

# Newsletter Week 10 Term 2 2019

## Principal's Report

**Education's Rising Star Finalist** Congratulations to Lucy Sturley who is a Finalist for the Australian Education Awards 2019 in the Category of Rising Star of the Year. It is a huge achievement to be selected as a finalist and we will be waiting to hear the outcome at the awards ceremony on 16 August.



**Gold Duke of Edinburgh Award** Congratulations to Lachlan Clarke, Year 12 2018, who has been awarded the Gold Duke of Edinburgh Award in 2019. Lachlan commenced the award whilst he was a student at The Forest High School and will be presented with his award later this year.

**Celebration for Tibetan Students** It was my absolute pleasure this week to attend a celebration to showcase the achievements of our Tibetan students. The students have been participating in an after school study program to improve their English skills and the event was a celebration of their achievements. We saw a number of performances including an excellent scene from Macbeth and then we were treated to traditional Tibetan food generously prepared by the parents. I thank Cameron Rowland, Sarah Peachman and the university students who have offered their support. It was with sadness that we farewelled Sonam Lhamo, School Learning Support Officer, who has supported the students and the community in so many ways this year. We thank her and wish her all the best in her future career.

**Year 5 Enrichment** The Year 5 Enrichment Program has had another highly successful semester, with another group of students completing the program. Students from Allambie Heights, Balgowlah North, Beacon Hill and

Frenchs Forest Public Schools participate in the program, with two groups from each school attending, a Semester 1 cohort and a second cohort to commence in Semester 2. The students participate in a range of enrichment activities including robotics, creative and performing arts, computing, science, archaeology, geography, mathematics, public speaking and debating and poetry writing. We are hoping to extend the opportunity to other schools in 2020 as we have had requests and it is a very popular program.



**Term 3 Staff Development Day** The Term 3 Staff Development will be a joint professional learning day with the schools of the North Sydney EC Community of Schools. Teachers from The Forest will be meeting with colleagues from their respective faculties across the community of schools to share resources and undertake collaborative programming. The first combined NS-EC staff development day occurred in 2018. Teachers met across the group to plan for implementation of the new syllabuses. The success of this event in 2018 has led to its continuation in 2019. Collaborative practice has one of the highest effect sizes in improving teaching practices and we are delighted to have this opportunity to work with high schools from the NS-EC: Cammeraygal, Chatswood, Hunters Hill, Marsden, North Sydney Boys, Riverside Girls, Ryde Secondary College and The Forest.

**Enjoy the break** Term 2 has been a busy and productive term with a large number of school events and camps as well as NAPLAN Examinations. I congratulate the teachers and students for the many successful programs that ran in Term 2. It was a pleasure to read the Term 2 student reports that demonstrated that so many of our students are striving to achieve their personal best in their subjects and through extra-curricular activities. Lastly I would like to wish everyone a safe and restful break with family and friends. All staff members return for the School Development Day Monday 22 July. All students return Tuesday 23 July.

**Rosemary McDowall, Principal**

## Deputy Principal's Report

**Silver Awards** Year 9 can be a challenging time for adolescents. Their social and emotional development during this phase often leads to conflict with parents, teachers, and peers as they strive for increased independence. The desire for greater independence also leads to intense self-involvement, high expectations of themselves and others, but poor self-image. As they become increasingly reliant on friends, peer norms replace social norms in their value system. I was proud to see our current group of Year 9 students lead the school in Silver Award recipients. This is the second semester in a row where they have received more Silver Awards than any other

year group. It reflects their outstanding academic and social and emotional development at The Forest High School.

**School Attendance Policy** Next term we will be releasing an updated version of our School Attendance Policy. This new document will align school processes with changes to Department of Education policy. Most importantly, our new Attendance Policy will clarify the roles of staff in monitoring attendance, so as issues arise, parents can contact the appropriate person. High rates of attendance are one of the key indicators of a child's success at school. At The Forest High School we are committed to supporting students to be present in every class.

**Social Media** The negative impact of social media on young people is becoming increasingly evident. We are concerned about the amount of screen time our students are accessing, both at school and at home. We are seeing an increase in Stymie reports related to social media posts taking place at night and on weekends. Any incidents of harassment via social media should be screenshot and reported to the school. When incidents of social media involve students at our school we have an obligation to intervene, and students can be disciplined for actions that take place outside of school hours. We would also encourage close monitoring of your children's accounts, and limit screen time during the week. We are currently investigating school-based options for limiting use of mobile phones on site, and hope to have an announcement soon.

