in the development of their curriculum delivery. We both discussed the importance of building a culture where young people are resilient, independent thinkers, who take pride in the core values of Respect, Responsibility and Personal Best.

Assessment Schedules The HSC 2020 Assessment Schedules and updated procedures document is available to access on the school website. Please ensure you are aware of your child's assessment schedule, and when the busy times of each term are. This is a good starting point for conversations around their HSC work, and they should be able to show you the development of their projects in the weeks leading up to submission. It is important to note that the assessment schedule dates provide a guide to estimated submission weeks, and that student will receive a formal notification for each task with the exact date of completion. A reminder that family holidays and other social activities are not grounds for exemption from assessment, and may result in your child being awarded zero for that task. All leave, unless the result of illness and misadventure, must be pre-approved by the Principal.

Mathew Finley, Deputy Thompson



Pictured above are Kathlyn Richards and Dale Mapstone from Year 9 who are being sponsored by the Belrose Rotary Club to go the RYPEN Leadership camp next year. They recently attended a Rotary meeting to talk about what they hope to get out of the camp.

Student Awards

Pierre de Coubertin Award - we are excited to announce that Year 12 student Matthew Filatoff (pictured right) 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 are proud to congratulate Matthew on this outstanding achievement and recognition.



Caltex Best All Rounder Award – congratulations to Year 12 student Tara Mapstone (below left) who is The Forest High School's recipient of the 2019 Caltex Best All Rounder Award, one of Australia's most prestigious secondary school prizes and Emma Beukers from Year 12 (below right) who is the Caltex Award recipient for

The Languages High School. Tara and Emma join a select group of secondary students around Australia who have received a Caltex Best All Rounder Award for excellence in their studies, on the sports field and for their work in the community. Well done to you both!



Bob Walton Memorial Prize – congratulations to Aaron Gurd from Year 12 (right) who has been awarded the 2019 Bob Walton Memorial Prize for Outstanding Sporting Achievement for The Forest High School. The award is named after a long serving supporter of the school who operated a local business at Forestville. It is our school's most prestigious Sporting Award and Aaron has been selected in recognition of his achievements in soccer, most notably his selection for the Australian Schoolboys Football Team which will tour in the UK in January 2020.



Long Tan Leadership and Teamwork Award - in recognition of her leadership and teamwork within both the school and the broader local community Year 12 student Emma De Zeeuw (pictured right) has been awarded The Long Tan Leadership and Teamwork Award. This award also recognises those who display strong values, such as doing one's best, respect for others and "mateship", that are integral to Australian society and is sponsored by the Australian Defence Force. Well done Emma!

Matthew, Tara, Emma, Aaron and Emma will receive their awards at Presentation Night on 10th December.



Class of 2019 Graduation

At our Year 12 Graduation Ceremony on Thursday 26th September students, parents and staff shared in the official graduation of our Year 12 students. They were presented with their Year 12 Graduation Certificate and a red rose to mark the occasion. Special thanks to Maddi Davies for her beautiful rendition of Adele's



"When We Were Young" and there was hardly a dry eye in the hall after the moving speeches. The Graduation was followed by a morning tea with some lovely photo opportunities and a chance for shirt signing. We will miss you Year 12!



Remembrance Day Honour Sam Kosack in Year 10 was chosen to speak at the Remembrance Day Commemoration at Martin Place on 11th November, along with a student from another school. Below are two photos of Sam at the event including one with our

current Prime Minister Scott Morrison. We are very proud that Sam was given this honour and the opportunity to represent our school at such a special event.



Wellbeing



Young Men's Health Forum Above are some of our Year 10 students with Year 10 Adviser Mr Fisher, when they attended The Young Men's Health Forum at The Concourse Theatre in Chatswood on 6th September. The Forum utilises expert speakers to inform, engage and influence students on pivotal discussion topics concerning young men's health and aims to encourage young males to re-evaluate their perspectives on these issues and provide them with the tools to enhance their decision-making.

CAPA

It is with fondest memories and the warmest appreciation that we farewell our wonderful Year 12 Band students at next week's Band Camp. Thank you for your incredible dedication and sharing your talent!



Languages



**Here are our Year 8 Chinese students on a Cultural Experience on Tuesday 22nd October
– experiencing a taste of China in the heart of Chatswood**

PDHPE

We are proud to announce that one of our Year 10 students, Simon Chandra, recently competed in the 2019 Pan Pacific Jiu International Brazilian Jiu-Jitsu Federation (IBJJF) Championships held on 25th and 26th October at Albert Park in Melbourne. The competition is open to competitors from across the whole of the Oceania region. Simon had previously

been crowned Pan Pacific Champion on three occasions. In this competition he won the bronze medal in the 69kg Division which then allowed him to go on and compete in the Open Weight Division where, despite some very tough fights, he was placed first and awarded the Gold Medal. We congratulate Simon on this wonderful achievement.



