



NEWSLETTER

WEEK 10 TERM 2 2020



Education



PRINCIPAL'S REPORT

Rosemary McDowall

We have made it through Term 2 in spite of all the restrictions imposed by COVID 19. The good news is that the majority of school-based activities will be recommencing in Term 3.

Schools continue to be safe and operations are in line with AHPPC and NSW Health Guidelines. Existing infection control protocols at schools and new health and safety measures put in place will help maintain the health and safety of students and staff. All activities permitted at school are safe and appropriate in a living with COVID 19 environment.

The majority of school-based activities can recommence as long as the relevant hygiene, distancing and safety protocols are adhered to by visitors and external providers:

As of Term 3 the following activities for students will be allowed:

- All school sport and activities including competitions aligned with current health advice
- Inter-school student events and competitions (choirs, sport, debating, public speaking, performing arts, etc)

- School incursions involving external providers
- P&C meetings
- Parent and Teacher meetings - where these need to take place for serious matters
- Official visitors and dignitaries
- Work experience for students
- VET work placements
- School-based apprenticeships and traineeships
- Community use activities

We are awaiting Department reconsideration of the following events:

- School camps
- Excursions
- Parent attendance at assemblies and other events
- Large group gatherings

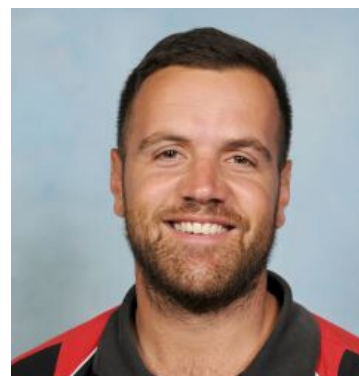
COMMUNITY CONCERNS

Whilst there is no requirements for social distancing at school, the need to socially distance in the community remains. We have had a number of concerns raised by community members about students in large groups in local shopping centres and restaurants. There have also been concerns raised about students on public buses. We are reminding students about these concerns.

FAREWELLS

We extend our congratulations to two members of staff who were successful in gaining a promotion through merit selection. Julian Floriano will be taking up a position of Head Teacher Welfare at Cecil Hills High School in Term 3. However, we are fortunate that Mr Floriano will be returning to teach his Year 12 class until the end of Term 3. Leslie Pitt has accepted a secondment for Terms 3 and 4 to the Aboriginal Education and Wellbeing Team. We sincerely hope he will return in 2021.

Both these teachers have made a very positive impact at The Forest High School. They are outstanding teachers who have made significant contributions to whole school initiatives and in their classrooms. Mr Floriano has played a key role in improving student wellbeing and Mr Pitt has led Aboriginal Education in the school and supported Aboriginal students to achieve and thrive. They will be missed by the community and it is with sadness that we say farewell. However, it is fantastic for them to be taking the next step in their careers and I know they will continue to make a positive impact for students in the NSW public schools.



ENJOY THE BREAK

I want to wish students and staff a peaceful, happy holiday break. It has been an incredibly challenging term for all of us including parents and families. I know Year 12 students will be preparing for their trial examinations, but I hope they take some time out to relax as well. They have worked extraordinarily hard this term and are to be congratulated on their maturity and diligence.

ROSEMARY MCDOWALL PRINCIPAL

Term 3 2020 Events

- 3 July - Last Day of Term 2
- 20 July - School Development Day - staff only
- 21 July - First day of Term 3 - students return
- 29 July - School Council 6pm; P&C Meeting 7pm
- 31 July - Drama HSC Trial/Performance Night
- 3 August - Education Week
- 3-14 August - Year 12 Trials
- 11 August - Year 7 Gala Day
- 17 August - Meet the Principal - 9am
- 18 August - Year 8 into 9 Parent Evening
- 20 August - MADD Night
- 27 August - Senior Soiree



DEPUTY PRINCIPAL'S REPORT

Mathew Finley, Deputy Principal

"The knowledge that you have emerged wiser and stronger from setbacks means that you are, ever after, secure in your ability to survive. You will never truly know yourself, or the strength of your relationships, until both have been tested by adversity. Such knowledge is a true gift, for all that is painfully won, and it has been worth more than any qualification I ever earned".

JK Rowling, *Fringe Benefits of Failure and the Importance of the Imagination*

2020 has been a year of adversity. Many of our families have been impacted by tragedy this year, first by the bushfires, and now through the Covid crisis. As our community has emerged from these traumas, the challenges of re-engaging with "life as normal" have tested many of us.