**Mathew Finley, Deputy Principal**

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**School Programs** I would like to thank the students, parents and staff for their co-operation in what is always a very busy term at The Forest. We have all participated in some way in the safe and effective delivery of the following programs: Athletics Carnival and Zone Athletics Carnival; Year 9 Camp; NAPLAN for Years 7 and 9 as well as the administration of minimum standards testing; the delivery of workshops for Year 8 and Year 9 from Relationships Australia; continuing the Elevate Study Skills Seminars; School Spirit competitions such as handball and ping pong; the re-introduction of whole school assemblies from being junior and senior assemblies only; Year 10 Careers Day and this week Year 10 Work Experience; grade sport; parent teacher interviews; Year 10 Senior Program Information Night and student seminars and interviews; Year 8 Maths Problem-solving Day, VET Hospitality Work Experience; Stage 5 Music Night; Silver Ceremony; Reconciliation Week and NAIDOC Week celebrations and many subject and faculty excursions. Sorry for the things I may have missed. So just by reading this list you can only imagine the organisation that goes into such things on a whole school level, not to mention the day to day expectation of expert teaching and learning programs for every student in the variety of learning spaces at our school. For this teaching and learning to be the best it can be at The Forest, staff are engaged in an ongoing program of Professional Learning both at school and in the wider educational community to ensure they are equipped to deliver the best for your children.

**Canberra CAPA Visit** The last thing I would like to mention is the immense joy myself and teachers on the whole at The Forest feel when we see our students participate and excel in achieving their personal best in such a wide range of educational and extracurricular pursuits. Last week I had the pleasure of accompanying Mr Juric and 30 students studying subjects in the CAPA faculty, on an overnight excursion to Canberra where we visited three locations over two days to expand the knowledge in the Arts for these students. I was proud to represent our school with this wonderful group of students who could not have been greater in upholding the school's core values of **Respect, Responsibility and Personal Best.**

**Cathy Thompson, Deputy Principal**



## Term 3 2019 Events

1-5 July	Year 10 Work Experience
4 July	Careers Showcase 6pm-7.30pm
5 July	Bob Philpott Challenge Cup Yr11 v Yr12 Last Day of Term 2
22 July	School Development Day – Staff Only
23 July	First day of Term 3 – students return
25 July	Year 7 Relationships Australia Workshop
26 July	CHS Cross Country
29-30 July	Sydney North Athletics
31 July	School Council 6pm P&C Meeting 7pm
5-16 August	HSC Trials
5 August	Meet the Principal 9am
6-9 August	Year 10 Ski Trip
20 August	Year 8 into Year 9 Parent Meeting
22 August	MADD Night
28 August	School Council 6pm P&C Meeting 7pm
29 August	Senior Soiree
30 August	Colour Fun Run 1.30pm The Forest Festival of Lights 4pm

### TFHS Extras

Do you know that there are so many clubs and activities on offer at The Forest High School?

**Beyond the Bell lunchtime Homework Club** – help with homework and assessments with Miss Sweeny.  
Thursdays 3-4pm in the library. All welcome.

**Concert Band** – Monday and Wednesday mornings at 7.15am

**Wind Ensemble** – Tuesday morning at 7.15am

**Jazz Orchestra** – Wednesday afternoon at 3pm

**Choir** - Thursdays at lunch in D1010

**Interact Club** – meets on Thursdays at lunchtime (fortnightly)

**Maths Helpdesk** - Friday lunchtime in E1006 - free - all welcome

**Dance Ensemble** – Tuesday lunchtime and Friday at 7.30am in the PAC

Our PDHPE Faculty also run lunchtime sessions in the gym each day



# Year 7 Report

**Reports** Congratulations to Year 7 on their outstanding reports. Overall, the year group has done very well both academically and in demonstrating a responsible, positive attitude towards their learning. The end of semester is a really good time for students to reflect on their strengths and weaknesses, and to identify one or two key areas to work at improving on during the next semester. All students should be using their diary on a daily basis to keep track of work due and are reminded of the availability of Beyond the Bell on Thursday afternoons for homework help.

**House Cup Challenge** Year 7 students have been earning house points and individual points over the semester. Each week, teachers nominate three students who have demonstrated commitment to The Forest High School's Positive Behaviour for Learning values. Congratulations to Seb Lahm, Mindy Mulders and Megan Bartlett who are currently on top of the table. We have our first house v house challenge on the last day of term. It is going to be action packed with weird and wonderful challenges for students to participate in.

**Year 7 Literacy Project** Over the semester, students have been developing their own writing portfolios. Students are responsible for collating their portfolios and reflecting on each writing sample, identifying strengths and also the areas that they will target next time. Early next term, students will have a conference with a member of staff to discuss their progress, achievements and strategies for improvement.

**Relationships Australia** On Thursday 25th July, Year 7 students will attend a wellbeing session (boys in the morning and girls in the afternoon). These sessions are specifically designed for pre-teen and adolescent students to assist with some of the challenges and changes of shifting into high school and adolescence. The structured workshops aim to build up the students' own sense of resilience and confidence by providing them with key skills in social, interpersonal and emotional effectiveness. Using creative, engaging, interactive (and fun!) activities, Relationships Australia provide a nurturing space for them to explore their connection with themselves and those around them. There is no cost for this program.

Have a safer and happy holiday.

**Erin McWhirter, Year 7 Adviser**

# Year 8 Report

Another busy term has come to an end! I have just finished reading through Year 8 reports and it has been wonderful to see the number of positive comments in relation to the school values of **Respect, Responsibility and Personal Best**. Year 8 students are to be congratulated on their developing academic maturity and their positive work ethic. Keep up the great work!

