



**Recognising our 2019 Distinguished Achievers** On Tuesday 11th February we celebrated the 2019 graduating group of students who excelled academically, creatively, on the sporting field and as global citizens throughout their years at The Forest High School. Overall 22 students achieved a result in the highest band possible for one or more courses, thus making the NSW list of Distinguished Achievers for the Higher School Certificate in 2019. They were presented with The Forest High Distinguished Achievers Certificate at a special assembly, followed by morning tea.

A Forest alumni, Professor Peter Ralph, spoke to the students, staff and parents about achieving your potential and how your passion can take you places you did not believe possible. Peter is an accomplished, internationally-respected academic and research leader. He is a Professor of Marine Biology and the Executive Director of the Climate Change Cluster in the Faculty of Science at The University of Technology Sydney. Despite some of our graduates being away travelling or working, the school was excited to celebrate their achievements in the 2019 HSC.

## Principal's Report

**Welcome Back** Welcome back to all staff and students. We had a large number of new students join our community. The school population is now 810 students. Term 1 is a busy one with significant events such as Open Night, Year 7 Camp, the Musical,

sporting events, Swimming Carnival and Cross Country.

**2019 HSC Results** Congratulations to our 2019 HSC "Distinguished Achievers" who achieved 41 Band 6 results and to "All Rounder" Emma Beukers and "Top

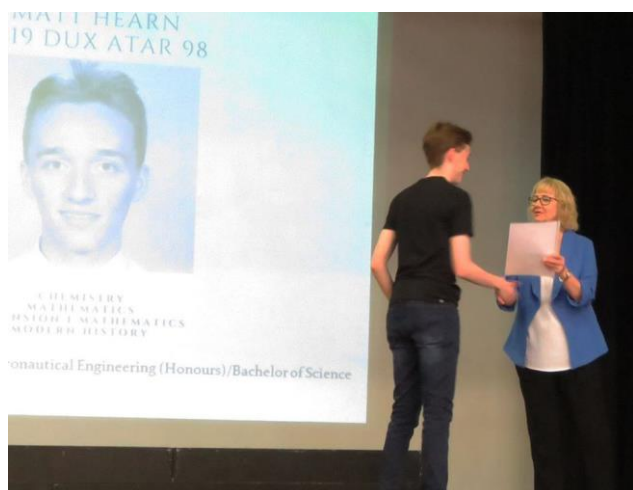
Achiever", Tara Mapstone, 4th in the State in Hospitality. Additionally, this cohort achieved 122 Band 5 results. Matt Hearn, Dux, achieved an ATAR of 98, with other high achieving students receiving ATARS of 97.70, 95.35, 94.15, 93.75 and a number with ATARS in the 90s and high 80s.

This high performing cohort received 33 early offers to universities including: UNSW, Sydney University, University of Canberra, UTS, Australian Catholic University, Macquarie University, Newcastle University and Western Sydney University. In UAC Rounds, 77 offers for university placements were received by our

students and the majority of our students received first round offers in their chosen courses.

We are incredibly proud of these students and their teachers.

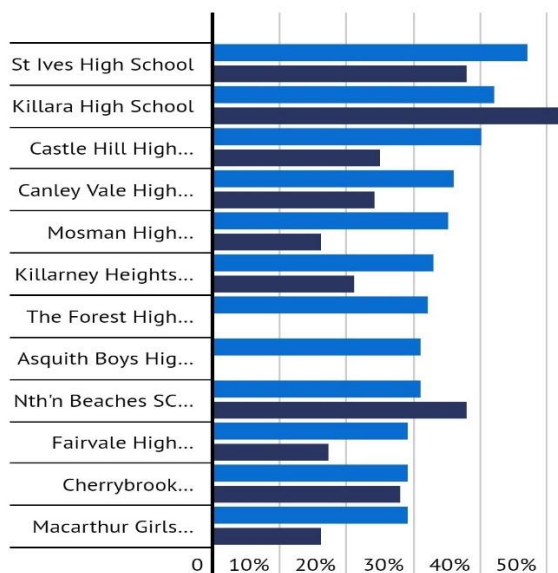
**Top 10 Comprehensive Public Schools for Mathematics** The Forest High School was ranked 7th in 2019 HSC Mathematics results achieved by comprehensive public schools. The HSC cohort achieved 17 Band 6 results in Mathematics.