The past few weeks have been particularly challenging at The Forest. Anti-social behaviour has increased dramatically. Unfortunately, this trend appears to be widespread throughout the Northern Sydney area, with the same surge in cases being reported by my Deputy Principal colleagues, in both public and private school sectors, and our Police Liaison Officer. Every day, schools across the state are asking for advice or strategies as to how we best manage this challenging time.

Children will make mistakes. They will take risks. They will push, and at times break, the boundaries of social norms. Sometimes their behaviour will even place them at risk of legal action. But they are our children, and accepting responsibility for their actions and emerging wiser from their experiences is the path we walk with them.

Talk with your children about how to manage conflict. Help them to imagine why another child might be acting out, and the steps to resolving these issues peacefully and appropriately.

Closely monitor your child's social media use. If they are receiving inappropriate messages from other children, ensure it is recorded and communicated to the school.

We will work with your children to mediate conflicts. We do not have a magic wand that fixes grudges or restores friendships, but open dialogue and empathy for others goes a long way to support the rehabilitation of those who are struggling to act appropriately. When we treat all children as our own, we can emerge from this time of crisis stronger and wiser.

WEDNESDAY LEAGUE

One of the good news stories to emerge from lockdown is the success of our Wednesday League. The following extract is from the Department of Education website, and acknowledges the achievement of Forest High students in creating industry standard sports coverage, with help from some of the most celebrated commentators in world football.

SPORTING IDEA IN A LEAGUE OF ITS OWN

A group of HSC students has taken the idea of lunchtime footy to new levels. Year 12 students at Forest High School have shown they are in a league of their own after creating a soccer competition that has tapped into the talents of some of the world's most renowned sports commentators. The first game in the Wednesday League was aired last week and in the build-up to the event co-founder Jude Dolan secured commentary from the so-called poet laureate of football, former ITV commentator Peter Drury and Australian Fox Sports legend Simon Hill. The Wednesday League is a grassroots football tournament created by, produced by, and starring Forest High school students in northern Sydney.

To access video content and the complete article, visit: <https://education.nsw.gov.au/news/latest-news/sporting-idea-in-a-league-of-its-own>





KEEPING UP WITH THE FOREST

Peter Santamaria, Deputy Principal

Every student is different, and some will keep a great, communicative relationship with their parents as they progress through high school. However, this is not always the case. Unfortunately, some parents experience their child being less willing to talk about their learning and experiences at school even when facing the most persistent of parent questioning.

Despite this change, parent involvement in the learning and progress of their child is a key contributor to a student's performance at school, so there are a number of ways for you as a parent to stay informed without relying on your child.

SCHOOL REPORTS

These reports are issued twice a year and inform you of your child's performance in each subject area. This semester they are in a reduced format because of the shortened time in the classroom and will include an overall judgement on the student's attitude to learning as well as a teacher comment on what they have been learning and how to improve.

While previously these reports have been mailed, in an effort to speed up the process and reduce our environmental impact, this year they are being emailed home, so be sure to look out for them and if they don't arrive, check your junk mail folder.

SENTRAL

Sentral is an important administrative tool for students which parents can also access. Students will use it to check school announcements, timetables, merit awards and attendance data. Parents also can access these areas and help their child organise for their day of classes and take advantage of opportunities shared in the announcements.

CANVAS

Canvas is the learning management system being introduced at The Forest High School. As it is a new system, it is not yet being used to its full capacity

across the whole school. However, every teacher is using Canvas to post homework and assessment tasks. Parents do not yet have access to this platform, however, sitting down with your child and looking at it together can help you stay informed of your child's work and help them stay organised.

PARENT TEACHER EVENINGS

Parent Teacher evenings are usually held in Term 1 or Term 2 each year. Unfortunately this year they will not be running due to the current health and social distancing requirements. If you would like to talk to one or more of your child's teachers because you are concerned about their progress, please feel free to call the school and they will be able to consult with you over the phone.

EMAIL

Important information about upcoming events will often be emailed to the email address you have provided when enrolling your child at The Forest High School. Be sure to check that these emails are not being caught in your email provider's spam filter and inform our office staff if you would like to change the email address where you receive this information.