It has also been pleasing to see an improvement in regards to the school uniform, with the vast majority of students wearing the correct uniform as the temperature drops. A reminder that students are able to buy a school jumper or jacket from the uniform shop, or wear a white long sleeve top under their school shirt to keep warm.

I wish all our students a relaxing and safe break. I hope you find the time to reflect on your learning achievements from semester one and are ready to extend upon your great work in the second half of the year.

**Kate Board, Year 8 Adviser**

# Year 9 Report

**Silver Ceremony** This term's Silver Ceremony once again celebrated an admirable number of Year 9 students receiving certificates. The Silver Awards are the third tier of the Positive Behaviour for Learning merit system at The Forest High School – students can earn green slips from teachers for displaying **Respect, Responsibility and their Personal Best**. Once ten green slips have been collected, students receive a Merit Certificate, five Merit Certificates secures a Silver Award. Some students will now be well on their way to earning a Gold Award, which would be presented at Presentation Night at the end of the year.

**Stage 5 Music Night** On Friday 21st June the Year 9 Music class performed impressively in their ensemble groups at the Stage 5 Music Night. It was magnificent to see and hear the range of musicality in the group. It was a great way to end the week by applauding the emerging talent in the class.

**Year 9 Reports** This term is a reporting term, and I am delighted to have read so many positive comments in the Year 9 reports. It appears that the majority of the year group has stepped up to the responsibility of being in Stage 5 and are enjoying participating in elective subjects. A few still need to develop their organisational skills and remember to submit assignments on time. Any students needing help with organisation or time management can approach me or another teacher at any stage for assistance.

**yLead Altitude Day** On Tuesday 4th June Ms Murray took ten Year 9 students to the yLead Altitude Day Leadership Seminar (pictured below). The students were inspired by the motivational speakers and came away with a few key messages about unlocking potential and how you can do anything you put your mind to. These key steps are:

1. Live your passions
2. Challenge yourself
3. Recruit mentors
4. Make a plan, take action
5. Champion mindset
6. Never give up

I would love to help or mentor anyone who has an idea or a project that they wish to work on!

**Georgia Yam, Year 9 Adviser**



# Year 10 Report

**Community Spirit Initiative** Congratulations to Georgia, Jared, Jessica, Sophie and Amelia from Year 10 who had a special meeting with our Principal Rosemary McDowall for demonstrating outstanding leadership and community spirit. Recognising an issue with some litter escaping into the gardens they organised their own clean up afternoon to do something about it. We are proud to have such caring and inspiring students. They are pictured below with their Certificates of Recognition.



**Subject selections** This term has been jam packed with Year 10 preparing for their senior studies. The Senior Program Information Night and Student/ Parent Teacher Subject Interviews were both successful events designed to help parents and students gain valuable insight into Year 11 and Year 12 subjects. Next term, the timetables will be formed and they will have their subjects confirmed.

**Work Experience** Thanks to our amazing Careers Advisers almost all students attended Work Experience in Week 10. This is an outstanding effort, and we are so proud of them for taking a jump into the world outside of school. It was so great to hear that Year 10 are doing so well in a different environment, taking initiative and going above and beyond. We had students working everywhere. I would like to commend all of Year 10 on their effort during this week - we are very proud.

**Dylan Fisher, Year 10 Adviser**

# Year 11 Report

The jerseys look so good! Year 11 look awesome in them!

**Jerseys** The jersey order has officially finished – the second round of jerseys are due to arrive in Week 5 next term.

**Mentors** The mentors have been reminded to have a meeting with their mentees this term, so if this has not happened yet, please check with the teacher that was selected as the mentor. Students can go to them for any help required with organising their time more effectively or to simply discuss how they are feeling. Make sure to utilise this!

**Extended Leave** If you have applied for extended leave please make sure to double check in the assessment booklet you were handed in Term 1, to see if you have any assessments in that time period. If so, you will need to speak to the teacher of that subject to sort out when to complete the assessment.

**The Bob Philpott Challenge Cup** Every year, Year 11 plays Year 12 in a soccer game on the last day of Term 2 to decide who is the greatest year group of all time. The banter is real. Though this year is looking like it will be extremely even! Students wanting to play in this game will be given a permission note to hand back in. Go Year 11!

One more term of Year 11 left!

**Hilary Page, Year 11 Adviser**

## Year 12 Report

So much to do! I extend my thanks to all the Year 12 students who have worked consistently throughout the term and to the teachers who are continually supporting the students by giving time in class, at lunch, afternoons, evenings and weekends to provide feedback on written tasks or assisting with major work preparation. All I can advise is ... Just. Keep. Going!

Extra assistance with work and assessments is always available for Year 12 students. The library space is available for students seeking additional guidance or time with senior teachers on Monday afternoon - please feel free to attend for help in any or every subject. Thank you to Ms Murray who has also arranged for University tutors to be available on Wednesday afternoons for students to book in for additional support and I encourage the students to talk to Ms Murray or Ms McInnes for further information.

**Bob Philpott Challenge Cup** This Friday afternoon we will be celebrating the Bob Philpott Challenge Cup with a football game between Year 12 and Year 11 students, girls team and boys team. I wish my Year 12 students a great game and like the recent handball competition, I am sure the Year 12s will be victorious.

