



# NEWSLETTER

WEEK 10 TERM 3 2020



Education



**Congratulations to the Class of 2020**  
**Good Luck for the Higher School Certificate**



## PRINCIPAL'S REPORT

Rosemary McDowall

### HSC STUDENT ADVICE

We know our students and staff have worked hard for the HSC. The safety of our students and staff remains of utmost importance. This year extra arrangements are in place to ensure that any disruption due to COVID-19 will have minimal impact on HSC exams. Our school has put in place a number of contingencies to help ensure exams run as smoothly as possible.

The exams have been scheduled and our school has arrangements in place for exams to proceed as planned. It is important that students review their timetable and plan well so they turn up for their exams on time, healthy and rested.

Any student with a pre-existing condition, that presents similarly to flu-like symptoms, should be planning now and speak to their doctor/GP. The GP can provide a medical certificate ahead of the exams to ensure they are not sent home.

If on the day of the exam your child feels unwell with flu-like symptoms, they should stay home and get tested. HSC students are prioritised for COVID-19 test results.

It is important to note that all students will be asked if they are well before entering exam rooms.

We want all our students to sit their exams but sometimes things happen. If your child is unwell and misses their exam, contact the school. Students who are unwell will be eligible for the illness and misadventure provision with NESA.

If there are any changes to exam arrangements we will communicate with HSC students through an email from theforest-h.school@det.nsw.edu.au. This will be the **only source of communication** for these types of notifications. If in doubt, please call the school.

We wish all our students well in the upcoming exams.





### MINISTER'S AND SECRETARY'S AWARD FOR EXCELLENCE

This year several members of our school community were recognised for excellence by the Department of Education, receiving Minister's Awards. Mrs Karen Gourlay, Head Teacher Mathematics received the Minister's Award for Excellence in Teaching and our long serving P&C President, Mrs Amanda Shaw received a Public School Parent of the Year Award. The Forest High School received the Secretary's Award for an Outstanding School Initiative for our Trailblazer Program. School Captain, Amelia Hanson and Vice Captain Megan Huston both received the Minister's Excellence in Student Achievement Commendation and Miss Nicole Murray received a Nomination for the Minister's Award for Excellence in Teaching.

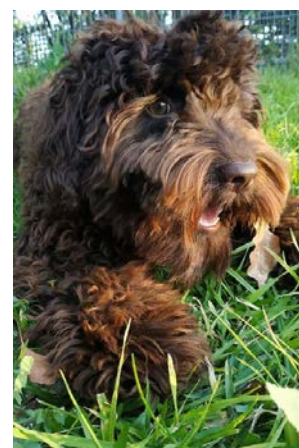
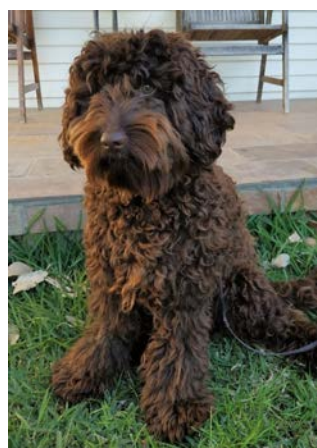
These awards are very prestigious and we are incredibly proud to see members of our community and our Trailblazer Program recognised by the Department for excellence. We congratulate these recipients.

### SCOOBY, THERAPY DOG

This term we were delighted when Scooby, a chocolate Cavoodle, joined our school community as "Therapy Dog in Training". Scooby is in the Autism Support Unit with his owner, Iain Sills, Head Teacher Support; however, he visits our Learning Hub and does some playground duties so that all students and staff have an opportunity to interact with him. Scooby is already making a positive difference to our students' wellbeing.

### MEMBER OF THE AUSTRALIAN PARLIAMENT - SCHOOL VISIT

This month, Mr Jason Falinski MP for Mackellar, visited our school. Mr Falinski visited a variety of classrooms and spent time talking to a number of senior students about their concerns and the impact COVID-19 has had on their senior studies. I was very proud of the way our students conducted themselves and Mr Falinski was extremely interested in knowing how the school and the students had managed remote learning during the lockdown.