## HSC 2019: Top 10 comprehensive public schools for mathematics

Based on results in Mathematics, Maths Ext 1 and Maths Ext 2



**Staffing update** We have a number of new members of staff who have joined us: Parvinder Budden and Courtney Turner, English Faculty. Gina Lockett, Mathematics Faculty, Jackie Aroyan, TAS and Natalie O'Toole, PD/H/PE Faculty. Jackie Aroyan is replacing Clare Diggins, who was merit selected for a position at Mosman High school and Natalie O'Toole is replacing Kurt Neely, who is on secondment to Norfolk Island for 2020. Catherine Walker has joined us as a second Counsellor, three days per week, replacing Cat Martin. On the support staff, Carol Musik has joined as Science Assistant and Ben Argue as School Learning and Support Officer.

**Kiss and Drop** I strongly encourage parents and carers to use the "Kiss and Drop" in the Western car park rather than entering the Eastern car park adjacent to the hospital. The Kiss and Drop has a safe drop off area and parents can enter and exit at the

traffic lights. The Eastern car park is quite congested in the morning. It is not safe to have cars turning around and exiting the Eastern car park whilst staff are entering and students are alighting from school buses.

**Attendance Policy** Regular attendance at school is essential for students to achieve quality life outcomes. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Parents or carers of compulsory school age are responsible for ensuring their child attends school every day. Children must commence school by age 6 and then complete Year 10. After Year 10 and until they turn 17, students must be:

- In school or registered for home schooling or
- In approved education or training (e.g. TAFE, traineeship, apprenticeship) or
- In full-time, paid employment (average 25 hours/week) or
- In a combination of work, education and/or training.

Enrolled students 17 years and over are required to attend school regularly to meet Higher School Certificate course requirements.

Parents must ensure their children attend school every day. Your child may need to be absent from school. Justified reasons for student absences may include:

- Being sick or having an infectious disease
- Having an unavoidable medical appointment
- Being required to attend a recognised religious holiday
- Exceptional or urgent family circumstances e.g. attending a funeral

Parents must provide an explanation for absences to the school within 7 days from the first day of any period of absence. Where an explanation has not been received within the 7 day timeframe, the school will record the absence as unjustified.

<https://policies.education.nsw.gov.au/policy-library/policies/school-attendance-policy>

**Rosemary McDowall, Principal**



**'Blue' Awards Winners** We send our congratulations to Year 12 2019 students Aaron Gurd and Luke Brown who are both recipients of Sydney North Schools Sports Association 'Blue' Awards for 2019. Aaron was recognised for his outstanding achievements in Football and Luke for his achievements in Baseball.

The Annual Awards Presentation was held at Hornsby RSL Club on Tuesday 11 February. Aaron and Luke are pictured with our Principal Ms McDowall and Deputy Principals Ms Thompson and Mr Finley, who attended the ceremony with Aaron and Luke - we are very proud of you both!

## Year 7 Deputy Principal's Report

Students have had a great start to the year so far as we welcome our new Year 7 group to the school. Going from the biggest kids in their primary school to the smallest again at The Forest has been a bit of a shock, but it wore off quickly. Year 7 has been working with Year 10 students in Peer Support to feel more

comfortable with the school, each other and the older students which has been very successful. Year 7 will soon be off on their Year 7 camp to The Great Aussie Bush Camp in Kincumber, where they will have a great range of opportunities to bond as a year group in an exciting range of activities



Another key event coming up is our Year 7 and 12 Parent Teacher Night. This is taking place on Tuesday of Week 7 (10/3/20) and will be a great opportunity to hear how your child is settling in to their classes and progressing in class activities. Be sure to book appointments through the Sentral Parent Portal. It can be a bit harder for high school parents to stay informed of what is happening in school and in the

classroom, as students have multiple teachers each day. Being informed is vital to being able to support your child so please keep reading the newsletter, messages in the Sentral Parent Portal and emails from the school to stay informed. If there is anything of concern you can also call our office who can put you through to the relevant teacher or myself to help.