**Trial Exams** Final tweaking to the Trial Examination timetable is in full swing and students are asked to check their emails for the copy of the timetable. Trial Examinations will be held in Weeks 3 and 4 next term. Students are not expected to be at school when they do not have an examination however they may arrange a study session time with a particular teacher or group of students to assist in preparation for the examination. I will organise a list of spare rooms as the library will be used for special provision examinations.

**Year 12 Graduation** Planning and organising for the graduation at the end of Term 3 and the formal (14 November) is currently underway. More information will be provided early next term. In the meantime, I wish everyone a safe and happy break over the next couple of weeks. A balance of healthy food, plenty of sleep, moderate exercise and reading over notes, a few past HSC examination style questions and finalising major project submissions is encouraged.

**Clare Diggins, Year 12 Adviser**



**HSC Trial Exam Revision Lectures** The Trial Exam Revision Lectures are specialised courses that are designed to revise and then extend on the materials covered at school, to HSC examination standard. They have been developed and are delivered by qualified HSC teachers and exam assessors and students receive a comprehensive and detailed coverage of examinable materials as specified in each subject's Study Syllabus. Detailed information regarding enrolment and the topics and concepts that are covered is available at [www.tsfx.com.au](http://www.tsfx.com.au). The courses will run from Monday 8th to Friday 19th July at the University of Technology, Sydney.

## CAPA Report

**Canberra Visual Arts and Photography Camp** On Thursday 27th and Friday 28th June, 30 Visual Arts and Photography students from Years 7 to 12 took part in the second annual Forest High School Visual Arts and Photography Camp. We travelled to Canberra to visit The National Gallery of Australia where we all went on a 'See and Create' tour. This included art making activities and viewing the gallery's collection and Indonesian Art Exhibition. We also visited The National Film and Sound Archive where we learnt about the history of film making and camera technology in Australia. Our final stop was the Canberra Glassworks where we toured the workshops, watched a glass blowing demonstration and got to make our own glass artwork. We learnt so much and really enjoyed this opportunity to spend a couple of days exploring Visual Arts and Photography. Thanks to Ms Thompson and Mr Juric for making this a worthwhile trip we will always proudly remember.

**Finn Soegaard, Year 11 Visual Arts student**





**Stage 5 Music Night** Friday 21st June saw an appreciative audience treated to amazing performances by our Year 9 and 10 Music students. Students performed in a variety of ensembles and songs included "Ain't No Mountain High Enough", "Take Me To Church", "Stolen Dance" and "Superstition". Congratulations to all of our talented performers. A special thank you goes to our Music staff Ms Heap and Ms Yea for all of their hard work and effort in readying our students for this performance evening.







**Sydney North Regional Dance Festival** Our dance ensemble will perform at the Sydney North Region Dance Festival on 3rd and 4th July. We wish them well for these performances and look forward to reporting on their successes next term.

**Northern Beaches Instrumental Festival** The Forest High Wind Ensemble and Concert Band performed at the Northern Beaches Instrumental Festival on Sunday 16th July at Pittwater High School. The festival attracts over 150 ensembles across two weeks from all over the Northern Beaches to perform their works for an appraiser and receive a workshop on stage to encourage students to continue working on their ensemble development.

Both ensembles performed brilliantly and received amazing comments from their appraisers. Our Wind Ensemble, conducted by Mr Ben Dickson, showcased yet another new piece learnt since the Forest Friends concert. Our Concert Band, conducted by Ms Lemin Luu, beautifully performed a new difficult advanced grade work.

All students involved in the band program represented the school incredibly well, proving that the program is growing from strength to strength with performance standard.

**Rebecca Constantin, Relieving Head Teacher CAPA**



# English Report

Below is an example of the Fairytale reports Year 7 students have been working on in English recently

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## FAIRY NEWS Nasty Witch Abuses Two Innocent Children

**The putrid witch was caught red handed abusing two young children.**

The innocent Hansel and Gretel were in the forest when they found a delicious looking candy house, but what they didn't know is that it was a rotten witch's property.

Hansel and Gretel were caught by a nasty witch; they were also imprisoned by her.

The witch claims that she defended her beloved house from two young vandals. She stated that she tied them to a tree, but she was just trying to protect her beautiful house.

Hansel and Gretel say that they were just wandering in the woods when they spotted the candy house.

After the final judgement, the government decided that Hansel and Gretel were correct and that the witch had abused their right to freedom.

The witch has been sentenced to 15 years in jail for child imprisonment.

**By Xavier Guzzo and Julius Hamprecht**

# HSIE Report

**Auburn Mosque Visit** Every year, HSC Society and Culture attend Auburn Gallipoli Mosque as a part of their Belief Systems and Ideologies. The excursion gives an enriching experience of daily life in Islam and students learn about the connection to the community. The students participated in a tour with Ergun as well as watched the midday prayer. The class then went for a Lebanese lunch in a local restaurant. Every year Society and Culture students talk about how this is their favourite excursion.

