



Congratulations to the Class Of 2019
Good Luck for the Higher School Certificate

Principal's Report

2019 Minister's and Secretary's Awards for Excellence

It was a great pleasure for the Senior Executive to attend the 2019 Minister's and Secretary's Awards for Excellence at Lower Town Hall on 27 August. Three members of our school community were recognised on the night for their achievements. Emma Beukers, Sports Captain received the Minister's Award for Excellence in Student Achievement. This award recognises outstanding Year 12 students who have excelled in their secondary years across academic, excellence, sporting, cultural, community and leadership. Only 37 students received the award out of the thousands of Year 12 students across the state. Emma is to be congratulated on this fine achievement. Two teachers from The Forest, Stephen Davies and Leslie Pitt, received the Minister's Award for Excellence in Teaching. This award recognises teachers who deliver the highest quality education to their students and contribute to their professional communities. Only 28 teachers received this award, again out of thousands of teachers across the state. We

congratulate Stephen Davies and Leslie Pitt on this outstanding achievement.





2020 School Captains and Prefects

Our congratulations to the new student leadership team for 2020. I am delighted to say that the calibre of the students who stood for office was inspiring and we will be expanding the number of roles next year to ensure that all of the students are able to contribute.

- Captains – Amelia Hanson and Alexander Dimitrov
- Vice Captains – Megan Huston and Johnson Ly
- Sports Captains – Paris Robson, Nicholas Seale and Noah Thurbon
- Performing Arts Captains – Alyssa Bowers and Imogen Talintyre
- Environment Captains – Finn Soegaard and Connor O'Neill (Finn absent from photo)
- Prefects – Sam de Groot, Jude Dolan, James Harris, Oliver Parratt, Cameron Taylor, Marcus Vilnis



Farewell Year 12

It is with some sadness that we say goodbye to the 2019 Year 12 cohort. They have been an outstanding group of young adults who have achieved excellent results across a range of academic, sporting, cultural, community and leadership pursuits. They have provided excellent role models for our juniors and we will miss their presence in the school. I particularly want to acknowledge the Captains, Elizabeth Raffin and Joshua Short, Vice Captains, Emma De Zeeuw and Pavan Pashnath Shaji, Sports Captains, Emma Beukers and Matthew Filatoff, Performing Arts Captains, Katie Strugnell and Joshua An, Environment Captains, Sineada Duval and Riley Eavis and Prefects, Tara Mapstone, Jacqui Gopilan, Danielle Lorzano, Sean Stephens, Hannah Keeler, Maddie Davies, Ben Neale, Emily Kim, Minji Kwon and Anima Mushfika for their outstanding leadership especially over the last two years. We hope this group will continue to be connected to the school and that some of them might return in 2020 and contribute to the Trailblazer Program. They have worked hard to prepare for their HSC Examinations and I am sure they will be rewarded for their efforts.

NAPLAN

As you may be aware the NAPLAN results were disrupted this year for some schools that completed NAPLAN online. Our students did the pen and paper test and we are in the process of analysing the school's results. Students' individual results have been sent home and we hope to give you a school report on the results early next term.

Lastly I would like to wish everyone a safe and restful break with family and friends. All staff and students return to school on Monday 14 October.

Rosemary McDowall, Principal

Deputy Principal's Report

Year 12 Graduation

The last week of Term 3 is always momentous as we say farewell to our Year 12 cohort. It is with mixed emotions that we navigate through this week and see the culmination of the Year 12's thirteen years of schooling. Many of the teachers have known these students since Year 7 and we feel proud as we celebrate their achievements with their parents in the formal Graduation Ceremony on Friday this week.

Student Representative Council

Term 3 is also a term where we elect members of the Student Representative Council for 2020 and this includes interviews and election for the senior student leadership team for Year 12 2020. Congratulations to the students from all year groups who have been elected by the teachers and student body and we look

forward to you realising your plans and goals for the school and students next year.