**Peter Santamaria, Year 7 Deputy Principal**

## Wellbeing





### Back to the 80s! Update

Since late October 2019, 35 students from Years 8-12 and 4 teachers have been on a journey back in time to the 1980's as they prepare for the upcoming musical. **Back to the 80s!**, written by Neil Gooding, takes us back to an era when bubble skirts and blue eye shadow were cool, the Atari was cutting edge technology and Michael Jackson and Rick Astley were kings of pop.

The start of the school year began early for our enthusiastic and dedicated cast members as they attended a holiday rehearsal on 21 January. Since then, rehearsals have continued twice a week on Wednesday and Thursday afternoons, where the cast and crew have made great progress working to put together this complex production. Come along

and relive the 1980's and support our fabulous students who have been working tirelessly to prepare for this production. Shows are at 6:30pm on 1, 2 and 3 April. Who knows, you might even witness some extra special performers on the stage!

*I am Corey Jnr. I am a senior at high school who likes the girl next door. I auditioned for the musical as I really enjoy putting myself into the shoes of another character. I like to challenge myself to do more than I think I can and I like to meet new people. The rehearsal period has been amazing. We have worked so hard as an ensemble and we have all grown in so many different ways. I believe people should come to the show because of the amount of effort we have put into it - this is no longer just a high school musical, this is a professional musical put on by students and staff. I would like to add that without the teachers' coaching and help with our vocals and our acting this would never come together. We are all in debt to the teachers for their commitment to us and this musical.*

**Written by Jono.D playing the character Corey Jnr.**

*My role in the musical is being a part of the full ensemble and the featured female singer. I auditioned for the musical because I have always loved the elements of theatre that involve dancing, singing and acting. I have previously been a part of other proper musical productions in the last couple of years, thoroughly enjoying each show. I really hoped to be able to finally be in the school musical before I graduate as I had not successfully been chosen for the other productions.*

*People should come to the show to reminisce, look back on the past and hear some Australians/Aussies trying to sound American. Though I can't say the show exactly contains the most original storyline, I have confidence that there are moments throughout the show which I'm sure people will enjoy, even if it's just getting the chance to see a bunch of high schoolers pretend they know what it's like in the 80s or singing along to the beloved hits we have from the past.*

**Written by Hope.F**

*I play the role of Mr Cocker. I auditioned because I love musicals. It was a great opportunity to hang out with my friends, sing and act more than I would get to otherwise. So far the rehearsal period has been amazing. Sure, it can be stressful and daunting but overall it's been the best part of my week. I look forward to it and then once it's over I start waiting again. Why should people come? It's a night of entertainment listening to 80's music and getting to see some of Forest's best performers showcasing what they've been working towards for the last 6 months. Why wouldn't you come see the show?*

**Written by Sam.K playing the role of Mr Cocker**

*I play the role of Debbie Fox who is a dreamy, boy-obsessed teenager. I auditioned for this musical because I am very passionate about the performing arts and love being a part of the creative process that goes into a musical which requires a lot of skill, cooperation and teamwork. The rehearsals have been a delight to go to. Every week I look forward to what we will be rehearsing and there is no doubt that each individual has grown throughout our time during rehearsals. As a team we have already achieved so much and have really formed a family. My relationships with the teachers and all the other students have grown much closer and I love being able to work with such an amazing group of people every week. The musical itself is like no other. It is a high-energy musical with a contemporary flair filled with all your favourite greatest hits from the 80s. It's got something for everyone no matter your age so come join the class of William Ocean High School as they experience the fun and heartbreak of growing up in a totally awesome decade.*

