



Principal's Report

Trailblazer Program An evaluation of the new Trailblazer program shows that it is adding values for our senior students. Three 2018 graduates were employed this year to work as School Learning Support Officers (SLSOs) to provide mentoring and tutoring for Year 11 and 12 students. Students can book a session with a Trailblazer individually or as a group. Teachers can also refer students to the program and Trailblazers can assist in classrooms when needed. Year 11 students have been accessing the program consistently this term as they commence their Year 12 studies. The program will be continued in 2020 with the potential to expand it if the need continues to increase.

2020 Learning Initiatives We are proposing to set up a learning hub in one of the large rooms in E Block. The learning hub will be staffed by support teachers who

can work with students who need additional support with assessments and classwork. Teachers will also be able to book in and work with specialist staff to modify assessment tasks for students with additional learning needs. The school will be funding an additional 0.6 Learning and Support. The Department provides us with 0.9 Learning and Support staff. Additionally, the learning hub could provide a space for seniors to work with them when the Library is closed due to examinations and other variations. We have also been given 1.8 staffing of EAL/D so we will be looking at ways to utilise that staffing to support ESL students more intensively. In 2020 the school will fund an additional Deputy Principal, a Head Teacher Welfare and a Head Teacher Secondary Studies to provide additional support for our students

Staffing update Mr Thomas Golanoski from the Languages Faculty has been appointed to the full-time, permanent position of German/ESL Teacher at The Forest High School commencing January 2020. We are delighted that Tom was appointed. He has been an outstanding temporary teacher here for several years.

Presentation Night Thank you to the staff and students who led and assisted with the organisation of Presentation Night, particularly Mrs Jenny Power,

Head Teacher PD/H/PE and Mrs Pamela King, ancillary support who worked tirelessly on the program. It was a wonderful night of celebration.

Happy Holidays I wish everyone a safe and happy holiday season and a happy New Year. Teachers return on 28th January, Years 7, 11, 12 and Peer Support Leaders return 29th January with the rest of the students returning Thursday 30th January. We are looking forward to a challenging and rewarding year in 2020.

Rosemary McDowall, Principal



Deputy Principal's Report



If you have read any of my newsletter items this year you will have read the superlatives I have used to describe the work students and teachers do in this school and outside the school, day in and day out. So I will say one more time for 2019

what a wonderful, spirited school The Forest High School is. Thank you to the students, their families and our amazing teachers who put so much value in learning and helping to build amazing independent, knowledgeable and skilled young adults. I wish you a happy and safe Christmas period and summer vacation. See you in 2020.

Cathy Thompson, Deputy Thompson

Young Leaders of 2020

We are delighted that Imogen Talintyre in Year 11 has been included in an exhibition by photographer Nicholas Fiennes called "Young Leaders of 2020".

Imogen was one of 15 high school student leaders photographed by Nicholas. He also videoed them talking about contemporary topics such as mental wellbeing, racism, climate issues, equality, who inspires them and their aspirations.

Imogen said "Everyone has something to give, something they can add and provide value to society. I think if you judge someone or completely disregard someone based on the mistakes that they've made, you're erasing their ability to make amends for that and be better; 'cancel culture' is not something that'll benefit society, or anyone".

The exhibition was featured in The Sydney Morning Herald on Saturday 30th November.

Photo courtesy: Nicholas Fiennes



Wellbeing at TFHS 2020

Don't go through it alone! Talk to any one of your class teachers or someone below:



INTRODUCING.....

2020 HOUSE CAPTAINS



Lily Bryant (12)
Marcus Vilnis (12)



Halle Smit (9)
Willem Smit (10)



Wanita Leatherby (11)
Cameron Taylor (12)



Stephanie Portale (12)
James Harris (12)

CONGRATULATIONS TO.....

2019 HOUSE CUP CHAMPIONS ARES

**Ares have won the House Cup
for the 3rd Year in a Row**



**House Captain
Kai Johnston holding the
House Cup**

Year 12 Formal

We would like to acknowledge all of our Year 12 students who worked so diligently in preparation for their HSC examinations. Congratulations on your efforts and results. We wish you success on your new journeys. The Year 12 Formal, held at the spectacular setting of Taronga Zoo on 14th November, was a lovely evening, enjoyed by all and was a fitting way to say goodbye to the year group. Special thanks to Mrs Diggins, Year 12 Adviser for organising this wonderful event.





2019 Band Camp The Forest High School annual Band Camp was held from 19th-22nd November. 44 of our students stayed at Ingleside, enjoyed a performance opportunity at Manly Corso and a variety of music workshops. They finished off the week with a celebratory day at Raging Waters. Whilst this camp may not have been what was originally planned, due to the NSW and Queensland bush fires, all of our band students had a wonderful experience.