TELEPHONE

Your child's teachers, Year Adviser or other school staff will contact you by phone if they have concerns about your child's learning or wellbeing. Likewise, if you are concerned about issues raised by your child, or an element of their report, you can call the school and talk directly to or leave a voicemail message for their teacher or Year Adviser.

NEWSLETTER, WEBSITE AND FACEBOOK

The Forest High School shares information, photos and videos of the many exciting events that are coming up, or have taken place on these platforms. They are a great way of starting a conversation with your child about events at school. Be sure to check the website and facebook page, as well as keeping an eye out for the newsletter which is emailed to parents and uploaded to our school website.



Reconciliation Week

IN THIS TOGETHER

"The National Reconciliation Week 2020 theme reinforces that we all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories and cultures" - Karen Mundine, Chief Executive Officer, Reconciliation Australia

On Tuesday 2 June we held a Reconciliation Assembly which was live streamed to all our staff and students in their classrooms. The assembly included an address from our Principal Rosemary McDowall and speeches from some of our students who come from remote Aboriginal communities but live locally in Sydney in term time while they attend The Forest High School. We are very grateful to these students for sharing their stories and experiences from life in their communities with us.





Library News

TRAILBLAZERS PROGRAM

Our Trailblazers team - Michelle, Elizabeth, Zali and Danielle - are available to assist our senior students with study sessions and assistance with assessments. If you would like to book a session this can be done online at [Book Trailblazers](#) or visit the Library for further information.



MICHELLE HUTCHINGS

Subjects: English, Modern History, Extension History, Legal Studies, Geography, PDHPE
Days - Monday and Thursday

ELIZABETH RAFFIN

Subjects: English, Maths, Physics, Chemistry, Engineering Studies, Food Technology, Extension 1 Maths
Days - Friday

ZALI VAN DER VEER

Subjects: English, CAFS, Society and Culture, Drama, Music 1
Days - Monday and Tuesday

DANIELLE LORZANO

Subjects: Standard English, Standard 2 Mathematics, Society and Culture, Biology, Chemistry, Dance
Days - Friday

TRAILBLAZER TEAM

2020

COME TO THE
LIBRARY TO
BOOK A FREE
TUTORING
SESSION!

CAPA

PHOTO À GO GO! YEAR 7 AND 8 VISUAL ARTS

Year 7 and 8 students have been taking part in a junior photography project called Photo à Go Go! This gives all students the exciting opportunity to experience making photographs in the darkroom. Year 7 are producing photographic images by etching and drawing into the surface of negatives and Year 8 are making photograms by exposing light onto semi transparent objects arranged on photographic paper. Ask your kids about what they did and how they did it - I'm sure they will appreciate retelling their experiences to you.

John Juric, Visual Arts and Photography Teacher





**YEAR 8
PORTRAITS**
This term our students in Year 8 Visual Arts have been working on Mixed Media Experiments as part of their Portrait Unit. Here are some examples of the excellent work they have been producing.

English

HUMANS OF THE FOREST YEAR 11 ENGLISH

As part of their study on multimodal texts and the Instagram page Humans of New York, students in English Standard interviewed some of their teachers to gain a little perspective into their lives. The students workshopped the questions, had to put their nerves behind them to ask the questions, then transcribed the interviews later. What a fun, challenging and mature way to gain insight into some of our Humans of The Forest.

Courtney Turner, English Teacher



Mr Shaw

"It was my first girlfriend. When I met her, I went to the formal with her but she had another man in Germany. Then she left. Of course we never got married but she said she was going to at the time but then my heart was broken.

He's been upset we haven't spoken for a couple of years but over the long run, the whole time I've been around my father has always been there.

When I was in primary school I annoyed the teachers a great deal. One of the teachers sent me to the headmaster to get the cane. Instead, I ran around the playground to avoid it."

Interviewed by Matthew Lineham, Shohei Ueda and Oscar Fong

Mr de Montfort

"Anything associated with salt, ocean, sea. Anything from boats, the way boats smell is very important and significant. That includes the smell of the engine, the ocean, sails, everything. The smells of the ocean and land also are extremely significant at sea on shore and on the water. Even the scent of the land, the offshore breeze, it's very much so significant to the so-called perfect day."

Interviewed by Sophie Webb



Ms Thompson

"In my professional life, my first Principal. He said all the students can learn and all teachers can make a difference. And I thought "yep, that's true" but wasn't sure how true it was. In terms of my personal life, my Dad - he got me hooked on the Rabbitohs."