**Written by Emily.C**

## English

The annual *Yarrabee Short Film Festival* held in the last week of school last year was a sensational hit yet again with staff and students. The theme for the festival was "Freedom" and there were a tsunami of quality entries. The students' passion for film making and their ability to express a message in a unique way was clearly evident in all of the entries. Overall, we had over 50 entries, involving one hundred students. Although I believe all participants are winners, there could only be one winner and that honour went to Rowan Barker and his film entitled "*Un-freedom*" which captivated and moved the entire school community. So, congratulations Rowan on a splendid film. We also had the inaugural 'People's Choice Award' which enabled students and teachers to vote at the end of the viewing all films. This popular award went to the Year 10 all boys group called "Team 11" with their fascinating interpretation of the concept of 'Freedom'. The *Yarrabee Short Film Festival* showcases the wonderful school spirit here at The Forest High School and continues to be an absolute highlight at the end of each year. I am very much looking forward to discovering what the students will create in 2020.

Here is a web link to Rowan's film - [bit.ly/rowansfilm](https://bit.ly/rowansfilm)

**Ms Karin Nixon, Film Festival Coordinator**



## Maths

Welcome back to 2020. Term 1 has seen classes settle back into routine. All students should now have a calculator, workbook and a text book on loan for the year. We have encouraged students to use the online version of the textbook at home and leave the textbooks in class. Students in Years 7 to 10 have been issued passwords for Mathspace and Mathsonline and

we encourage them to use these programs on a regular basis. The Mathematics teachers are recording homework using Sentral. Parents and students may check this in the Parent/Student Portal. The Mathematics staff run a help desk every Monday at lunchtime in E1007 for any students requiring some extra assistance with classwork or their assignments.

**Mathematics Olympiad** – Students in 7S, and our top 2 Year 8 classes 8A and 8B, will soon be given a note about the Mathematics Olympiad. This is a 5 week competition run through Terms 1, 2 and 3 testing students' problem solving skills. Students are asked to return the note and \$6.50 to the Mathematics staff room. Any Year 7 students not in 7S who would like to join the Olympiad team need to come to the Mathematics staff room to collect a note.

**Mathematics Competition** – Notes are also available for the Mathematics Competition. This will be held in Term 3, however, notes and a \$6.50 entry fee need to be returned to the Mathematics staff room. There are 3 competitions: Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). Students who enjoy problem solving and wish to challenge their mathematical ability should ask their Mathematics teacher for a note.

**NAPLAN** – The NAPLAN tests for Years 7 and 9 will be online this year and will run from the 12 to 22 May in

online this year and will run from the 12 to 22 May in Term 2. The students will undergo regular revision in their Mathematics class to assist in their preparation for these tests. We will also do a more formal practice test with Year 7 and 9 as the test gets closer. If any parents would also like to assist with preparation there are revision books available at most newsagents or I would recommend utilising Mathspace and Mathsonline for revision. We ask all parents to assist by ensuring students have the equipment required each lesson. Students often need a few reminders. Please look through their workbooks on a weekly basis. Ask questions about the work being done and praise neat and completed work. It is important all students have a solid grasp of their time tables and basic number facts and use mathematics on a daily basis, not only at school. Discuss the use of mathematics in your job and in daily life. Please contact your student's class teacher if you have any concerns during the year.

**Mrs Karen Gourlay, Head Teacher Mathematics**

#### **Assessments Term 1:**

<b>Year 7</b>	<b>- Assessment Test 1 Week 7</b>
<b>Year 8</b>	<b>- Assessment Test 1 Week 8</b>
<b>Year 9</b>	<b>- Assessment Test 1 Week 8</b> <b>- Assignment 1 – Earning Money</b>
<b>Year 10</b>	<b>- Assessment Test 1 Week 11</b> <b>- Assignment 1 – Spreadsheets</b>
<b>Year 11</b>	<b>- Standard Week 10 and Advanced Week 11</b>
<b>Year 12</b>	<b>- Standard and Advanced Week 9</b>

## PDHPE

On Monday 17 February we held our annual Swimming Carnival at Warringah Aquatic Centre and it was great to see everyone getting involved in the pool or supporting from the stands and, as usual, our Year 12s were amusingly dressed for the occasion. Special congratulations go to our record-breaking students - Kimberley Doyle in Year 10 (16 Years Girls 200m Freestyle and 16 Years Girls 100m Backstroke);

Katelynn Doyle in Year 10 (16 Years Girls 100m Backstroke) and Gabriel Bertozzi in Year 8 (14 years Boys 50m Butterfly). Well done to the staff who narrowly took home the win in the Teachers v Students race and to Ares who won the House Cup after winning the most house points on the day. Here are just a few photos from the carnival but there are many more on our school website.