## RELIEVING EXECUTIVE DIRECTOR - SCHOOL VISIT

.We were very pleased to receive a visit from Mrs Sally Egan, Relieving Executive Director, School Performance, Metropolitan North. Mrs Egan came to interview several of our Aboriginal students to seek their views as to how the school and the Department can support their learning. The girls were able to share their views on their learning as well as explaining how they are raising cultural understanding through student assemblies, the Welcome Poles and the Learning Hub mural.

## LIVESTREAM EVENTS

COVID-19 restrictions have given our students the motivation to innovate. As we have not been able to hold face-to-face assemblies in our Hall, the VET Entertainment students have been learning to livestream school events. Mr Mathew Finley and Miss Angeleah Heap from the CAPA Faculty researched high tech video equipment and then purchased it for the school. This was partly to prepare for livestreaming our Year 12 Graduation, prior to restrictions being lifted. In order to learn to use the equipment effectively, several events including the Captains's Speeches and school assemblies have been successfully livestreamed. It has been fantastic to see our students mastering new skills and applying them in a real-world context. They are gaining valuable employability skills and giving back to the community that has nurtured and supported their learning. We are extremely proud of their accomplishments.

**ROSEMARY MCDOWALL**  
PRINCIPAL





## DEPUTY PRINCIPAL'S REPORT

Mathew Finley, Deputy Principal

**2020 has been relentless. We need to pause and remember everyone is giving it their best.**

### FAREWELL AND CONGRATULATIONS YEAR 12

i am so proud of our 2020 Higher School Certificate graduating class.

2020 has been relentless, and they have taken every obstacle in their stride. Not only that, they have done so with good humour and a positive outlook.

Nowhere is this more evident than in the number of early university offers made to Forest High School students. Twenty students, or one in five Year 12 students, already know their university destination. Some of the courses that have been offered include medical science, teaching, law, nursing, film studies, business, arts, engineering and science. Ms Williams has been instrumental in supporting students through this application process.

We are pleased that parents will be allowed on site from 12 November for Year 12 Graduation. While this has resulted in a last minute change of date, we know how important it is for parents to celebrate this moment with their child. For those family members who cannot attend, we will be live-streaming the event. Our Year 11 VET Entertainment crew have been up-skilling themselves in this new technology, and we are delighted that these live productions will be delivered by students for students.

The final week of Year 12 will be a celebration of all they have achieved. The Year 12 Captains and Prefects have organised a different activity every day to farewell their school days. We know they have missed out on many events this year, so we want them to have any opportunity.

### UNIFORM PROCEDURE REVIEW

A working group of teachers from across the school have been working on new procedures and wellbeing strategies to improve the wearing of school uniform at The Forest High School.

We will be releasing the draft plan for the new uniform procedures through the first meeting of the school P&C in Term 4. Following this consultation we will be communicating the new procedures to all students and parents. We recognise communication about the school uniform has not been frequent enough, easy to access, and unambiguous in what is and is not acceptable.

For students, these new procedures will provide more rewards for students who wear their uniform every day, while also establishing immediate and on-going consequences for those students who refuse to comply with the guidelines.

Wearing the school uniform is mandatory, yet it continues to be a daily battle with students over what is and what is not acceptable. Not wearing their uniform diminishes the value of the school in our local community.

I would encourage all parents to actively support the correct wearing of uniform. Not wearing uniform because it is "in the wash", "they don't like it" or "it's not comfortable" undermines the importance of wearing uniform and complying with the school expectations. Your child needs to learn to be organised for each week of learning, and be prepared with their resources, including the uniform.

Currently, four areas of improvement would have a big impact on the presentation of students at school.

1. Shoes must be plain, all black and leather. Sneakers for PDHPE and sport only.
2. Tights can only be worn under a skirt, never on their own.
3. Tracksuit pants are not acceptable. Tailored school pants only.
4. Hoodies are not acceptable, only the school jumper or jacket.

Children will outgrow their uniform and school shoes, some more rapidly and frequently than others. Having one or two shirts, trousers, or skirts is not enough for a student in full-time study. For 40 weeks of the year they spend 70% of their week in school uniform. I certainly do not wear the same two shirts or trousers to work every day.