Interviewed by Sophie Webb

**Ms Wallace**

"How has isolation changed me? Well I think it's taught me to appreciate the things we have, like being able to go out and meet friends and also just being able to go outside and explore the area we live in."

Interviewed by Cooper Heriot

**Mrs Gourlay**

"My year group was probably about twelve years ago now and they were wonderful. We had a lot of fun times together - camps and activities here at the school. Just recently we had our ten year high school reunion so it was wonderful to see them again and see how they have all grown up. Some of them are married and some have children!"

Interviewed by Natalie Girgenti

**Ms Hamilton**

"I'd like to travel a little bit more as I did a lot of backpacking around the world when I was younger. I had plans to travel to Iceland and northern Italy and I'd probably travel to different parts of Australia. I did a four-month trip in a caravan with my kids when they were younger and that was great! I would love to do that again!"

Interviewed by Sam Di Benedetto



English

YEAR 7 LITERACY



Students wrote an informative article for the school newsletter, explaining to kids how they can create happiness in their own lives and spread happiness into their school community

Ideas for happy acts - by Benjamin Costa

Happiness is such an important element in our school environment. When someone's life is in a depressing state, it is crucial that we provide happiness in order to raise morale and become a happier community. There are many ways we can be happy and spread joy to other students. This may include the following contributions:

Helping others and yourself by creating happiness isn't too hard. There are very simple ways you can spread happiness. An example of a small act is simply smiling. Smiling is proven to increase others' self esteem. Making others happier. Another way is to start complimenting others. This is another way that you can raise moral and spread happiness.

Life can really get people down. It is important to support others in need of help and provide them with a friend. This act can seriously help others with happiness. Being kind is a very beneficial way to provide happiness to others. Another factor of happiness is for your personal health. Doing something for your community can make you happier and a better person. This might include picking up rubbish to benefit the environment.

Happiness relies on both yourself and other people. If we all helped provide a happy community, we would have a much better life.

Every kid deserves to be happy - by Ty Wheatley

Most kids are happy but some are not. This has to be dealt with though. Kids who are unhappy can easily create happiness in their lives. Some ideas for how kids can create happiness in their lives are: make someone laugh, be kind, spend quality time with a pet or family member, and listen to music. These are all very great ideas.

Making someone laugh is such an awesome way to feel happy. Usually seeing someone else laugh helps you laugh. This not only brightens up your mood and your day but brightens up theirs.

Being kind: being kind can be doing an action to help someone out, or it could be with words. You can be kind by volunteering in your community, or if it's at school, help someone with their homework if they are struggling.

Family is such an important thing in your life. If you are ever hurt, sad or down, you would usually go to your family, so by spending time with your family members or even a pet can make you feel so much happier. It makes you feel comforted or loved.

Listening to music can make you dance and be filled with joy. It's been proven that dancing or singing can make you feel so happy inside out and out. Just press play on a playlist or search up a song on YouTube.

If you are ever feeling sad or moody, just do one of these things and you will be happy in no time. Always spread happiness in your school community and everywhere else.



Languages

YEAR 11 BEGINNERS JAPANESE

Students in Year 11 Beginners Japanese learnt about clothing and donned traditional Japanese clothing. The long cotton dresses are worn during the summer to events and the shorter jackets are worn by performers in the festivals



PDHPE

WEDNESDAY SPORT IN TERM 2

Our PDHPE faculty have been very creative -coming up with an interesting range of rotational sports to offer our students on Wednesday afternoons this term under the new COVID-19 rules. Although we are unable to use external venues we are utilising the school oval, COLA and basketball courts as well as other areas around the school such as the library for yoga classes and the DBLC for zumba. Students have also been powerwalking and bushwalking around the local suburbs.

Students can choose from:

- Shooting games
- Fitness (HIIT- High Intensity Interval Training)
- Kick tennis
- Frisbee
- Handball
- Kickball
- Powerwalking
- Volleyball
- Bushwalking
- Boot camp
- Modified table tennis
- Yoga
- Zumba

So even in these challenging times, sport continues at The Forest!