Rebecca Constantin, Relieving Head Teacher CAPA





English

Book Buddies In Week 7, two Year 7 classes visited their buddies in Year 5 and 6 at Seaforth Primary School to discuss the novels they have been reading. Our students had read the books first, designed a series of activities for the primary school students to complete and then posted them the books and activity packs. For this visit, which wrapped up the whole process, we filmed video blogs reviewing the books. Many thanks to the wonderful students who participated in this activity and the children at Seaforth PS for inviting us into their classrooms.



Year 9 Poetry Rowan Barker of Year 9 outshone with his powerfully moving poem which he performed in front of his English class with intense zeal and emotion. We commend Rowan on his confidence and tenacity in all the work he does and for expressing his sincere views on something so close to him.

English Assignment Term 3 2019

By Rowan Barker

Poem Title: Autism

Targeted with the weapons of the non-minority,
separated physically, mentally and by authority,
plagued by soothing fantasies of destruction,
seeking to obliterate my internal obstructions.
Often trapped in mental darkness, stranded,
seeking someone to no longer feel abandoned,
never seen as an individual to desire,
seeking to not just be another log in the world's fire.
Always attempting to make some friends,
often encountering fruitless dead ends.
Trapped by this omnipresent feeling of difference,
chained inside this psychological fence,
wondering if I'll have an excellent rest of my life,
contemplating if I shall have children and a wife,
knowing that I am sometimes perceived as weird,
pondering whether I will be disliked or endeared.
Feeling as if I have been branded,
Tormented by a world that has demanded,
That I am required to fit in,
The feeling of difference crawling under my skin,
Some say that the condition needs a cure,
It'd affect 24.8 million people, are they still sure?

Reflection

My poem 'Autism' concerns my autism, how I have to live with it, as well as how it affects my perception of others, while also illustrating that it can impact how I perceive myself. This is communicated in the line, "Tormented by a world that has demanded, That I am required to fit in," which helps to explain how I have always felt different to other people, with an ever-present pressure to be 'Normal', and trying to 'fit in', to create sympathy for me and others with the condition.

This idea is built upon and added to in the quote, "Always attempting to make some friends, often encountering fruitless dead ends," which details how I seek acceptance, by trying to construct a circle of people that understand me, which often isn't particularly successful or large.

The idea that autistic people are targeted is also explored in the quote, "Targeted by the weapons of the non-minority," which illustrates how I and others like me, are often targeted by certain people who irritate others, due to autistic people being often easier to get a reaction out of.

In contrast, Sabrina Benaim's Explaining My Depression to My Mother explores how depression limits a person's self-esteem, confidence, happiness, and how it 'chains' the people who are affected by it, which is exhibited in the quote, "Anxiety holds me a hostage inside of my house, inside of my head." The personification conveys how anxiety holds a person down, as it makes a person worry about everything they do.

Overall, my poem is significant, as it provides an insight into what living with autism is like, along with hopefully making people reconsider their opinions and challenging any prejudices they may have towards people with this condition. However, it differs to Sabrina's poem in a few key ways, as hers discusses an issue that has a more direct effect on one's self esteem, whereas my poem explores a topic that has an effect on how I try to fit in, but that feeling of difference always comes back.

The Forest High School supporting the local Tibetan community

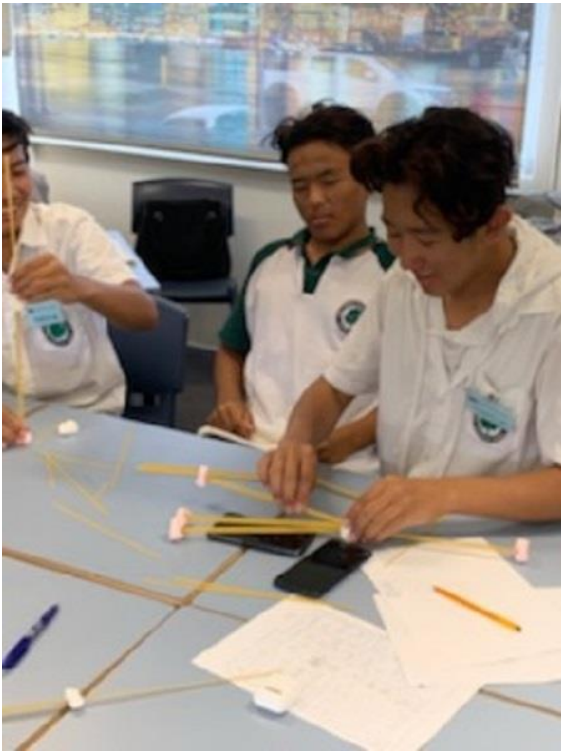
As a school we are deeply fortunate to have fifteen Tibetan students in Years 7-12. All of them have made positive contributions to The Forest, including partaking in The Forest Festival of Lights by selling homemade Momo Dumplings earlier in the year. On Saturday 7th December I was privileged to be invited by parents of The Forest High School to attend the 30th anniversary of The Dalai Lama Nobel Peace Prize at Mackellar Girls High School. It was wonderful to see some of our students participate in dance, singing and a basketball competition, consisting of teams from Dee Why, Gosford, as well as interstate. The event was a reminder of the peaceful and close-knit nature of the Tibetan community in Dee Why, which is now one of the largest Tibetan communities in Australia. As a member of the EALD Team, I am proud of their achievements so far, both academically and in the sporting arena. I look forward to working

