

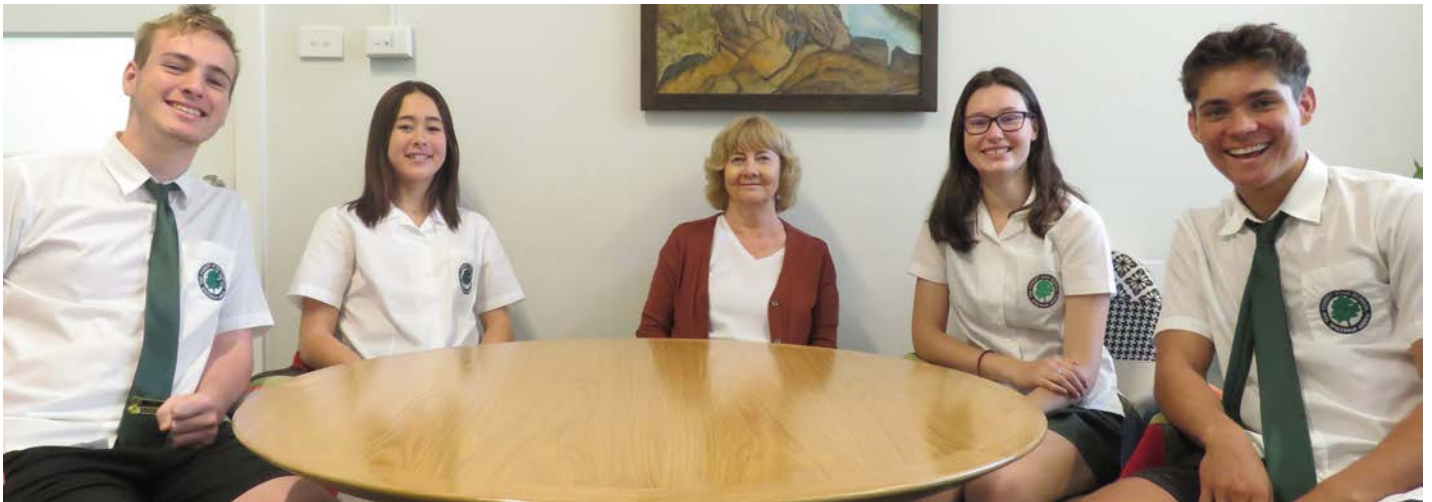


# NEWSLETTER



Education

## WEEK 5 TERM 4 2021



### PRINCIPAL'S REPORT

Rosemary McDowall, Principal

#### PRINCIPAL'S REPORT

On 18 October we greeted our Year 12 cohort as they came back to school and last week on 25 October, the rest of our students and all of our staff returned to face-to-face learning. The Forest High School is once again filled with positive energy, excitement, laughter and smiles in our classrooms. Our teachers welcomed all students back with enthusiasm and engaging lessons. I thank our community for the positive response to our school's COVID safety plans. Staggered release times, different entry and exit doors and the requirement to wear masks indoors have all been embraced by our community. Our students have returned to school prepared to learn, wearing uniform and equipped with all of their necessary stationery. Students have responded very well to our changes. Friendship groups reuniting, students and teachers reconnecting, and learning across the school being re-energised, is the way we want things to be. I have visited many classrooms this week and it is clear that students and teachers are excited to be back in the classroom.

#### YEAR 12 FAREWELL

Last week was the final week for Year 12 before they commence their HSC Examinations. Knowing that we are under Level 3 restrictions, the Year 12 students developed their own farewell activities including, staff vs student dodgeball, Year 11 vs Year 12 soccer and touch football games and fun water activities. The farewell assembly for Year 12 on Friday was online, but we are optimistic that their graduation will be able to go ahead 13 December and their formal 15 December.

This year group has had a very challenging two years. They have faced multiple challenges with two years of COVID lock downs. We are pleased that they will now have the opportunity to complete their examinations and participate in traditional end of year activities. We are confident that they have used the extended study time to revise and prepare for their examinations and that they will achieve the results for which they have worked so consistently. We wish them all the best as they commence their examinations next week.

#### EARLY ENTRY OFFERS FOR UNIVERSITY PLACEMENT

At this juncture, our Year 12 students have currently received approximately 40 early offers to study at several different universities and tertiary institutions in a range of courses including: Actuarial Studies, Arts and

Business Law, Business, Environmental Science, Exercise Science, Media, Medical Science, Mechatronics and Mechanical Engineering and Psychology. Approximately 50% of the students who have applied for university have received one or more offers. This scheme is for leaders and achievers and recognises our students for their achievement across a range of endeavours, academic, creative, sporting, vocational and leadership.