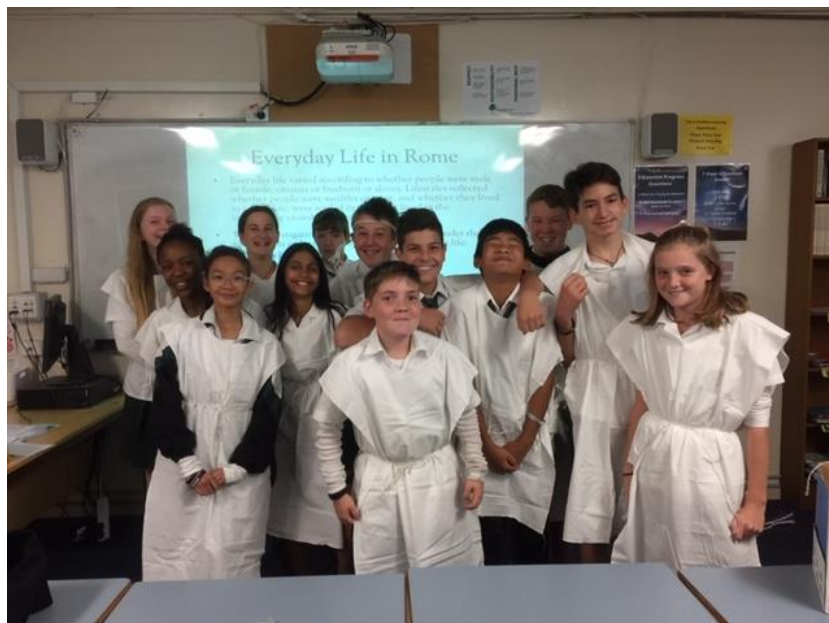
**Julian Floriano, HSIE Teacher**





**Year 7 History** 7HSIEO have been investigating Everyday Life in Rome. At the end of one lesson, several students dressed up in a traditional tunic to understand the simple nature of clothing during this period for ordinary citizens compared to the more decorative features on clothing for officials such as augurs (yellow toga), censors (purple toga) and a candidate standing for election (white toga). They also reflected on how clothing continues to reflect status within modern society.

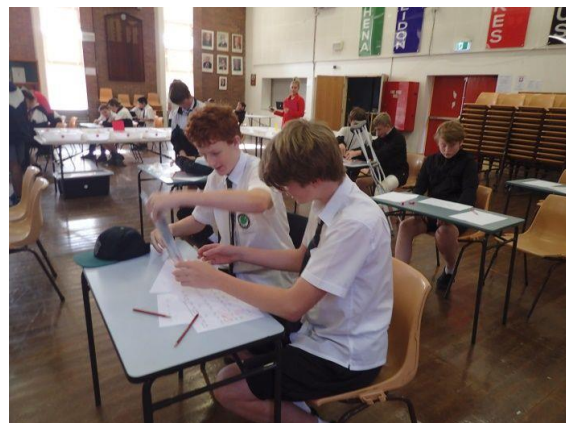
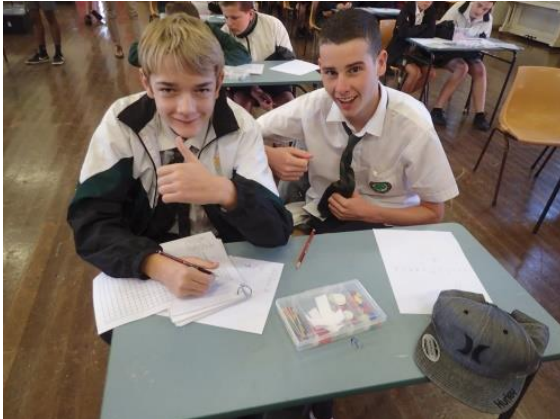
**Tim Hepburn, HSIE Teacher**



# Maths Report

**Year 7 and Year 9** - I would particularly like to thank Year 9 and Year 7 for their excellent behaviour and effort during the NAPLAN tests in Week 3. As we did not use the online version, there were no technical difficulties here. The results will be available later in the year, usually around September.