If maintaining the uniform is an expense that puts pressure on the family budget, contact the school office to apply for financial assistance. We are more than happy to help families in need.

MATHEW FINLEY  
DEPUTY PRINCIPAL

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight  
 = **4** weeks  = Over **1** year missed

**1** day per week  
 = **8** weeks  = Over **2.5** years missed

[education.nsw.gov.au](http://education.nsw.gov.au)





## MESSAGE TO YEAR 12 FROM THE GOVERNOR OF NEW SOUTH WALES

We were delighted to receive a letter from The Honourable Margaret Beazley AC QC, Governor of New South Wales to our Year 12 students. In her message she acknowledges their resilience, perseverance and fortitude and sends her best wishes for their success in what has been a most challenging year. The letter was shared with our wonderful Year 12 students and we are indeed very proud of them all.







Message from

**Her Excellency the Honourable Margaret Beazley AC QC**

**Governor of New South Wales**

Dear Year 12 student,

I am sorry that I cannot write to you individually but I did want to make contact to wish you well as you come up to the final weeks of your school life, so I trust you will forgive this 'generic' message.

Year 12 is always a challenging year but what a year you have managed to navigate! Remote learning, uncertainty over exams, the cancellation of those events that were going to cap off your year - 2020 has been one of the most challenging presented to a high school graduating class for a long, long time. And yet, here you are coming to the last weeks of school having survived the craziness of it all.

You may be wondering who I am and why am I writing to you. My name is Margaret Beazley, and as the Governor of New South Wales one of my roles is to recognise the achievements of the people and communities of our State. What I want to say to you today is that I stand in admiration of you. You have shown resilience and grace, you have been caring towards each other. You have demonstrated your adaptability to extraordinary change.

One of the important goals of education is to prepare you for life's challenges. You have had more than your fair share of those this year and you have already passed with flying colours! With your Trial exams completed and your last days of school coming up, your HSC journey is drawing to a close. If your experience is anything like mine was, (in a different century I have to admit), the coming three weeks of study between the end of term and the first exam on 20 October will drag a little but then the exams will fly by in a flash.

None of this is to deny the stress and anxiety of this past year – not only the usual HSC stress but on top of that the anxiety caused by COVID-19. Look after yourself. Go for a run in the park, do some Zoom yoga, recite some poetry, or just do whatever it is that gives you that 'mindspace' that is so important at this time. In the coming weeks it will be a matter of one step at a time.

Congratulations for 'sticking with it' and thank you for the way you have responded to this difficult year. This coronavirus period will pass. The future is yours to shape and as I meet young people around New South Wales I know that in your hands, our community will be in good hands.

All very best for the months ahead. On behalf of the people of New South Wales and personally please know that we are very proud of you.

**Her Excellency the Honourable Margaret Beazley AC QC**  
**Governor of New South Wales**



# Student Representative Council

## CONGRATULATIONS TO OUR NEWLY ELECTED SCHOOL CAPTAINS AND SRC REPRESENTATIVES

We are delighted to announce our newly elected School Captains and Student Representative Council members who will commence their roles in Term 4. We congratulate all the students who stood for office and we were very impressed by the standard of speeches this year. We are sure that the new SRC will provide a great leadership team for the school over the next year.

### Captains

School Captain - Amelia Bates  
School Captain - Will Smit  
Vice Captain - Genevieve Michie  
Vice Captain - Sam Kosack  
Sports Captain - Emily Feeney  
Sports Captain - Wanita Leatherby  
Performing Arts Captain - Nicki Coleman  
Performing Arts Captain - Terence Chernishov  
Environment Captain - Sophie Dary  
Environment Captain - Zoe Wiltshire

### Prefects

Charlie Burt  
Olivia Cameron  
Taylor Crichton  
Harmony Furzer  
Daniel Jang  
Tia-Drew Kelso-Ferrier  
Akito Koike  
Ashley Morgan  
Jessie O'Shannassy  
Josie Ross  
Sophie Webb