Science

Taronga Zoo Enrichment Design Competition 2019

As part of the Year 9 STEM short course students were tasked with the challenge of creating an enrichment activity that could be used in the enclosure of an animal at Taronga Zoo. Students were able to select the animal of their choice and work to produce an enrichment activity that was appropriate for that animal. Lily Beharrell and Jessica Groom were awarded a Highly Accomplished Certificate for their enrichment for the meerkats. Jess and Lily talking about their design said: "The objective of this design is so the meerkats can stand up on their back legs and can knock the handballs around to get the food out. We made this design 30cm tall because that is the height of a meerkat when standing on its back legs. We have handballs with a couple of medium sized holes cut into them so food will fall out when forced to. These balls are attached onto a wooden dowel on some string. The dowels are attached to the wood so that they will spin around when pushed by the meerkats to let food come out. This will enrich them by

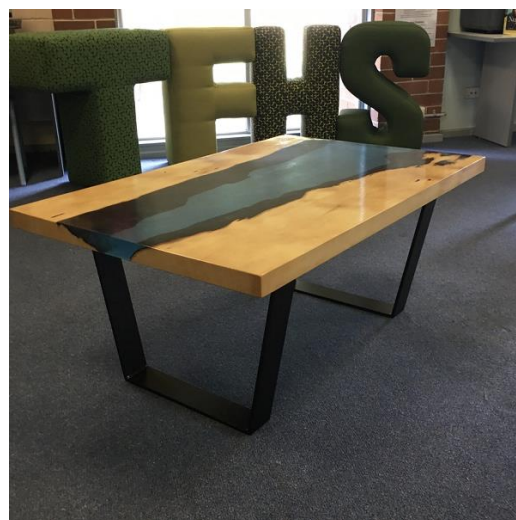
making them think about how they will get their food and they have to stretch their back legs to reach the balls. Food that goes in can include meal worms or other insects". Jess and Lily are pictured below.

Lucy Sturley, Relieving Head Teacher Science



TAS

Shape 2019 Exhibition Nomination Congratulations to Maddi Davies in Year 12 whose Major Design Project, which is pictured above, has been nominated for consideration for inclusion in Shape 2019, the annual exhibition of a selection of exemplary works from Higher School Certificate Design and Technology, Industrial Technology and Textiles and Design students. Shape 2019 will be on exhibition at the Powerhouse Museum, Museum of Applied Arts and Sciences (MAAS), Ultimo, Sydney, from 28th February to 3rd May 2020. Well done to Maddi.



The annual SRC Leadership Camp for 2020 was a fantastic experience. Elected representatives across each year went to Vision Valley for 3 days to plan for the eventful year ahead of us. SRC Leadership Camp was a fabulous time for all the new incoming representatives to be welcomed and get to know one another. Activities such as lily pads, team building and the Wilderness Challenge was a great way to build trust and friendships across the SRC. The Wacky Olympics, run by the 2020 Sports Captains, was a great success with the Black Team coming in first place and the Red Team winning best dressed with their amazing *Incredibles* costumes. We had many productive and important meetings where we discussed, debated, voted and decided on events that we are able to plan to run throughout the year. We are very happy with the SRC and the commitment they have shown, as well as the progress and leadership at camp and in general meetings throughout the term so far and thoroughly look forward to the coming year.

Alex and Amelia, School Captains 2020





Interact Club



On 24 September our Interactors accompanied by Ms Georgia Yam, our Interact Club Coordinator, proudly handed over a cheque from their fundraising efforts to Johanna Johns from Shelterbox. A Shelterbox is a large box containing shelter and supplies for 10 people that can be shipped to people in Australia or around the world who have been affected by natural disasters and conflict. The money was raised through bucket collections at local shopping centres and a sausage sizzle at school. Pictured (l-r): Sam Kosack,, Johanna Johns, Terence Chernishov, Ingrid Frew, Ms Yam.

Term 4 Events

14 November	Year 12 Formal – 6.00pm
15 November	Year 8 Medieval Day
18-22 November	Band Tour
26 November	Silver Ceremony – 9.00am
27 November	Year 10 Celebration of Education – 7.30pm
28 November	Year 8 & 9 – Raging Waters
2 December	Year 10 Clearance Year 7 Swim School
4 December	School Council - 6.00pm; P&C Meeting – 7.00pm
5-6 December	Year 10 Focus Day
6 December	Year 7 Swim School
9 December	Year 7 Swim School
10 December	Presentation Night
11 December	Mini MADD Night Stage 4
17 December	Christmas Assembly
18 December	Last day of Term 4 for students
28 January	School Development Day – staff only
29 January	First day of Term 1 2020 - Years 7,11,12 and Peer Support return
30 January	First day of Term 1 2020 - Year 8,9,10 return

P&C NEWS

Hello Parents!