HSC Exams

In Term 4 Week 1 the Higher School Certificate Examinations begin and the school organisation will be changed a little to accommodate examinations in the assembly hall and some other locations around the school. We ask for students to be patient during this time with any changes that occur and we usually experience the whole school community being respectful in giving Year 12 students every consideration during this time.

Enjoy the holidays

As holidays are soon to begin I would like to wish all students and their families a safe and relaxing holiday.

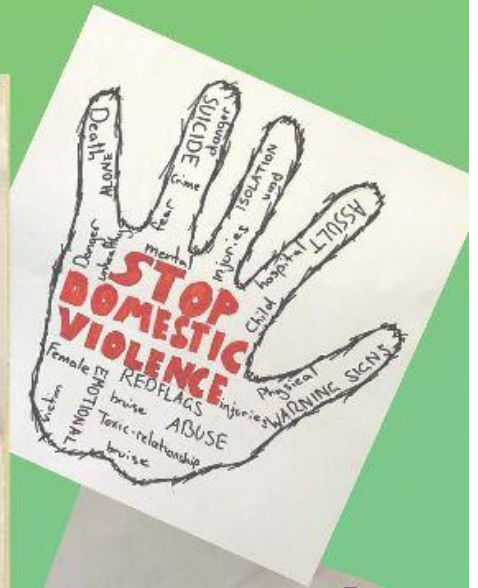
Cathy Thompson, Deputy Thompson

Alumni News

Huge congratulations to one of our ex-students Lachlan Clarke who graduated Year 12 from The Forest High School in 2018. Lachlan has completed his Gold Duke of Edinburgh Award and was presented with his award on Friday 13 September at Sydney Town Hall. He is pictured below with his Award Certificate and also with ex-Forest High student Kirk Pengilly from INXS who was one of the presenters on the night. Well done to Lachlan for all the hard work and commitment that went into this great achievement.



WELLBEING SNAPSHOT



YR 10 LOVE BITES



YR 7 HOUSE CHALLENGE

EMPOWERING YOUNG PEOPLE



RAISE MENTORING GRADUATION

YEAR 8 SLEEP OUT

The Year 8 September sleepout was a brilliant night of fun and games. The lucky students who were smart enough to come enjoyed pizza, movies, snacks and a slumberless night. It started with the arrival of the students and a large game of cards. The night continued with our horrible singing and karaoke skills. Someone had the ingenious idea of bringing an Xbox which resided with the small group who used it in one of the upstairs classrooms in the library. Later that night we had a healthy and nutritious dinner- pizza. Most of the people settled down and watched a movie on one of the smart boards nearing the end of the evening. Sleep was scarce but we did eventually get a couple of hours, me being the first asleep. The next morning was quiet - a direct result of lack of sleep among the students. Breakfast was bacon and egg rolls cooked by the amazing cooks, Miss Board, Ms Sturley and Ms Coleman.

By Dominic Garner



MADD

In Week 5 the CAPA faculty held the annual MADD concert and exhibition. This event showcases students' participation and talents in a variety of curricular and co-curricular activities. This year audiences were treated to a fabulous Visual Arts exhibition in the Upper D Block corridor, amazing music performances, stunning dances and exciting drama performances.

Work was displayed by students ranging from Years 7 to 12 and all students involved showcased a very high level of talent. Once again, our VET Entertainment students professionally and successfully managed the technical aspects of this production. Congratulations go to all of our performers and especially the CAPA staff who tirelessly worked to ensure such a fantastic and high quality show.





Senior Soiree

In Week 6 the HSC Senior Soiree occurred which celebrates the amazing artworks created by our HSC Visual Arts and HSC Photography, Video and Digital Imaging students. This special exhibition showcased a variety of artworks exploring a variety of media including drawing, painting, sculpture, photography



and video works. Our very own Mr Juric provided fantastic mood music. A very special thank you to Mr McGrath and Mr Juric for their support and mentoring of these students, allowing them to create some very special artworks. We wish the HSC students all the very best in their upcoming exams and look forward to the Senior Soiree next year.