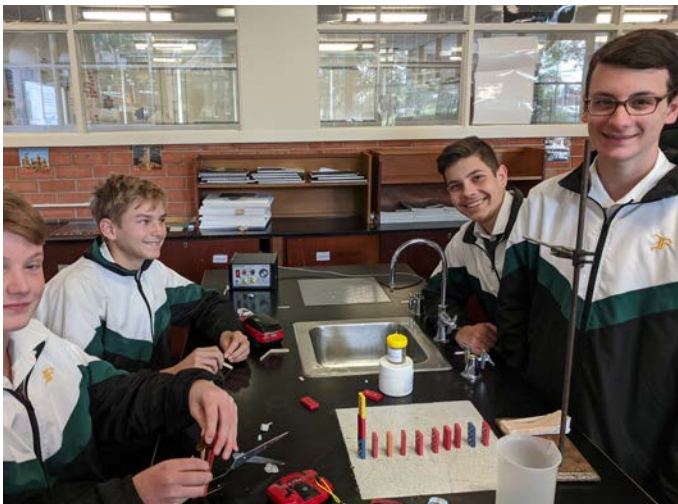
Science

HANDS-ON SCIENCE

YEAR 8 RUBE-GOLDBERG MACHINES

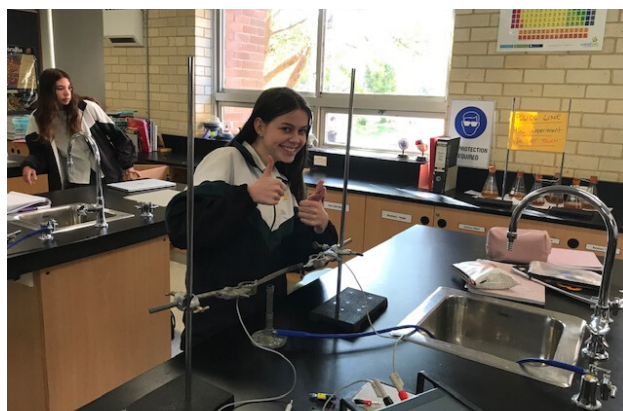
As we approach the end of the term we are reflecting on how amazing it is to have students back at school and to be able to engage in more hands-on Science activities. To make up for lost time students across the year groups have been engaging in a range of hands-on assessment tasks.

In Year 8 students have been set the challenge of creating a Rube-Goldberg machine that is able to turn on a light switch with a 20 second delay. Students have been flexing their problem-solving and creative skills and constructing some amazing machines.



YEAR 9 'LIGHT, SOUND, ACTION'

Students in Year 9 have spent the term looking at the topic 'Light, Sound' Action' and put their knowledge to work on electrical circuits and conductors to create working fire alarms using a bimetallic strip, electrical circuit and a buzzer



YEAR 10 INDEPENDENT STUDENT RESEARCH PROJECT

In Year 10 students have been working hard on their own investigations as part of the Independent Student Research Project which is a requirement of the Stage 5 Science course. Students have chosen to work on a variety of areas that are both fun and interesting. Some example investigations include:

- How does the number of choices available affect the time taken to make a choice?
- How does the brand of chewing gum affect how much it dissolves in stomach acid (HCl)?
- How does the distance from a goal affect the accuracy of kicking a goal in AFL?
- How does the type of shoes worn affect the time taken to run 3km?
- How does the temperature of water affect the time taken for salt to dissolve?
- How does the width of a rubber band affect the amount of weight it can take before snapping?
- How does your environment affect your ability to remember the names of new people you meet?
- How does the level of distraction affect your reaction time?

Even our senior students have been getting hands-on working hard completing practical examinations for the Year 11 and Year 12 Chemistry course. Overall we would like to thank the students for their on-going commitment to learning in the ever-changing conditions of Term 2. We wish everyone a safe and restful break and look forward to getting more hands-on with learning Science in Term 3.