### Year 11 SRC

Beth Battista  
Lily Beharrell  
Jackson Brown  
Emily Costa  
Jono Davies  
Jemma Dixon  
Oliver Fairchild  
Ryli Johnson  
Dale Mapstone  
Liam Pooley  
Kathlyn Richards  
Jami Seale  
Halle Smit  
Dylan Thurbon

### Year 10 SRC

Gracie Barr-Jones  
Alissa Bolen  
Stella Nguyen  
Rio Nunura  
Lily Rowe  
Holly Sercombe  
Erin Steele  
Callan Wee

### Year 9 SRC

Nicole Abanilla  
Bianca Battista  
Jade Baird  
James Brown  
Charlie Crawford  
Noah de Groot  
Anna Sercombe  
Susie Taylor

### Year 8 SRC

Hugh Bates  
Benjamin Costa  
Isobel Gerace  
Emily Larrea  
Kelina Vasquez Buzzolini  
Toby Vilnis





# R U OK? Day

## 'THERE'S MORE TO SAY AFTER R U OK?'

Thursday 10 September was R U OK? Day, a national day of action to remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs. In Support of R U OK? Day we held a mufti day where students and staff wore a touch of yellow for a gold coin donation. Even our school therapy dog Scooby wore his yellow t-shirt! Thank you to those who made the time to smile at someone in the corridor or playground or started a conversation or even took one of the complement slips that were around the school and passed on to another.



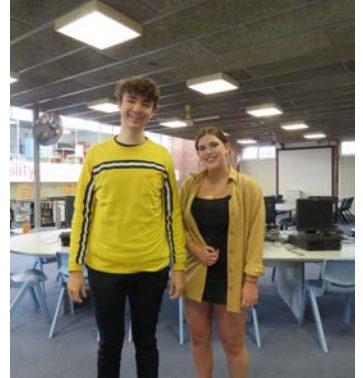
### Kindness matters

Take one and pass it on....

You are a kind person  
You make me laugh  
You inspire me to be better  
You make a difference to me  
You are creative  
Your ideas matter  
You are someone I trust  
You are someone that matters  
Keep being who you are  
I believe in you  
You brighten my day







**NEAR YELLOW - OR BRIGHT - THIS THURSDAY FOR R U OK DAY**  
**GOLD COIN DONATION**  
**REMEMBER TO CHECK IN WITH YOUR FRIENDS AND START A CONVERSATION**





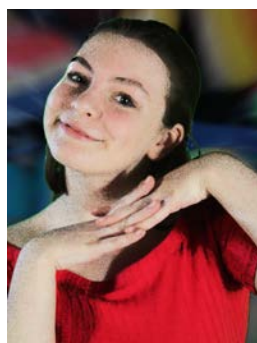
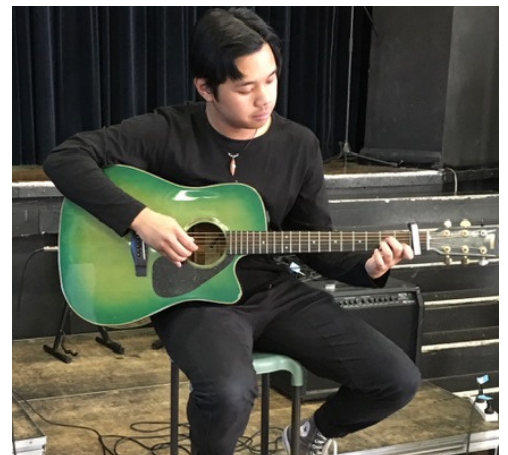
# CAPA