**Mrs Jenny Power, Head Teacher PDHPE**





### NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10	Meningococcal ACWY vaccine	Single dose

*Parent Information Kits* that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
  - return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic

Please note that if a student is absent from a clinic they will be offered any missed doses at subsequent clinics during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 (for Meningococcal ACWY vaccination). **They do not need to go to their GP for these vaccines because they are absent from a clinic.**

The following short videos have useful information about the vaccines and how the school immunisation clinics run.

HPV and dTpa - <https://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect>

Meningococcal ACWY - <https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect>

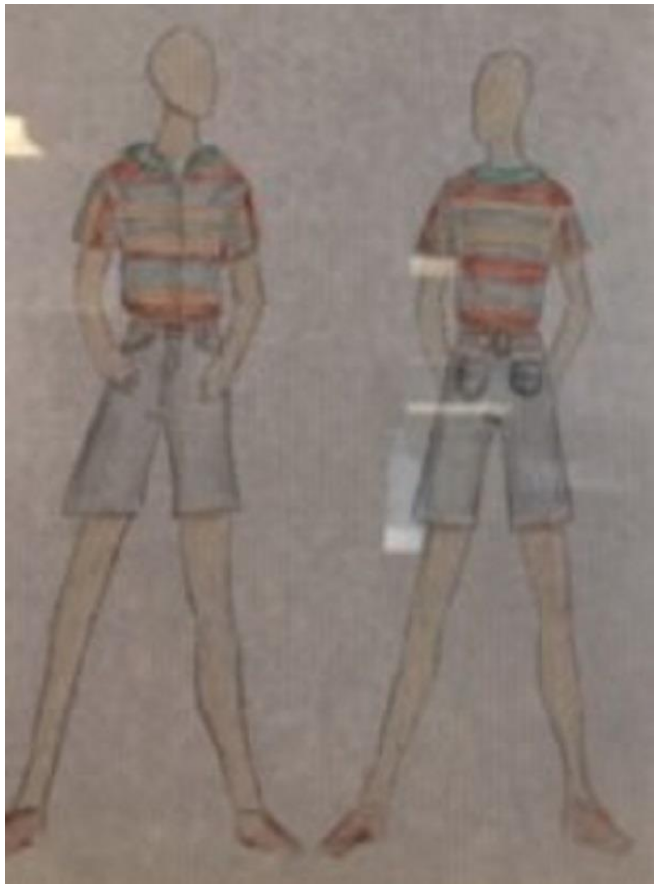
Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at

[www.health.nsw.gov.au/immunisation/Pages/withdraw\\_consent.aspx](http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx)

**A Record of Vaccination card will be provided to each student vaccinated at each clinic. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.**

## TAS

In Technology Mandatory classes our Year 7 students are getting to know one another through teamwork and collaboration and our Year 8 students have been generating creative ideas and exploring how illustration works within design projects.





## Careers

**The Forest High School Careers Website** Our School Careers Website can be found at [www.theforestcareers.com](http://www.theforestcareers.com). It's a "One Stop Shop" for your child's needs with their Career Planning, information on HSC and Post School Options and much more. Students can also use it to create and save their resume.

The site is also designed with you, the parent/caregiver in mind, to provide you with all the information you need about your child's Career Planning and post school options – and the information is constantly changing in these areas. This is a great opportunity for parents, particularly those with students in the senior years, to keep abreast of current offerings for our students, including university/ TAFE/private college open days, study sessions, GAP year programs, work experience and job opportunities.