## 2021 EXECUTIVE CONFERENCE

This year our executive conference focused on our School Improvement Plan and our reading targets. The executive team spent two highly productive days working collaboratively to plan for 2022, particularly in relation to reviewing our progress measures and outline the 2022 strategies for improving student reading.

We were pleased to note that there was a significant improvement in student writing in NAPLAN in both Years 7 and 9 providing evidence

that our Literacy Passport Program is having a significant impact on our students' results. NAPLAN results were reported at the last P&C meeting and a comprehensive report on NAPLAN will be included in our 2021 Annual Report.

## THE 2022 SCHOOL YEAR

I would like to let the school community know that this year will conclude my time at The Forest High School. I will be finishing up at the end of this term and taking leave in 2022. A process is in place to select a new principal to relieve in my position next year. The staff here are some of the best that I have ever worked with in my almost 34 years with the Department in a range of roles in public schools and state offices. With the long-awaited announcement of the new school, I believe that the school now faces a bright and exciting future. I will provide you with an update in the Week 10 Newsletter before I say my final farewell to the community.

**ROSEMARY McDOWALL**  
PRINCIPAL

# Term 4 roadmap

### From 8 November

- All schools will operate on updated Level 3 settings for the rest of Term 4.
- School sports allowed
- Inter-school sports allowed outside of school hours
- Assemblies and presentations allowed outdoors on-site
- Excursions allowed outdoors
- Dancing and some music classes allowed
- Fully vaccinated visitors allowed on site to support curriculum delivery, wellbeing programs and school operations
- Community use allowed (including P&C meetings)

### From Term 1 2022

We can look forward to more freedoms as schools return in 2022.

## Keeping us all safe

A combination of layered safety measures allow us to prioritise student and staff wellness while we keep schools open.

### Stay home if unwell

- Do not attend or participate if unwell, even with mild symptoms.

### Vaccinations required

- All adults must be fully vaccinated.

### Always check in

- All staff and visitors must check in when attending a school site or gathering.

### Wear masks indoors

- Masks are required indoors for all staff, visitors and students in Year 7 or above, and strongly recommended indoors for primary students.
- You can take your mask off when eating or exercising.

### Physically distance

- Maintain 1.5 metres physical distancing wherever practicable.

### Maximise ventilation

- Activities and events should be held outdoors where practicable.
- Indoor spaces will be well ventilated and as large as possible for the number of attendees.

### Stick to your cohorts

- Avoid mingling with other groups when moving around the school.

For the latest information, refer to [education.nsw.gov.au/covid-19](https://education.nsw.gov.au/covid-19).



## DEPUTY PRINCIPAL'S REPORT

Mirjana Simic, Deputy Principal



### WELCOME BACK STUDENTS!

After continuing the start of Term 4 with online learning, last week we saw the return of our students back to face to face teaching. It was wonderful to see them all and they were also excited to see us and their friends. School returned on Level 3+ restrictions which meant some health and safety protocols such as face masking needed to occur, some activities such as special religious education could not resume and bell times required adjustment to minimise student mingling within the school. Despite such circumstances, it was a smooth return for our students who were eager to get back to learning in the classroom. We would like to thank parents and carers for their support during the online learning period and we look forward to continuing this partnership during this term.

### GOOD LUCK YEAR 12

It has been a challenging time for our current Year 12 students, with online learning being prolonged and even their HSC exams. However, they have shown themselves to be resilient and dedicated learners. We welcomed them back in Week 3 as they came to study in bubbles at our school. Last week they continued with lessons, revision and workshops and persevered with their studies. However, this week, their last week with us, is a time they are taking to relax, beginning with teachers versus students games, Year 11 versus Year 12 games, wearing some Hawaiian clothes and Dynamic Duos Wednesday.

It will be a tearful Friday when they attend their last day. We wish them all the best for their HSC exams and future endeavours. We will miss them greatly but we know that each one of them has a bright future ahead and are destined to do great things.

### YEAR 7 2022 ORIENTATION DAY

With the easing further of COVID-19 restrictions, our new cohort of Year 7 students 2022 will now be able to attend Orientation Day on 23 November. We are looking forward to meeting and welcoming our future students and engaging with them in some COVID-safe activities.

Wishing everyone a happy and enjoyable rest of Term 4.