## HSC MAJOR WORKS

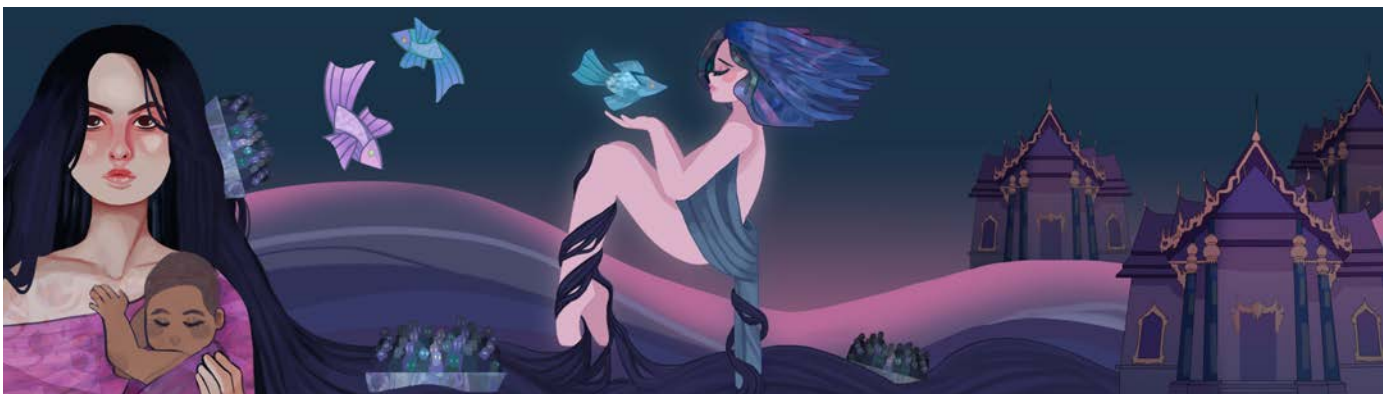
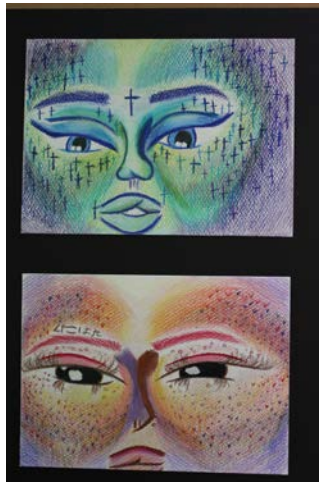
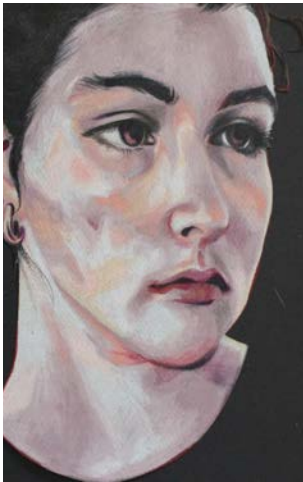
Over the past weeks our HSC students have shown professionalism in presenting HSC programs amidst the disruption and uncertainty of their final school year. Restrictions to HSC Drama meant that students performed their HSC works to an empty room of examiners only, without the usual receptive audience that has been present in all past HSC examination years. They also felt the impact of the cancellation of the external examination of the Group Performance. However, despite these changes, the HSC Drama class continued to present their works in an evening trial examination and then their HSC examination day in a professional manner. Students who elected to submit design or video project options also worked consistently to make the finishing touches on these before they were shipped for external marking. Music performances have been limited by the allowance of only one other performer on stage with our students. This year has seen music teacher, Ms Angeleah Heap, providing vocal, piano and guitar accompaniment to support her students on stage. Our HSC Visual Arts class continued to work on their bodies of work for submission. We look forward to being able to showcase their works to the school and community. Congratulations to all our HSC students for working through the difficulties of this year.

**Rebecca Constantin**

**Relieving Head Teacher CAPA**











# Senior Dodgeball Championships

Thanks to Ms Chaloner for organising the fun but very competitive Year 12 v Year 11 v staff Senior Dodgeball Championships in Week 8. The winner on the day was Dodge Ball. The ultimate competition winners were Brownie's Boys over runners up Chuckie's Children and it was great to see the Forest spirit flourishing.









# Year 7 English

Week 8 marked the conclusion of our first study of Shakespeare with Year 7. Pictured are Milana and Jessie of 7Z in their costumes to play Macbeth and Lady Macbeth. Congratulations to all Year 7 English students for your wonderful performances in class.