The screenshot shows the homepage of The Forest High School Careers Website. At the top, there is a navigation bar with links: Home, Sitemap, Book an Appointment, and The Forest High School Careers - Home. Below this is a header section with the school's logo and a list of categories: IMPORTANT INFORMATION, HSC/ROSA, POST SCHOOL OPTIONS, WORKPLACE LEARNING, FOR PARENTS, and FOR STUDENTS. The main content area features a large video player titled "The Future of Work" with a play button and a progress bar. To the right of the video, there is a section titled "The Forest High Careers" with a description of the site's purpose and a list of services: You can use this site to locate University, TAFE and any other type of course across Australia, get information about the HSC, search for job vacancies and much more. Feel free to drop into the Careers Office if you have any questions. Below the video and text, there are three smaller images: "Find a Career, Course or Scholarship", "Message Board", and "Career Targets (2018 Edition)". At the bottom, there is a section for "Sort through more than 450 job descriptions to find ones that appeal to you" with a search bar and filters for "Careers", "Courses", and "Scholarships". There is also a section for "UAC GUIDES NOW AVAILABLE!" and a "Please Select a Career Target" section with a diagram of career paths.

**Year 10 Work Experience** Work Experience is on in Week 9, Term 2. All Student Placement forms are due back by the end of Week 11 Term 1. It is expected that all students will attend work experience as it is such a valuable learning experience. If your child is experiencing difficulties finding a placement, please encourage them to visit me in the Careers Office for advice.

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

**Annika Williams, Careers Adviser**

SRC

## Valentine's Day was celebrated at The Forest High School with flowers, cupcakes and smiles!





## Term 1 2020 Events

2 March	Clean Up Australia Day – Year 7 only
4 March	Open Night – 5.30pm to 8.00pm
10 March	Year 7 & 12 Parent Teacher Interviews – 3.45pm to 7.30pm
11 March	Year 11 & 12 Minimum Standard Testing
13 March	Zone Swimming Carnival
17 March	Year 6 into 7 GAT Test – 9.30am to 12.00pm
18 March	Year 11 & 12 Minimum Standard Testing
24 March	Year 6 into 7 GAT Test – 4.00pm to 6.30pm
25 March	School Council Meeting – 6.00pm P&C Meeting – 7.00pm
26 March	Year 9 & 11 Parent Teacher Interviews – 3.45pm to 7.30pm
27 March	School Photos
30 March	School Photos – Make-up Day Meet the Principal – 9.00am
1-3 April	School Musical
9 April	Cross Country Last day of Term 1
10 April	Good Friday Public Holiday
27 April	School Development Day – staff only
28 April	First day of Term 2 – students return

**SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:**  
Friday 27 March 2020 and Monday 30 March 2020

ORDER NOW go to [www.advancedlife.com.au](http://www.advancedlife.com.au) and enter the code  
**GNR Z77 9NB**

School photographs are scheduled to be taken by advancedlife. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at [www.advancedlife.com.au](http://www.advancedlife.com.au) using our school's unique 9 digit advanced order code. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to [enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au)

**GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES**

The Forest High School will be holding a GATS Test for local enrolments (in area) on  
**Tuesday 17 March from 9.30am to 12.00pm**

If you are unable to attend on the 17th, the make-up test will be held on  
**Tuesday 24 March from 4.00pm to 6.30pm**

**Please ring the school on 9451 5111 to register by Friday 6 March.**

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**OPEN NIGHT – Wednesday 4 March 2020 from 5.30pm to 8.00pm**

Parents and students are invited to attend The Forest High School Open Night  
The evening includes an address from the Principal & School Captains; displays & activities from each faculty; school tours; music, dance & drama performances; teachers & parents will be available to answer questions.

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**MEET THE PRINCIPAL – dates for 2020**

Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowall, have a school tour and ask any questions you may have about The Forest High School and starting high school.

No need to book – just come along at 9am on the day!