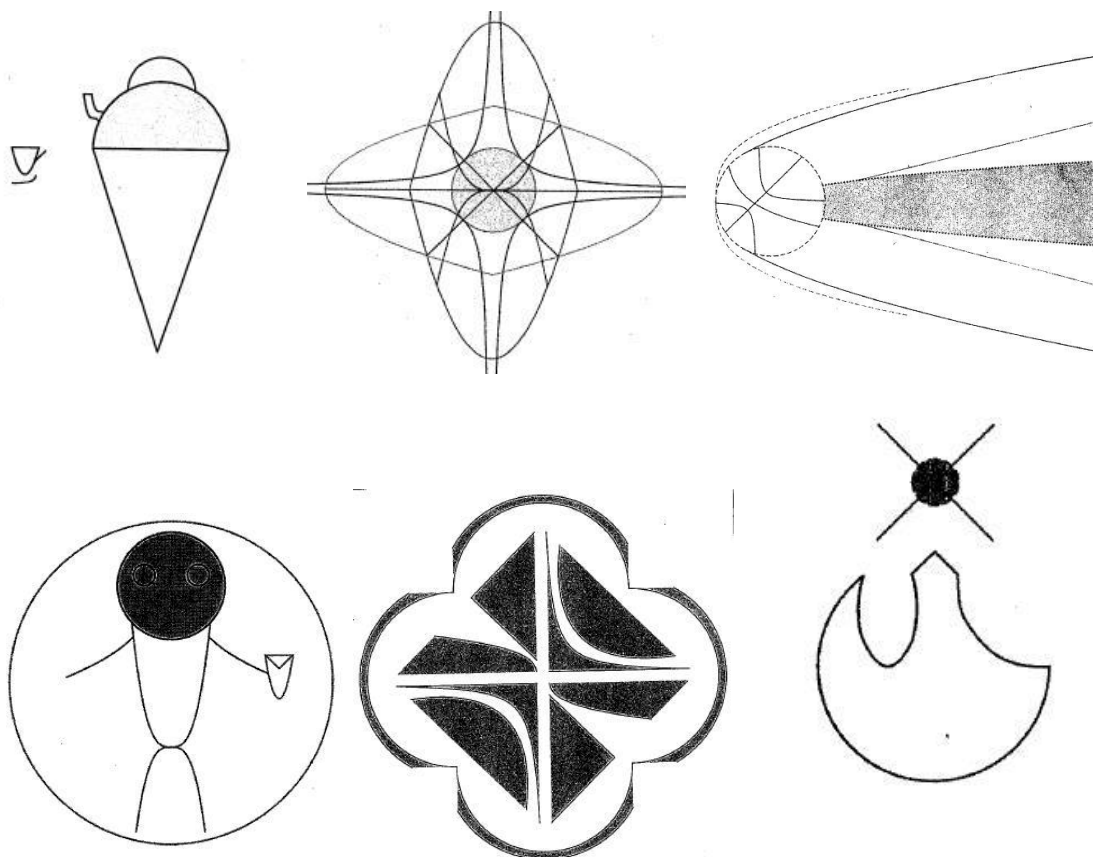
**Year 8** - In Week 8 all Year 8 students participated in the Patterns, Pictures, Puzzles and Problems Day. The students enjoyed the practical nature of the activities and we all enjoyed watching the engagement and enthusiasm of the students. Below are some pictures of the students at work.



**Year 11** – This term our Year 11 students completed their first Research Style Task in line with the new HSC assessment guidelines. The Standard students researched the maths behind buying a car. Information included the factors to consider when choosing a car, the details and specifications, the safety rating, the additional costs



when purchasing and insurance. The Advanced students researched various functions using Desmos and were asked to design a logo for a company using a variety of graphs restricting the domains to form their logo. Below are some of the results.



**Year 12** – This term our Year 12 Standard students also did their Research Task on Networks which is one of the new topics included in Standard Mathematics. They were asked to design networks for a school called Mathmore High School to best lay computer cables. This was a difficult concept and we were very pleased with the results submitted.

We are very sad to say goodbye to Mr Siu at the end of the term. He has been an excellent Mathematics Teacher and has built up a strong rapport with his students in the short time he has been with us. We are very lucky though to have Mrs O'Donnell back to take these classes for Terms 3 and 4.

**Karen Gourlay, Head Teacher Maths**

## PDHPE Report

**Northern Beaches Hospital Visit** Year 10 Child Studies students visited the Maternity Ward at the Northern Beaches Hospital to complement their studies on Pregnancy, Child Birth and Child Development. They were given a tour of the birthing suites, the maternity ward and the neonatal unit by a nurse educator. There was also the opportunity to visit with some newborn babies in the neonatal unit thanks to some very generous Northern Beaches mums. This opportunity greatly enhanced the students' understanding of these areas of study. Many thanks to the wonderful Northern Beaches Hospital staff who worked with us.



**Outdoor Education Camp** - Fresh from the Queen's Birthday long weekend, our Year 9 Outdoor Education and Year 11 PDHPE students took to the bush for Outdoor Education camp. In our first 24 hours we managed to squeeze in a kayak expedition, orienteering lessons, target practice in the archery range and even a little bit of shut-eye. We then put on our hiking boots and set off into Glenworth Valley for a multi-hour hike and some natural face abseiling. Not yet satisfied, we rose before the sun on our last morning to pack up our tents and get to the giant swing and zip-line before finally packing our bags and leaving for home. We are extremely proud of the leadership, maturity and resilience displayed by our students throughout the camp.

**Beth Sweeny, PDHPE Teacher**







**Year 9 Fitness Leader** classes have been participating in rollerblading in the school gym this term. Instructors from Skater HQ Manly have been putting the students through different drills regarding balance, defending, ball control and moving within the space. All students showed improvement with some becoming very good on the roller blades. The students should be commended on their fantastic behaviour and effort.