# Year 7 Sports Carnival

On Friday 11 September during Sport, Year 7 classes competed against each other for class glory in Over and Under, Tunnel Ball, Captain Ball, Shuttle Relay and Tug-o-War. Here are some of them in action.







# Year 7 Cross Country

It was a beautiful day for our Year 7 Cross Country on Friday 28 August - the Autumn sunshine provided perfect conditions for our runners. Well done to everyone who participated and put in their best efforts and special congratulations to those who were placed 1st, 2nd and 3rd including Josh, Hugh, Ronan, London, Jared, Mia and Ruby and also to Luke and Charlotte who received Persistence Awards.







# Year 7 and 8 Write a Book in a Day and Car Wash

There are some special Year 7 and Year 8 students who have taken on the challenge of the Write a Book in a Day Project to raise money for The Kids Cancer Project. They have only 12 hours to plan, write and illustrate their work. On Monday some of our Year 8s held a staff car wash. The cost was \$10 per car with all proceeds going to this charity! There were some very happy staff with sparkling cars at the end of the day. Thank you to Ms McWhirter for organising.







# Year 9 Fitness Leader Roller Hockey

Some of our Year 9 students have been learning to play roller hockey as part of their Fitness Leader course and have really enjoyed learning some new skills on the court





# Science

## Year 7

In the latter part of this term Year 7 have been putting their scientific skills to the test by completing their first student research project. Students undertook the "From observation to investigation" task in which students are asked to follow in the footsteps of scientists over time by taking note of observations around them and then designing an investigation to conclude why the observation occurred.

Investigations included:

- What design of paper planes flies the furthest?
- Can you taste the difference between different soft drinks if you cannot see the label?
- How does the shape of a candle affect the time it will burn for?

## Year 8

Creativity and science were able to join forces in Year 8 science as students studied physical and chemical changes in substances. Students used their knowledge, understanding and a dash of artistry to create models that showcased their understanding.

## Year 9

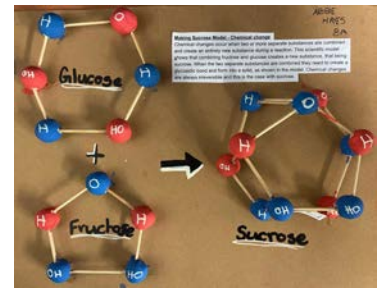
In a world of fake news and constant media campaigns to sway our options on products being able to independently test claims and use evidence to identify effective products is key. This term Year 9 have been putting their skills and knowledge of chemistry to answer which antacid tablet on the market is the most effective? Students were given Gaviscon, Rennie and Quickeze and had to design an investigation to put the brands to the test.

## Year 10

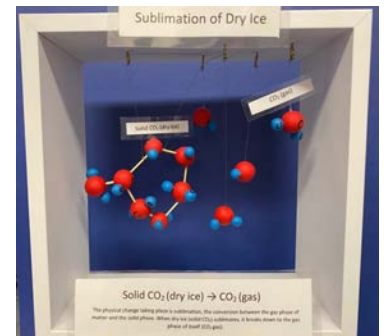
This term has been a busy term for Year 10 and students have been working hard throughout this time. In Week 8, students across Year 10 sat the online VALID 10 test which examines students on their understanding of scientific theory as well as their ability to work scientifically. All students demonstrated exemplary behaviour during this test and showcased our school values of Respect, Responsibility and Personal Best. The results from this external examination are due back to school mid to late Term 4. In Year 10 students rotate between the core scientific areas gaining access to specialist senior teachers of each subject area to aid in preparing students for studying Stage 6 Science courses. This term Chemistry students have been planning and conducting investigations into factors that affect the rate of a reaction. Students used their planning and problem solving skills to develop effective methods. Some Year 10 students in action are shown below.