Lucy Collins, Head Teacher Science

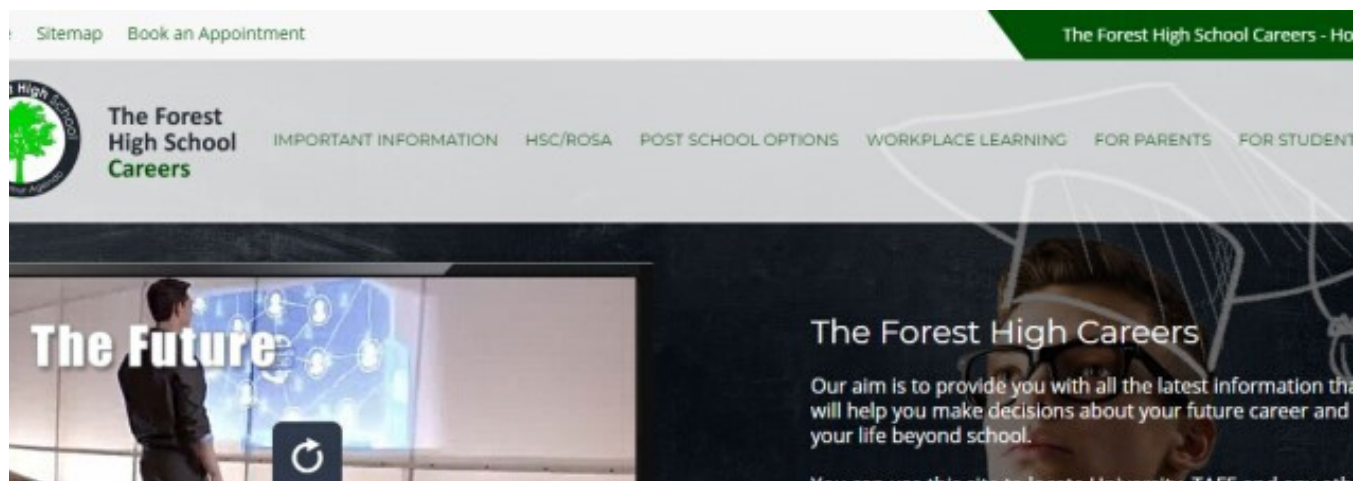


TAS

CAFÉ DE FOREST IS BACK!

Week 6 saw the return of the very popular Café de Forest. Our Year 10 VET Hospitality students are given the opportunity to learn and practice their Barista skills under the supervision of Mrs Horton and we are all very appreciative of the delicious cups of tea and coffee they provide.





CAREERS DESK

REMEMBER TO VISIT THE FOREST HIGH SCHOOL CAREERS WEBSITE

[HTTPS://WWW.THEFORESTCAREERS.COM](https://www.theforestcareers.com)

It is a "One Stop Shop" for students' needs with their career planning, information on HSC, post-school options and much more. Students can also use it to create and save their resume.

UNIVERSITY OFFERS



P&C News

WHAT A TOPSY TURVY YEAR 2020 HAS TURNED OUT TO BE

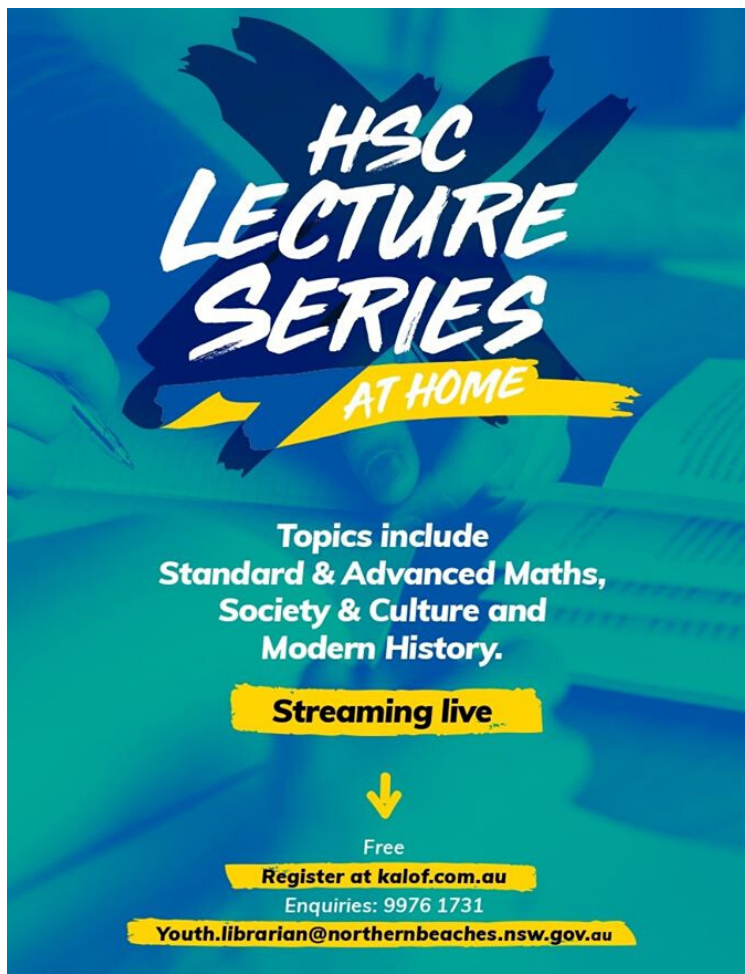
Hi fellow parents and carers!