Well I cannot believe we are in Term 4 2019. We have one more P&C meeting to end the year on

Wednesday 4th December at 7.00pm

This will be a drink and nibbles evening to celebrate a successful 2019 and we invite all parents to please come and join us.

Amanda Shaw, P&C President

Uniform Shop - opening hours:

Monday - 8.00am to 9.30am

Thursday - 2.00pm to 3.30pm

P&C Fundraising through NESA Bookshop

NESA produces a popular range of high quality books for parents, students and teachers including exam workbooks with:

- real examples of top-scoring student responses
- specific and general comments from markers
- unique insight into HSC marking
- guidelines for marking
- HSC exam paper

2019 papers will be available in 2020. NESA is offering Parent Associations the opportunity to place orders on behalf of purchasers at the full price and receive a 30% discount. By purchasing through the P&C you would be helping raise much needed funds for The Forest High School.

For a full range of exam workbooks go to: shop.nesa.nsw.edu.au/husk
Watch this space for an order form in early 2020!

Community Notices

Help learner-drivers become safer drivers

Thursday 21 November, 6.30 - 8.30pm

Increase your confidence and knowledge to supervise learner-drivers. A practical workshop on completing log books, the benefits and safety of supervised driving and the conditions for Learner and Provisional Licences.

Civic Centre, Dee Why

Free

Bookings essential on 9942 2447 or
roadsafety@northernbeaches.nsw.gov.au
northernbeaches.nsw.gov.au




northern
beaches
council



Transport
for NSW



 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale

St Augustine's College Federal Parade

November 22-24

Friday 2-8
Saturday 9-5
Sunday 9-2

 **TRIPLE SHOT SUPER SHOW**
A 2 DAY FESTIVAL OF MACHINES, ENTERTAINMENT & GOURMET FOOD. 100% PROFITS FOR OUR CHARITIES

23&24 NOVEMBER
ST IVES SHOWGROUNDS

For all the details:  [machinesandmacchiatos](https://www.facebook.com/machinesandmacchiatos)  [machinesandmacchiatos.org](https://www.machinesandmacchiatos.org)

SATURDAY 23 NOV
11AM - 3.30PM
1.15PM - 12.00PM

SUNDAY 24 NOV
11AM - 10.30AM
12PM - 3.00PM

plus
OUTDOOR BAR
FREE BAND
DRIVE-IN MOVIE
KIDS RIDES
FREE FACEPAINTING
SUPER HERO DRESS-UP
FREE CRAFTING

FREE ENTRY
Food Truck
★ FEAST ★

HUGE 450+
machines on display

BILLY CART
RACE YOURS OR OURS

plus
BATMAN & BATMOBILE
FOOD TRUCKS
GO FOR A RIDE IN A CLASSIC CAR
FREE LIVE BANDS
FREE FACE PAINTING
AMUSEMENT RIDES
OUT DOOR BAR
plus loads more...

**When I Grow Up:
Supporting Children's Aspirations**
Open online short course



When I Grow Up: Supporting Children's Aspirations is a FREE online course for **parents, carers, grandparents and community members** available online via the **edX** platform.

Developed by the Teachers and Teaching Research Centre at the University of Newcastle, the four-week course provides an enriched understanding of what you can do to support and nurture the educational and career aspirations of young people.

Across the four weeks, you will gain confidence in understanding and actively supporting aspirations, with knowledge of post-school pathways and practical tools to help children and young people navigate toward desired pathways.

Key features

- ✓ Online
- ✓ Free
- ✓ 4 weeks' duration
- ✓ Instructor-paced
- ✓ 1 – 2 hours per week
- ✓ Applicable to parents, carers, grandparents and community members
- ✓ Commences 20th November

Course overview

- Week 1:** What are aspirations and why are aspirations important?
- Week 2:** An overview of the educational and career aspirations of young people
- Week 3:** Factors that influence aspiration formation
- Week 4:** The powerful role of parents, families, schools, and communities in shaping aspirations

COURSE COMMENCES WEDNESDAY 20TH NOVEMBER, 2019
Enrol now at:
www.newcastle.edu.au/online-learning/when-i-grow-up



The University of Newcastle, Callaghan NSW 2308
www.newcastle.edu.au



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The Forest High School Community

135 Frenchs Forest Road Frenchs Forest NSW 2086

T: 02 9451 5111 F: 02 9975 3293

E: theforest-h.school@det.nsw.edu.au