**Mrs Lucy Collins**

**Relieving Head Teacher Science**



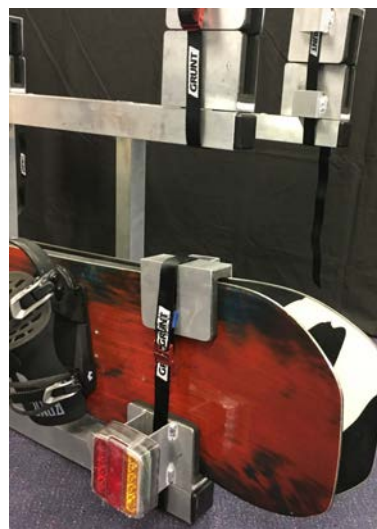
Abbie Hayes modelling making fructose



Mindy Mulders modelling sublimation of dry ice



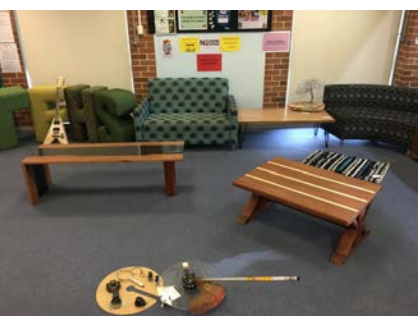




# TAS

## YEAR 12 HSC MAJOR WORKS

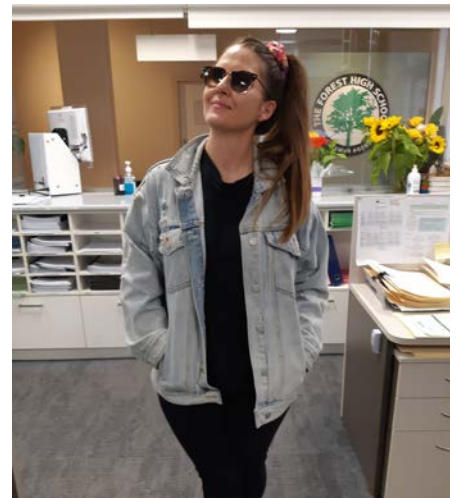
Our Year 12 TAS students have been preparing for their final HSC year. VET Hospitality students underwent whole day cooking tasks to assess their skills over the past two years. External assessors were brought into the commercial kitchens at the school to observe the students in preparation and presentation of set menus. Our Industrial Technology Timber students and Design and Technology students have also produced some amazing works including coffee tables, floor rugs, university style backpacks, marine safety aides, sideboards and even an aluminium trailer hitch for transporting skis and snowboards - to name a few. Here are some examples of their wonderful creations - congratulations Year 12!





# Friday Theme Days.

Our Friday Theme Days continued this term. On Friday 28 August we wore a touch of purple for Wear It Purple Day - a movement striving to foster supportive, safe, empowering and inclusive environments for rainbow young people and to celebrate diversity. For "Back to the 80s" we dusted off our leg warmers, shoulder pads and scrunchies, channelling our Miami Vice, double denim and Material Girl vibes.







## WEDNESDAY AFTERNOON

SENIOR STUDY SESSIONS

**SENIOR EXAM PREPARE AND CRAM!**

<p><b>FEEDBACK + ASSISTANCE</b></p>	<p><b>TEACHERS AND TRAILBLAZERS</b></p> <p>Work alongside teachers and trailblazers to draft, improve and perfect your exam preparation process</p>
<p><b>PRACTICE PAPERS UNDER EXAM CONDITIONS</b></p>	<p><b>PRELIM AND HSC STYLE EXAM PREP</b></p> <p>Practice timed responses in a quiet and supervised environment</p>
<p><b>RESOURCES AND QUIET STUDY SPACE</b></p>	<p><b>VALUABLE TEACHER RESOURCES</b></p> <p>Practice questions, past papers, and access to library facilities</p>
<p><b>SNACKS AND SUPPORT</b></p>	<p><b>POSITIVE ENVIRONMENT</b></p> <p>A positive, nurturing and supportive environment to foster student growth and motivation</p>

**12-3 PM WEDNESDAY AT THE FOREST HIGH LIBRARY**

Make the most of your free Wednesday Afternoons!