I hope you and your families have been well and safe through these strange times. The P&C team have been working in the background supporting the school, teachers, students and families as best possible.

Looking forward, fingers crossed, we will be able to hold a P&C meeting at school with no restrictions on Wednesday 29 July at 7pm in the school library. Please put that date in your diaries as we would love to see you. Of course, I am always here for any questions or concerns you may have so please email me.

Take care

Amanda Shaw
President P&C



HSC Lecture Series

The Northern Beaches Library Service 2020 HSC lecture series will now be streamed live online.

All talks are free however bookings are required to participate.

Bookings and full details are on the website:
<https://www.northernbeaches.nsw.gov.au/services/youth/youth-events/event-calendar>



Which drugs are young people using?

How would you know if your child was using drugs?

What are the signs of drug use?

How could you talk to your child about drugs?

SDECC

Presents

Parents Prepared

Starting the conversation with young people about drugs

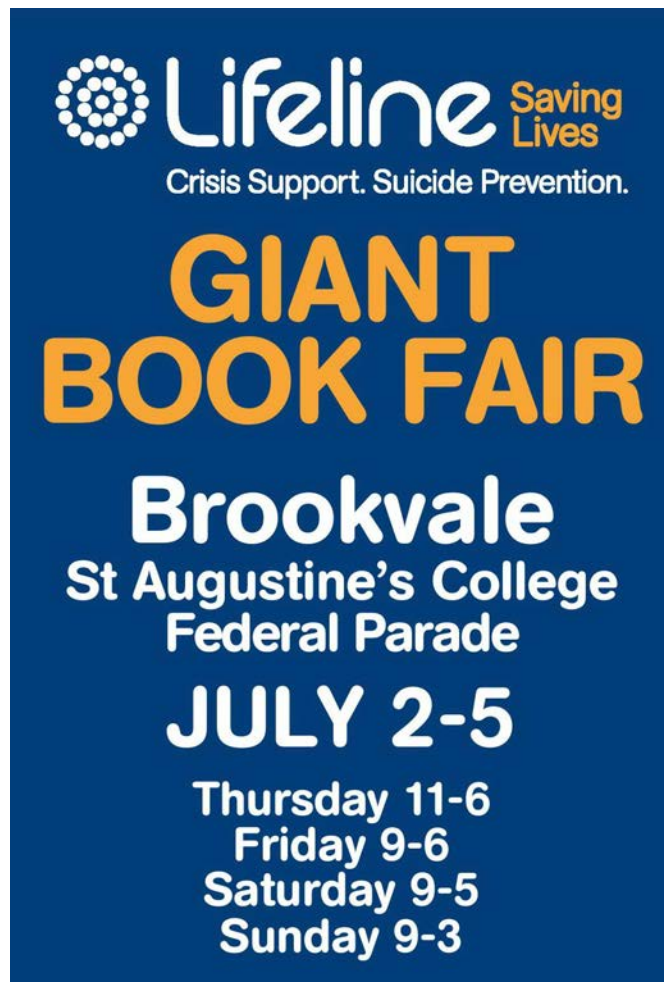
When: Wednesday 12th August, 2020
Time: 4.00-6.00pm
Where: online via [Zoom](#)
Cost: \$10 per ticket

Presenters:
 Belinda Volkov, Clinical Coordinator
 Hayley Bowen, Master of Social Work Student

RSVP: visit <https://www.trybooking.com/BJXR> to register

To find out more about SDECC, visit www.sdecc.org.au

Supported by the Sydney North Health Network



Lifeline Saving Lives
 Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale

St Augustine's College Federal Parade

JULY 2-5

Thursday 11-6
 Friday 9-6
 Saturday 9-5
 Sunday 9-3

THE FOREST HIGH SCHOOL
 135 FRENCHS FOREST ROAD
 FRENCHS FOREST NSW 2086

t. 02 9451 5111

f. 02 9975 3293

e. theforest-h.school@det.nsw.edu.au