**MIRJANA SIMIC**  
**DEPUTY PRINCIPAL**







## Teacher v Year 12 Dodgeball

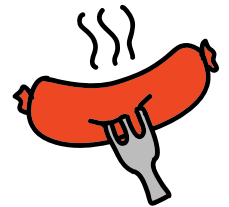
Our Teacher v Year 12 dodgeball game on Monday marked the start of Year 12 Celebration Week at The Forest - congratulations to the staff for their win although their team was supplemented by students, so shall we say dodgeball was the winner on the day







**Last week our Year 12s enjoyed a pre-HSC sausage sizzle breakfast at school**



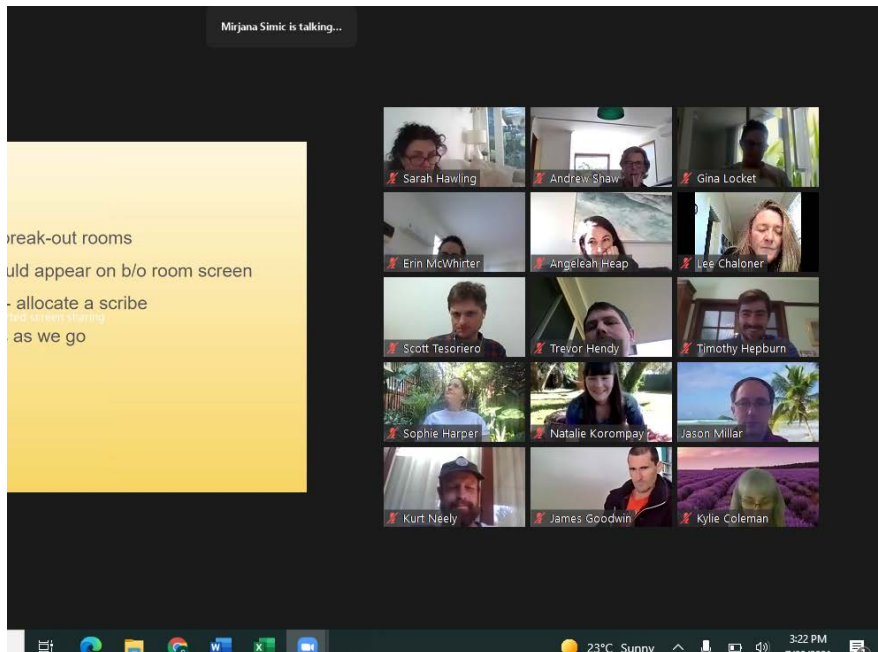
**Scooby was patiently waiting in line for a sausage!**



**We are so proud of our Year 12s. Good luck in the HSC and the next stage in your lives - we will miss you!**







## The Brilliant Bandicoots triumph in Staff Trivia

Congratulations to the Brilliant Bandicoots who took out the top spot with 34.5 points in the virtual Staff Trivia competition at the end of Term 3. The Cunning Caterpillars were an agonising half-point behind with 34 to take home the Silver and the Harmonious Hippos came away with a Bronze after their 32.5 performance. Congratulations again to the winners, the Brilliant Bandicoots - Ms Turner, Mr Tesoriero, Mr Shaw, Mr Corner, Ms Anwar and Ms Williams.



## NSW Department of Education – School Infrastructure



An example of new high school facilities we are delivering across NSW

## The Forest High School relocation

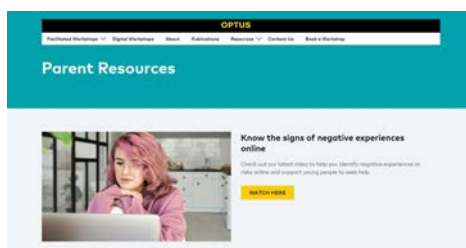
Planning update

August 2021

Read the Planning Update for The Forest High School relocation on the project website, in the 'library' tab: <https://www.schoolinfrastructure.nsw.gov.au/projects/f/the-forest-high-school-relocation.html>



# WELLBEING



## Digital Thumbprint Workshops

Supporting young people to be safe, responsible, and positive online is a key challenge for educators and parents alike. Recently the team from the Optus Digital Thumbprint program were online with our Year 7, 8 and 9 students taking them through the fun and interactive workshops that cover a range of important issues such as cybersecurity, cyberbullying and digital balance.

It is very important to be aware of these topics so that your child is prepared and supported to thrive in the digital world. There is a range of free, downloadable Digital Thumbprint Parent Conversation Guides for parents and caregivers that support you to have effective conversations around what young people should and shouldn't share online, cyberbullying, and how digital technology can support effective study practices.