**Julia Trout, PDHPE Teacher**







**NSW TAFE Netball Schools Cup** The Forest High School had two Years 9/10 netball teams enter the NSW TAFE Schools Cup held at the Northern Suburbs Association courts at Willoughby on 26th June. We entered one girls team and one boys team. As this is a state-wide competition only the winner of each pool progresses through to the finals. The girls won 4 out of their 5 games but due to losing their first match against Loreto Normanhurst it meant they came 2nd place in their pool. The boys won their first three matches therefore it was a 'do or die' match for their last game. Unfortunately the boys lost by 4 goals. This meant that they were 2nd in their pool too. HOWEVER, an email came through the next day to say that 2nd place for the boys would progress through to the State Cup finals on the 15th August 2019 at Sydney Olympic Park. I cannot praise these teams enough for their determination, conduct on and off the court and their support of each other.

**Daina Ciferson, PDHPE Teacher and Coach**



**Left to right back row:** Ingrid Frew, Isabelle Frew, Emily Gudmunson, Maddison Williams, Ashley Morgan, Hila Bedolach  
**Left to right front row:** Anneliese Pamp, Wanita Leatherby, Olivia Cameron, Eloise Pamp





**Back row:** Lachlan Johnson

**Left to right:** Jono Davies, Willem Smit, Roderick Dixon, Bailey Swain, Daniel De Zeeuw, Dale Mapstone Anan Asif

## Science Report

**Year 7- Observation into investigation collaboration with Taronga Zoo** As part of the learning program for Year 7 students visited Taronga Zoo to learn about how observation is a key element in the scientific process. During their day at the zoo students got to visit the new interactive enclosure learning spaces and explore how observing animal behaviour can lead to future scientific investigations and discoveries. To follow on from this Year 7 have been working hard on their own scientific investigations in school in which they have taken an observation from everyday life and transformed into a scientific investigation to gain new knowledge around a subject of interest.



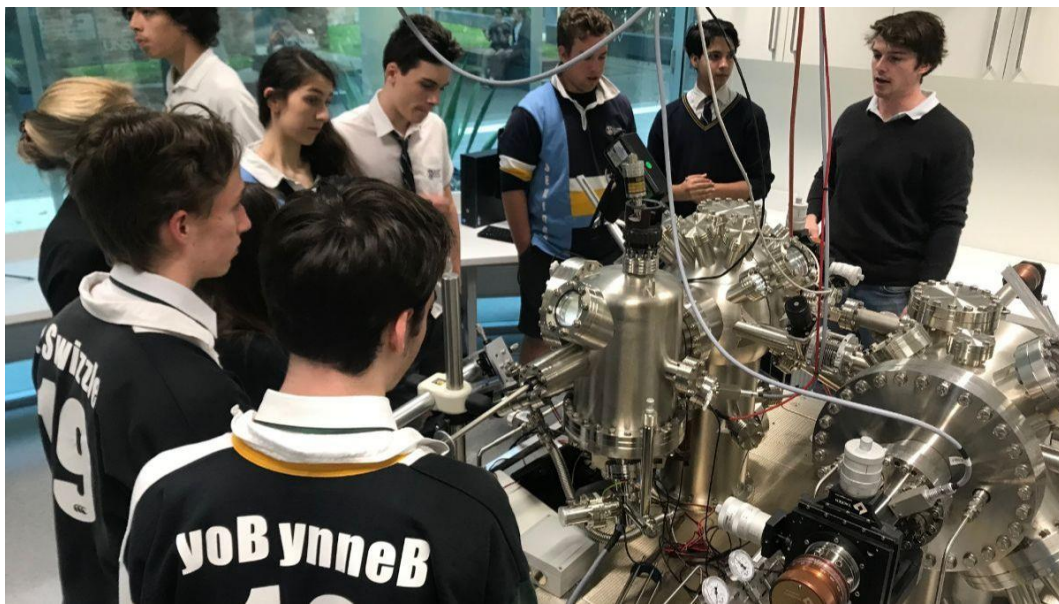




**Year 9 STEM roller coaster project** This term Year 9 STEM short course students have had the opportunity to bring together their understanding of a range of STEM areas to develop a model roller coaster. Students have been working effectively in teams using their problem-solving skills to further develop their understanding and progress through the project. Congratulations to these students for their continued hard work and focus.

**Year 12 Extension Science Excursion to UNSW** Students travelled to UNSW to see examples of science at a university level. They toured the quantum computing manufacturing facility where Australian researchers lead the world in this cutting edge technology. Students also were treated to a liquid nitrogen science show and were wowed by levitating magnets and frozen bananas being used to hammer nails!





**Year 5 Transition in Science** Year 5 students along with the helpful guidance of Ms Roberts have been exploring what it means to be a scientist this term. They have explored many topics and had the chance to engage in a range of experiments including flame tests, making rainbows in a test tube and making a candle clock. We cannot wait to welcome these budding scientists back to the Forest in a few years in Year 7.

**Lucy Sturley, Relieving Head Teacher Science**





## TAS Report

Here are some of the amazing cakes our talented Year 10 Food Technology students have made in class this term - truly scrumptious!





**Year 11 Work Placement** Year 11 Hospitality students have just completed work placement where they had the opportunity to work with chefs in various restaurants. These included Pilu, Manly Pavilion, Stella Blu, The Bavarian Bier Cafe and Miramare Gardens. The students at Pilu worked alongside a former student who is now a chef at Pilu and were given the opportunity to plate some amazing dishes.