# Library News

**MICHELLE HUTCHINGS**  
Subjects: English, Modern History, Extension History, Legal Studies, Geography, PDHPE  
Days - Monday and Tuesday

**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 - Wednesday and Thursday

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

## TRAILBLAZER TEAM

# 2020





# P&C News

Well finally after many months the P&C AGM has taken place. It was, of course, via zoom - not like our usual face to face meeting. Thank you to everyone who joined the meeting and I am very happy to announce that we have been able to fill all positions for 2021. Can I say thank you to all the wonderful parents who have taken on a position. I look forward to catching up with you all next term. On behalf of all of the P&C members we wish everyone a safe and happy holiday and look forward to Term 4.

**Amanda Shaw, P&C President**



## Canteen News

Our School Canteen recently submitted an application for a NSW Government Menu Check and we are pleased to advise that it is meeting the NSW Healthy School Canteen Strategy and is a Healthy School Canteen supporting the health and wellbeing of our students. Congratulations to our canteen staff and all those who have played a role in this achievement.

### Term 4 2020 Events

- 12 October - First day of Term 4 - all students return
- 20 October - 11 November - HSC Exams
- 26 October - 6 November - Year 8 VALID Testing
- 4 November - School Council 6.00pm; P&C Meeting 7.00pm
- 11 November - Year 12 Clearance
- 11 November - Year 10 GP Visits
- 12 November - Year 12 Graduation 9.30am - School COLA
- 12 November - Year 12 Formal 6.00pm
- 16 November - Year 12 Graduation Reserve Day 9.30am - School COLA
- 8 December - Presentation Night 7.00pm
- 9 December - Year 7 Vaccinations
- 16 December - Last Day of Term 4





# START PLAYING

MAKE FRIENDS, BURN ENERGY AND LEARN THE NETBALL BASICS. PLAY SUNCORP NETSETGO AT YOUR LOCAL CENTRE.

Ages 6-9 years  
Girls and Boys

Register Now!  
Limited places available.



#### VENUE

Belrose Netball Club, Lionel Watts Netball Courts

#### SESSION DAYS & TIMES

Friday 4pm-5pm for 8 weeks in Term 4.  
Wear your NetSetGo t-shirt and bring a drink bottle

#### START DATE

Friday 16 October 2020

**CONTACT** [belrosenetball@hotmail.com](mailto:belrosenetball@hotmail.com)

Register online at <http://belrosenc.nsw.netball.com.au>

Active Kids vouchers accepted. Must be redeemed at registration.  
Find your nearest centre at [play.netball.com.au](http://play.netball.com.au)



# Juniors Ultimate Frisbee

- Mixed (boys and girls)
- Non-contact
- Australian Rep coaches

Cost: \$60 including Frisbee and team t-shirt

Try for **FREE** for 2 weeks!

#### Where/When:

Wednesday afternoons  
Millers Reserve, Manly Vale


**From:** Term 4, Wk 2 (21 Oct) All summer - till March


Primary school ages  
4.00-5.00pm

Secondary school ages  
5.30-6.45pm



 [manlyyouthultimate@gmail.com](mailto:manlyyouthultimate@gmail.com)

 [@manlyultimateclub](https://www.facebook.com/manlyultimateclub)

 [www.manlyfrisbee.com](http://www.manlyfrisbee.com)



Northern Beaches Council will be running a panel based parent webinar on Technology, Gaming and Online Safety with Dr Michael Carr-Gregg, Andrew Kinch of Game Aware and Yasmin London of ySafe during the first week of the school holidays.

Moderated by local Psychotherapist & Lifeline Trainer Mike Burns, this webinar covers important issues parents are facing in our COVID world as young people are required to utilise technology and the internet in education, recreation and their personal lives.

KALOF

  KALOF



**WEBINAR:**

## TECHNOLOGY, GAMING & ONLINE SAFETY

**Tue 6 Oct, 7.30 – 8.30pm**

Hear from  
Dr. Michael Carr-Gregg, Child & Adolescent Psychologist,  
Andrew Kinch, founder of Game Aware  
and Yasmin London, Executive Director of ySafe

Learn strategies to support your child's healthy relationship with technology and online participation.

For parents, carers and youth professionals

Free (limited spaces)  
Register at [KALOF.com.au](http://KALOF.com.au)

Enquiries 8495 6615 or  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

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