with the Tibetan community into the future, so that they can continue to thrive at The Forest High School. They have brought important values of inclusiveness and cultural diversity to our wonderful school.

Ready Arrive Work Program Six of the Tibetan students from Year 10 also attended Mackellar Girls High School with myself to participate in a Ready Arrive Work program, preparing them for the workplace. During the three day program, they collaborated together to improve communication and social skills, as well as work on creating cover letters and resumes. This was an enriching experience for all of them. As part of the program organised by Jobquest, students also travelled to the Park Royal Hotel in Parramatta to meet industry leaders from different sectors, enhancing their exposure of employment opportunities in Australia.

Cameron Rowland, English Teacher





Congratulations to our students who received awards at the Silver Ceremony on Tuesday 26th November

Students received certificates in recognition of excellence, effort, achievement and participation in a range of school and extra-curricular activities including the Enrichment Program, School Band, Maths Competitions and Sporting Competitions. Some of them are pictured below



Year 10 Celebration of Education

On 27th November Year 10 dressed up and came together to celebrate all the hard work they have done at The Forest High School. Students arrived at Miramere Gardens and excitement levels were high, not just from them, but from their friends, family and teachers who came to support them. Most students started the night at the front of Miramere basking in the excitement and joy with their loved ones and making sure to capture the moment. The excitement levels did not drop as the students entered the ballroom. This was evident, as the students went straight to the dance floor and the photo booth where

Dylan Fisher, Year 10 Adviser

they could interact with each other making it a very inclusive night. Students were then served a three course alternate drop meal. As they were eating students from the SRC organised awards for students in their year, such as best dance and, my favourite, most likely to be Prime Minister. After students finished eating the dance floor was the place to be, with all the seats empty and there were some amazing dance moves occurring. All the teaching staff who attended were tremendously proud of all the students. Their behaviour and manner throughout the night was on par with their dance moves – exceptional.



Medieval Day On Friday 15th November students from Year 7 and half of Year 8 enjoyed a Medieval Day with a presentation of replica armour and equipment from this period. Students then engaged in castle building based on the information that they had learnt in class.



PDHPE

Year 7 Swim School In Weeks 8 and 9 Year 7 enjoyed two days of Swim School at Manly Boy Charlton Aquatic Centre. With the assistance of Year 9 Fitness Leaders, students' swimming skills were improved and a lot of fun was had. The third day of Swim School was spent at Long Reef Beach where students learnt surf education and spent the day boogie boarding and surfing.



Science

As 2019 draws to a close I would like to thank the students and staff for their on-going work in Science throughout the year. We have had a packed calendar including excursions to Taronga Zoo, Science in the City, University of Sydney, Sydney Water, ANSTO and

Gibberagong National Park. After such a busy year I wish all students and staff a safe and restful holiday and look forward to all the learning 2020 has to offer us.



In 2020 we have decided to invest in a common textbook called Good Science across Years 7-10 to help support continuity for students and to act as a reference to support student learning. Textbooks will be available for use in all Science classrooms for classroom activities. We have selected this text for the following reasons:

- Each syllabus dot point is covered over a double page in a clear and concise way
- Consistent layout throughout the book helps to support students with additional learning needs
- Key vocabulary is included on each page to help support students' literacy development
- Each page has a series of checkpoint questions to allow students to track their progress
- The book contains a wide variety of practical activities to support the development of working scientifically skills
- The book covers a whole stage (Stage 4 is Year 7 and Year 8, Stage 5 is Year 9 and Year 10). This means that parents only need to buy a new book every two years rather than every year
- External VALID testing completed by students in Year 8 and Year 10 is a stage based test and therefore assesses learning from across the two year period. This book allows students to review learning from across the two year in one place for these assessments.
- In 2020, all students will sit a topic test for each module (one per term). The textbook will give students a reference to use when completing at home revision for these tests.