**Monday 30th March – 9am**  
**Monday 11th May – 9am**  
**Monday 17<sup>th</sup> August – 9am**  
**Monday 16<sup>th</sup> November – 9am**

# TFHS Extras...

**Did you know that the following clubs / activities are on offer for you:**

When?	What?	Where?
Monday 7.15am	Concert Band	PAC
Monday Lunch	Maths Helpdesk	E1004
Tuesday 7.15am	Wind Ensemble	PAC
Tuesday Lunch	Anime Club – Mr Ye Debating/Public Speaking – Mr de Montfort	D1001 English Faculty in A Block
Wednesday 7.15am	Concert Band	PAC
Wednesday 3.00pm	Stage Band	PAC
Thursday - lunch	Choir – open to everyone from all years so come along and have a sing with us. No fee!	D1010
Thursday 3-4pm	Beyond the Bell – Miss Sweeny All students are welcome. Help with homework and assessments.	Library
Friday – lunch	Magic The Gathering Club – Mr Ye	D1001
	Dance Ensemble	PAC

**We also offer Art Club – lunch times as required – see Mr Juric or Mr McGrath in the CAPA Staff Room**

## **Welcome back everyone to another fun year at The Forest High School.**

### **P&C Evenings**

The P&C would like to welcome all our parents back for 2020 but a special welcome to the new parents (Year 7 and all other years) to the school and we hope to see you all at our P&C evenings throughout the year.

P&C evenings are a time where you as parents can come to a relaxed and enjoyable evening to experience and listen to what is happening at the school. At each evening a presentation is given by a head teacher about a topic or a learning experience that the students are participating in with their class or peers. As a parent you have the chance to raise any questions about any matter you have, which can be discussed on the night.

I hope to see as many parents coming to the P&C evenings this year to enjoy and take part in continuing to promote this wonderful school, teachers and of course our children. Please feel free to email me anytime.

Thank you.  
Amanda Shaw  
P&C President  
Email: [amandamooshaw@gmail.com](mailto:amandamooshaw@gmail.com)

Please visit our P&C Facebook book page:

[https://www.facebook.com/groups/1894258124123121/?ref=aymt\\_homepage\\_panel](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

### **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

## Community Notices



ROYAL NORTH SHORE HOSPITAL SCHOOL PRESENTS

### The Lighthouse Series

The Lighthouse Series aims to provide the best speakers in positive mental health and wellbeing to meet the needs of our community of educators, parents and children.

We will provide highly recognised and respected speakers throughout 2020 to:

- raise awareness
- provide support mechanisms
- provide resources
- build a kinder community

#### Tasha Broomhall - Are you blooming?

*Do we need to stop talking about mental illness, and start talking about mental wellbeing?*

With increased focus on mental illness in recent years, yet seemingly with no decrease in mental health problems and an increase in suicide, what can we do as individuals and communities to create change and help ourselves and others to bloom?



Tasha Broomhall is the Director of Blooming Minds and has been providing mental health and wellbeing programs for 18 years. Tasha holds a Master of Science Psychology; is undertaking a PhD in Workplace Mental Wellbeing and is an Adjunct Senior Lecturer with the University of Notre Dame, Fremantle. Tasha's work has been recognised with the ICCWA Suicide Prevention Award.

Date: Monday 2 March 2020

Time: 6pm - 7.15pm

Venue: Auditorium, Kolling Building, Royal North Shore Hospital, cnr Reserve Rd and Westbourne St, St. Leonards

Tickets: [Click here - Eventbrite.com.au](#)

Contact: Vanessa Murphy, Principal (02) 9463 2280 | [vanessa.murphy@det.nsw.edu.au](mailto:vanessa.murphy@det.nsw.edu.au)



Education  
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Royal North Shore Hospital School

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Would you like to be part of a team that really makes a difference? Join us at CPA as a disability support worker and enjoy access to world-class learning and development.

Work locally with great pay and flexible working hours, with full training and support provided. Whatever your background, all you need is a driver's licence, enthusiasm, passion and care for others.

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Email [careers@cerebralpalsy.org.au](mailto:careers@cerebralpalsy.org.au)

Visit [cerebralpalsy.org.au/work-with-us/careers/](https://cerebralpalsy.org.au/work-with-us/careers/)

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