CAPA Term 3 Success

This term has been exceptionally busy for the CAPA faculty and students. This term alone has seen Nicholas Muller perform with the State Junior Wind Ensemble (only 60 students across the state were successful for this performance opportunity), our Band Director Lemin Luu was chosen to represent our school as a conductor at the State Junior Wind Ensemble, Jaiden Bombardiero was successful in having his painting selected for exhibition as part of

the Northern Beaches Art Prize and Elijah Cassidy's film titled "The Birdwatcher" has been selected for the exhibition reel as part of the Express Yourself 2020 exhibition at Manly Regional Gallery. This term our Concert Band was also invited to play at the Northern Beaches Symphonic Wind Ensemble Concert. It is great to see so many successes by our CAPA students.

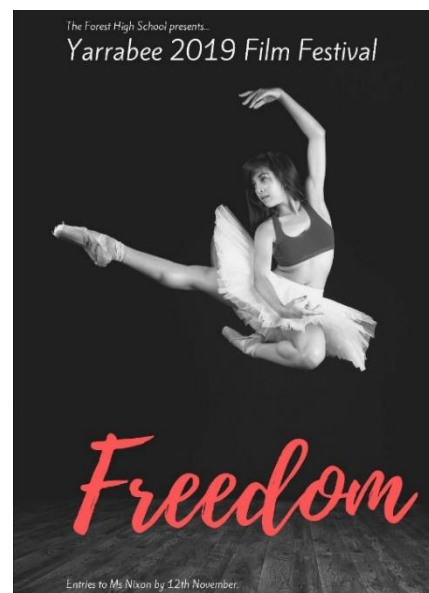
Rebecca Constantin, Relieving Head Teacher CAPA

English

Our Yarrabee Short Film Festival is running again this year

Open to all students and teachers, so get filming!

- Theme: Freedom - all entries need to include an aspect of freedom in their short film
- Entries on USB or similar digital platform
- Your name/group should be clearly labelled
- Film length - maximum of 5 minutes
- Rating - all entries are to have a PG rating
- Date due to Ms Nixon – 12 November



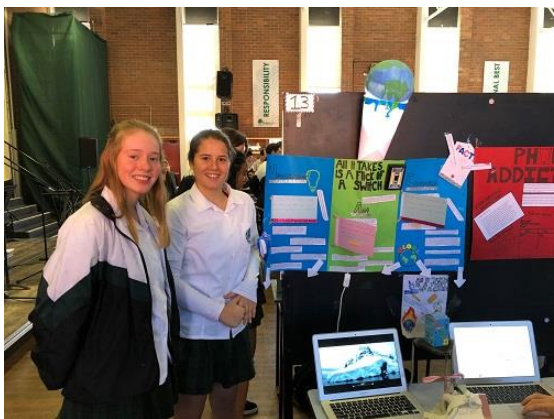
Science

Year 10 Expo – 'A Day of Change'

During Term 3 students in Year 10 have been working in partnership with Taronga Zoo exploring the impact of human behaviour and lifestyle choices on the world around us. After visiting the zoo to learn more about the components of a change campaign of connect, understand and act. Using their knowledge of the aims of each change campaign running at the zoo the students collected data to evaluate the success rate of the campaigns in actually changing human behaviour. Following on from what they had learnt through

evaluating a current campaign the students set out to create their own campaign about an issue that they are passionate about and would benefit from human behaviour change. Students created their campaigns and showcased their learning at the first Science Expo named 'A Day of Change' which was visited by fellow students, staff, parents and representatives from the zoo. The showcase was a huge success and all Year 10 should be proud of their efforts and achievements in creating some innovative and thought provoking presentations.





Year 12 Kickstart Chemistry

As part of the new Year 12 Chemistry course students are learning about the use of a wide range of techniques used in industry to analyse compounds. To assist with this the Year 12 Chemistry class visited Sydney University to complete a day of practical

activities using a wide range of sophisticated equipment. Students completed experiments on gravimetric analysis, precipitation titrations, UV spectroscopy, complexation titrations and atomic absorption spectroscopy.