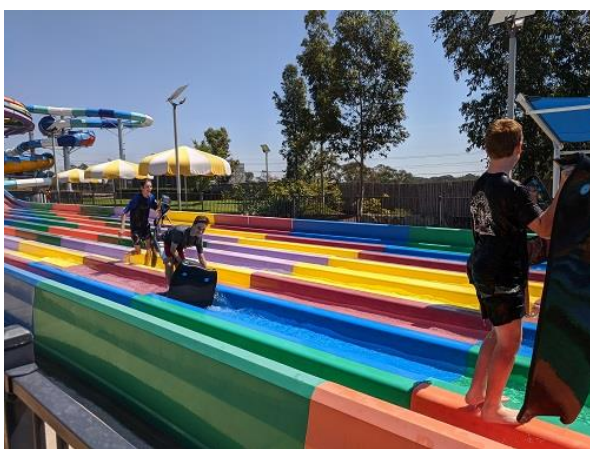
To support at home learning we encourage parents to consider purchasing a copy of the relevant book for their child. The book can be purchased as a physical textbook or as a digital online subscription. In early 2020 a letter will be sent home allowing parents to order the relevant textbook + digital access code from school at a discounted price of \$60 (RRP \$79.95) or just the digital access code for \$46 (RRP \$49.95)

The introduction of in class topic tests and the Good Science textbooks will replace the use of the Stile App as an assessment and learning tool in Science lessons in 2020.

Lucy Sturley, Relieving Head Teacher Science

Year 8 & 9 Raging Waters

The combined Year 8 and Year 9 trip to Raging Waters on 28th November was a relaxing and enjoyable way for the students to celebrate the end of year.





SRC

Festive fun! This week students were able to have their photos taken each day with Santa in the school library – pictured here are some of our students with Santa Shaw and Miss Wallace, Mrs Power and Ms Yam.





Spreading Christmas Cheer! Continuing our relationship with The Northern Beaches Hospital our students handed out home-made gifts to patients and visitors on Monday 9th December. Over the last few weeks students have embraced their creative side by designing the gifts – beautifully made cards, gift bags, origami Christmas tree decorations and reindeer bookmarks. The individually named teddy bears made by our Support Unit students were extremely popular in the maternity ward.



Wishing
all a safe
and fun
summer
from
TFHS!





2020 Peer Support Leaders

Congratulations to the following Year 9 students who have been elected as Peer Support Leaders for 2020.

Josh Abbott	Jessie Heriot
Ryan Astronomia	Zach Herrmann
Beth Battista	Emily Hyett
Leonie Beaugeard	Anastasija Ljubcic
Lily Beharrell	Dale Mapstone
Tahlia Bowers	Skye McPhee
Jackson Brown	Chelsea Nash
Em Callaghan	Joshua Nesci
Melangell Chandler	Mitchell Norton
Tenisha Cosentino	Anneliese Pamp
Emily Costa	Pablo Pellicer
Katherine Date	Liam Pooley
Jono Davies	Kathlyn Richards
Harshdeep Dayal	Jami Seale
Jack Dennehy	Rhyse Sharma
Jemma Dixon	Halle Smit
Poppy Dove	Kye Sparks
Katelynn Doyle	Zara Stewart
Kimberley Doyle	Hamish Stoddart
Jade Elliotte	Harvey Sturley
Oliver Fairchild	Lucas Szmajda
Lachlan Grigg	Dylan Thurbon
Matisse Guzzo	Callum Van Schie
Jess Groom	Ashton Yates

Term 1 2020 Events

28 January	School Development Day – staff only
29 January	First day of Term 1 2020 – Years 7, 11, 12 & Peer Support return
30 January	First day of Term 1 2020 – Years 8, 9, 10 return
11 February	2019 Graduate Assembly
17 February	Swimming Carnival
24 February	Year 7 Elevate
25 February	Year 10 & 11 Elevate
26 & 27 February	Musical Camp
4 March	Open Night
10 March	Year 7 & 12 Parent Teacher Interviews
11 March	Year 11 & 12 Minimum Standard Testing
13 March	Zone Swimming Carnival
17 March	Year 6 into 7 GAT Test
18 March	Year 11 & 12 Minimum Standard Testing
24 March	Year 6 into 7 GAT Test
26 March	Year 9 & 11 Parent Teacher Interviews
1-3 April	School Musical
9 April	Cross Country
10 April	Last day of Term 1
27 April	School Development Day – staff only
28 April	First day of Term 2 – students return

P&C News



P&C NEWS



Uniform Shop - opening hours:

Monday - 8.00am to 9.30am

Thursday - 2.00pm to 3.30pm

The Uniform Shop will also be open on Saturday 25th January from 9.00am to 12 noon.

P&C Fundraising through NESAs 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!

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Thank you for your festive spirit and support

BELROSE netball inc.

Registration Opens 2nd January 2020

We are seeking players to join our family friendly club. At Belrose it's not about being THE best. It's about being YOUR best. Registration for the 2020 season is open 2nd January 2020. You can register on the My Netball website or visit our website.

Come and join us at Belrose to have fun, make friends & get active!

www.belrosenc.nsw.netball.com.au

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