Please visit [www.digitalthumbprint.com.au/parent-resources](http://www.digitalthumbprint.com.au/parent-resources)

## Head to Health Pop Up

Head to Health Pop Up services have been developed to support the mental health of people in NSW, of all ages. This includes people who have never accessed mental health services before, or for their family and friends. When you call Head to Health on 1800 595 212, an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.

To find out more go to: [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

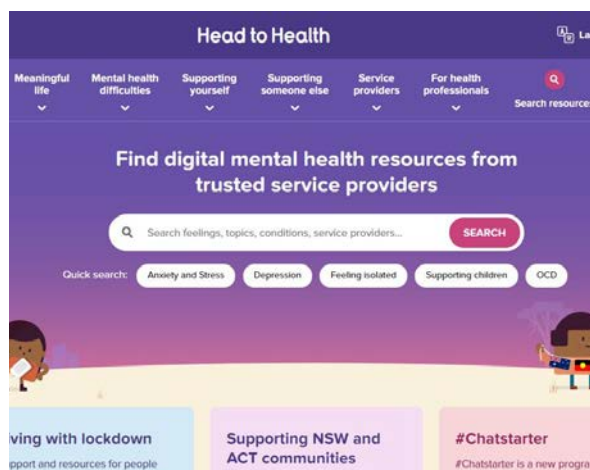
**ERIN McWHIRTER**  
**HEAD TEACHER WELLBEING**

## Managing Overwhelm

The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

This Special Report suggests several strategies to help manage any feelings of overwhelm that you or your child may be experiencing. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

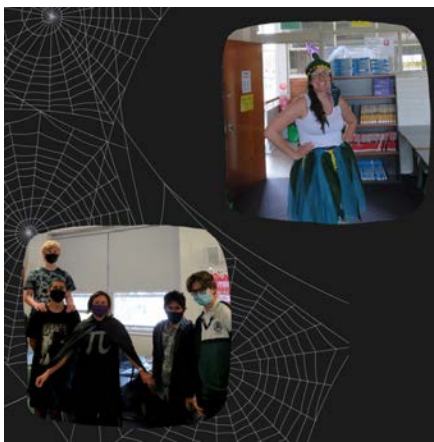
Here is the link to your special report  
[https://theforest-h.schools.nsw.schooltv.me/wellbeing\\_news/special-report-managing-overwhelm](https://theforest-h.schools.nsw.schooltv.me/wellbeing_news/special-report-managing-overwhelm)





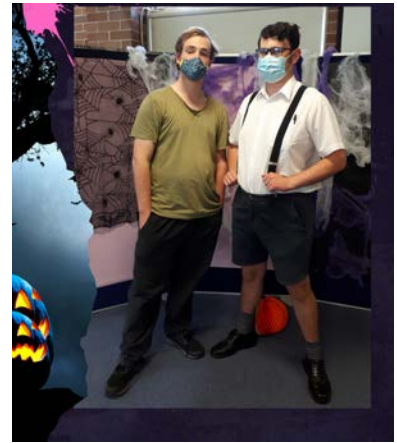
# HALLOWEEN!

Friday 29 October was Halloween Mufti at The Forest with a photo booth in the library - a fun way to end the first week of returning to school





# HALLOWEEN



# CAPA

Here are a few of the wonderful paintings some of talented students in the Year 9 Visual Arts class have produced recently. They are currently on display in our school foyer.



Tenzin Damdul



Justine Ly



Mindy Mulders



Olivia Conradi

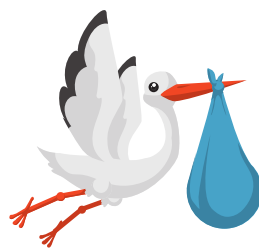


Karli Stewart



Molly Weir

## SCIENCE Welcome Baby Collins!



We were delighted to meet the new addition to the Science Faculty last week when Head Teacher Mrs Lucy Collins brought in baby Henry Gordon Collins to meet us all. Henry was born on 2 September weighing in at a healthy 4.05kg.

Both Mum, Dad and baby are all doing very well and Henry was impeccably behaved whilst being handed round for multiple cuddles from us all.





# ENGLISH

## Life Stories Unit for Year 9 English - Mr Rowland

This term, as part of their unit on Life Stories, Year 9 have been composing feature articles on individuals who have had an impact on themselves and the community. Mr Rowland's class listened to an empowering talk by a Vietnam War veteran, Andrew Marr. In this talk, Mr Marr shared with the class his experiences of the conflict which included being an engineer as part of the Australian army in 1968. The students asked purposeful questions about Marr's recollections of the war.