Science Extension

Congratulations to Matthew Hearn and Sineada Duval Kenny who became our first candidates through the Science Extension HSC course. This course requires students to create a substantial research project in an area of their interest requiring them to create a research question, develop a literature review, collect and statistically analyse data and draw evidence based conclusions. Last week both students submitted their

final report which has been a mixture of a labour of love and stress for the whole academic year. Congratulations to you both for displaying perseverance, determination and hard work to complete this project and best of luck in the HSC. A special mention also goes to Mr James Goodwin for his on-going guidance and work with these students this year.

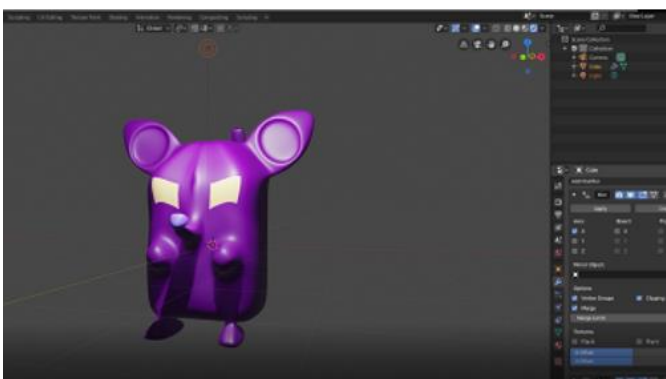
Lucy Sturley, Relieving Head Teacher Science

TAS

Congratulations to our Year 12 TAS students for the outstanding completion of their HSC major works. We welcomed representatives from NESA to the school recently who examined and marked the HSC major works. Many of the students spent countless hours and weekends developing, documenting and presenting their major projects and accompanying professionally presented portfolios. We wish our seniors the very best

of luck in their upcoming HSC examinations. Below are some of the Design and Technology, Industrial Technology Timber and Industrial Technology Multimedia major works and we congratulate all the students on the high standard of work they have produced.

Stephen Davies, Head Teacher TAS



Careers



Careers Award

We are proud to announce that our Careers Adviser Annika Williams will be receiving an Award for Excellence in Careers Advising from the Careers Advisers Association of NSW & ACT. Annika will be presented with her award at their annual conference to be held on 1 November at Cockle Bay, Darling Harbour.

We send Annika our congratulations for this recognition of her great work in our Careers Department in helping and advising our students with careers and post-school options.

The Forest Festival of Lights

Despite the rain The Forest Festival of Lights was a great success on Friday 30 August. All the hard work paid off and we were treated to wonderful musical performances from our talented students on the main stage and in the acoustic lounge in the library, an array of culinary temptations from the various food stalls, a silent disco, craft and activity stalls and much, much

more. Well done to all the students who put in so much time and effort to make the evening happen and to the families, friends and those in the community who turned out on a wet and rainy night to support the school. There are lots more photos from the festival on our school website.

<https://theforest-h.schools.nsw.gov.au/>





P&C NEWS

On behalf of the P&C I would like to wish everyone at The Forest High School a safe, happy and well deserved holiday.

Looking forward to seeing everyone back for Term 4.

Amanda Shaw, P&C President

P&C Meeting Dates 2019

6 November

4 December


Please visit our P&C Facebook book page:

https://www.facebook.com/groups/1894258124123121/?ref=aymt_homepage_panel

Uniform Shop - opening hours:

Monday - 8.00am to 9.30am

Thursday - 2.00pm to 3.30pm



Entries now open!

**NORTHERN
COMPOSURE
UNPLUGGED
2019**

Applications Close Friday 18 October

Compete with local musicians to win cash and prizes

Entries open to Northern Beaches musicians, 19 years and under.