**Diane Horton, TAS Teacher**



## Careers

**We have a new Forest High School Careers Facebook page!  
It is a great place to keep up to date with important  
information on careers  
Find it by searching @theforestcareers**

On Friday 31st May Year 10 participated in a Careers Day. Students took part in 'speed networking' sessions with professionals from 15 different industries, listened to guest speakers from Lend Lease, Soulful Fitness and Macquarie University as well as completed a workshop on interview skills. They also attended the Careers Expo at Miramere Gardens, Terrey Hills on Thursday 13th June where they were able to talk to representatives from a wide range of organisations about career opportunities and gather information on post-school options.

**Annika Williams, Careers Adviser**





**PARENTS SHOWCASE**

HELP SUPPORT YOUR CHILD  
MAKE INFORMED CAREER CHOICES!

**SKILLS AND THRILLS**

GET INFORMATION ON -

- Apprenticeships /
- Traineeships
- Industry Trends
- Jobs of the Future
- Funding options and
- more!

**A SHOW NOT TO BE MISSED!**

**WHEN:** Thursday 04th July, 6:00-7:30pm  
**LOCATION:** The Forest High School (School Hall), 135 Frenchs Forest Rd E, Frenchs Forest NSW  
**COST:** Free  
**BOOKINGS REQUIRED:** <https://theforesthigh.eventbrite.com.au>

NSW  
skillsONE

The **Skills and Thrills Careers Showcase** is an engaging, informative and entertaining showcase, created to highlight vocational education and training (VET) and the success stories that emanate from VET pathways. The Careers Showcase will help parents better understand vocational pathways, including apprenticeships, traineeships and school-based apprenticeships and training and give parents the knowledge they need to help their children make informed careers choices post high school.

Through the showcase, parents and students will learn about the following:

- Apprenticeships and Traineeships
- TAFE/Private Training Providers
- Funding options available (Smart and Skilled)

- In school options (SBAT's)
- Where to find information
- Who can assist/resources available
- Opportunity to speak with parents and students who have chosen/who's child has chosen a VET pathway (Q&A)

The Skills and Thrills Showcase will be held on 4th July at 6.00pm-7.30pm at The Forest High School Hall. Attendees must register via the online registration link – <https://theforesthigh.eventbrite.com.au>. We encourage you to attend with your student.

## **The Forest High School Anti-Racism Contact Officers – ARCOs**

Ms Thomas Golanoski in Languages and Ms Lee Chaloner in PDHPE are The Forest High School Anti-Racism Contact Officers. They can be contacted by any member of The Forest High School community (students, staff or parents) for support with issues and concerns that pertain to matters of racial discrimination



## Extracurricular

On 5th June our students engaged in a special educational screening of Blue, a documentary about the environmental damage being done to the ocean. Half of all marine life has been lost in the last 40 years and by 2050 there will be more plastic in the sea than fish. The movie features passionate advocates for ocean preservation and tackles themes of habitat destruction, species loss and pollution. Many thanks to the SRC and the Environment Committee for making this possible. <https://bluethemovie.org/>



# The Forest High School P&C

On behalf of the P&C I would like to wish all the wonderful executive staff, teachers and general assistants that give all their support to the students a very safe and enjoyable holiday break. To all students, take care and enjoy the holidays.

**Amanda Shaw, P&C President**

## **P&C Meeting Dates 2019 Wednesdays at 7pm in the School Library**

**31<sup>st</sup> July**

**28<sup>th</sup> August**

**6<sup>th</sup> November**

**4<sup>th</sup> December**

**All welcome – please join us!**

**Uniform Shop - opening hours**

**Monday - 8.00am to 9.30am**

**Thursday - 2.00pm to 3.30pm**

[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 their Facebook 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.



The Forest High School has once again adopted the Entertainment Book for fundraising for the school and the new 2019-2020 book is now available from Ms Yam with a limited supply of early bird offers as well. Please support the school's fundraising by clicking on the link below to purchase one of the books and you can discover thousands of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

<https://www.entertainmentbook.com.au/orderbooks/200z485>





All proceeds assist The PHS Instrumental Tour 2020

# CAR BOOT SALE



**Pittwater High School**  
**Sunday 4th August 2019**

**7.30am – 1.30pm**

Available on The day.....**BARGAINS FOR BUYERS**  
Sausage sizzle, drinks, coffee and cakes

**Bookings  
Essential**

[www.trybooking.com/BBKPZ](http://www.trybooking.com/BBKPZ)

Vehicle \$45 Trailer \$55

Next Car Boot Sale.... Sunday 10th November 2019

## Players needed

We are looking for players aged 6-9 years old for our NetSetGo program commencing in August and running for 8 weeks. We are also seeking players aged 9-14 for our Spring competition. For more information call Vicki Corney on 0407 983 010  
Email: [belrosenetball@hotmail.com](mailto:belrosenetball@hotmail.com)  
Register: [www.belrosenc.nsw.netball.com.au](http://www.belrosenc.nsw.netball.com.au)

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