Heats held in November. Final on Saturday 7 December

Enquiries: 9942 2195 or youth@northernbeaches.nsw.gov.au
KALOF.com.au

KALOF →   KALOF

Term 4 Events

26 September	Year 12 Breakfast – 7.30am Year 12 Farewell Assembly – 9.00am Year 12 Celebration Day – 10.00am – 12.30pm Colour Fun Run – 1.15pm
27 September	Year 12 Graduation Ceremony – 9.00am SRC Induction Assembly – 11.00am Last day of Term 3
14 October	First day of Term 4 – students return
16 October	CAPA Preliminary Showcase
17 October – 12 November	HSC Exams
21-23 October	SRC Leadership Camp
28 October	Meet the Principal – 9.00am VALID Testing Week – Year 8
4 November	Year 10 Exam Week VALID Testing Week – Year 8
6 November	School Council – 6.00pm P&C Meeting – 7.00pm
13 November	Year 12 Clearance
14 November	Year 12 Formal – 6.00pm
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

Community Notices



ccnb.
community care • wellbeing

PRECIOUS
Breath
FESTIVAL

A mental health
community initiative of
Avalon Beach Bowling Club

2pm ~ 7.30pm SATURDAY 12 OCTOBER 2019 • AVALON BEACH BOWLING CLUB

Five local bands • Surf films • Silent auction • Raffles • Free entry • Donations welcome • All ages • No alcohol • No smoking

avalon-beach-bowling-club.com.au

LIVING WELL PHOTOGRAPHY COMPETITION 2019

MENTAL HEALTH WEEK

1st Prize: \$300
2nd Prize: \$200
3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration
<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>

NSW GOVERNMENT Health Sydney Local Health District

Submission By **30.09.2019**

How would you know if your child was using drugs?
How could you talk to your child about drugs?
Which drugs are young people using?
What are the signs of drug use?

SDECC

Presents

Parents Prepared

Starting the conversation with young people about drugs

When: Saturday 16th November 2019
Time: 10.00am – 4.00pm
Where: Coastal Environment Centre, Entrance Pelican Path, Lake Park Rd, North Narabeen
Presenter: Belinda Volkov, Clinical Coordinator, SDECC
Cost: Free
RSVP: visit <https://www.trybooking.com/BEZZS> to register

Supported by the Sydney North Health Network

PROUDLY PRESENTING THE

STAGE ARTZ

PRODUCTION OF

Disney and CAMERON MACKINTOSH

MARY POPPINS

THE BROADWAY MUSICAL

28 SEPT – 5 OCT GLEN ST THEATRE
TIX: 9975 1455 OR GLENSTREET.COM.AU

A MUSICAL BASED ON THE STORIES OF P.L. TRAVERS AND THE WALT DISNEY FILM

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA). ALL PERFORMANCE MATERIALS SUPPLIED BY HAL LEONARD AUSTRALIA.

PROUDLY SUPPORTING THE CHILDREN'S HOSPITAL AT WESTMEAD

Winter Sports over for the year?
Want to try something new?

PLAY ULTIMATE FRISBEE
manlyfrisbee.com

Manly Ultimate Youth League begins in Week 1, Term 4
Every **Wednesday evening (5.30 – 6.50pm)**
@ Millers Reserve, Manly Vale

Ultimate Frisbee is a mixed gender sport for all levels of fitness that combines the spirit of a self-refereed sport with quick running, team dynamics, and beautiful throws and catches!

MANLY VALE MILLERS RESERVE
WEDNESDAY 5.30p - 6.50p
manlyfrisbee.com
Sports T-shirt & Water & Snacks

MANLY ULTIMATE YOUTH LEAGUE
YOUTH ULTIMATE FRISBEE

Only \$60* for a 16 week season: Oct 16 – March 2020 and includes your own Discraft Frisbee and a team shirt (* free with Active Kids voucher).

Rego is OPEN - check out manlyfrisbee.com/youth for more information or email Kath or David at manlyyouthultimate@gmail.com