For their assignment, students wrote engaging feature articles on a range of individuals including family members, mentors, sport coaches, as well as people who have had a transformative effect on our own society. Below are two notable articles written by students, Julius Hamprecht and Shelly Lamare. Julius focused on detailing the considerable influence of Amazon founder, Jeff Bezos. While Shelly wrote a meaningful and emotive piece on the legacy of Anne Frank in today's world.

### A Billionaire Worth Mentioning By Julius Hamprecht



He is rich. He is famous. He essentially controls the world. He is none other than Jeff Bezos.

But who actually is Jeff Bezos? We all know him as this multibillionaire entrepreneur who founded Amazon, but there is much more to him than that.

Jeffrey Preston Bezos was born on January 12, 1964, in Albuquerque. His mother, Jacklyn Bezos (then Jacklyn Gise Jorgensen) was barely 17 years old at the time. This caused a lot of controversy, and Jacklyn was told that she would not be allowed to finish her education at high school consequently. However, after being allowed to return under strict conditions, she graduated high school and divorced Jeff's biological father, Ted Jorgensen. After financial hardships and deciding to go to college, Jacklyn met and eventually married Mike Bezos, a Cuban immigrant who would give Jeff his last name and step in as his father.

After such a tumultuous start to life, Jeffrey was determined and eager to work hard. "I think I always wanted to do it (launch a company). Even since I was a kid. I had the idea. I was one of those people who every time I looked at something, it looks like it could be improved", says Bezos in an interview with Mathias Döpfner, CEO of media company Axel Springer.

Already as a child, Jeffrey was hard working and showed an interest in expanding his finances. An example of this is how he launched his own business while still in high school. It was an educational summer camp for nine- to twelve-year-olds.

Like its founder, Amazon came from humble beginnings. Indeed, Bezos founded Amazon inside his garage in Bellevue, Washington. Jeff and a few early employees developed a software for the site inside of his garage.

Amazon was not always what we know it as today. These days, Amazon is an American multinational conglomerate, focusing on e-commerce, cloud computing, digital streaming, and artificial intelligence and is currently worth a staggering 1.7 trillion US dollars. While, when Jeffrey Bezos first founded the company, it started off as an online marketplace for books and nothing else. However, Bezos revealed that, while there has been a lot of change over the years, some things have stayed the same: “We’ve had three big ideas at Amazon that we’ve stuck with for 18 years, and they’re the reason we’re successful: Put the customer first. Invent. And be patient.”

Nonetheless, Amazon did have its hardships and challenging moments. The company was, quintessentially, lucky not to have gone bankrupt after the dot-com boom of the 1990s. As the mood of the market turned in the early 2000s, Amazon survived by sheer luck; The company had raised a lot of money just before the market crashed, alleviating the severity of these arduous times.

Like other famous billionaires, Bezos owns his own privately funded rocket ship company. The aerospace manufacturer and suborbital flight services company, Blue Origin, “is super important” to the billionaire. In an interview, Jeff Bezos says: “I believe (...) that Blue Origin, the space company, is the most important work that I’m doing.” In the same interview, Jeffrey also explains why he is so dedicated to Blue Origin and willing to spend \$1 billion each year to fund the company: “I’m interested in space, because I’m passionate about it. I’ve been studying it and thinking about it since I was a five-year-old boy. But that is not why I’m pursuing this work. I’m pursuing this work, because I believe, if we don’t, we will eventually end up with a civilisation of stasis, which I find very demoralising.”

Jeffrey Preston Bezos came from very humble beginnings. His mother gave birth to him while she was still in high school, and he came from a rather poor household. Yet, through hard work, dedication, and relentless perseverance, Bezos managed to become the person we all know. Even today, the billionaire is determined to serve humanity through Amazon as well as Blue Origin. Jeff Bezos is living proof that anything is possible.

*“What we need to do is always lean into the future; when the world changes around you and when it changes against you – what used to be a tail wind is now a head wind – you have to lean into that and figure out what to do because complaining isn’t a strategy.” – Jeff Bezos*

## The Ultimate Spirit of Courage and Hope

### By Shelly Lamare

Can you picture, after two years of anguish and immeasurable loneliness, receiving news that your culture, the one which you were now seeing being defined by badges and laws, was on fire some thousands of miles away in Poland? How would you react? Would you wail? Cry?

For Anne Frank living for more than two years feeling disenfranchised and trapped indoors in the secret annexe opened her emotions and thoughts in her diary of her longing to be a regular teenager who could go outside and “look at the world.” She expressed her envy of the people who enter the building “with the wind in their clothes and the cold on their cheeks.” Beyond the walls of the hiding place she shared with seven others in the heart of Amsterdam, the Netherlands and much of Europe were under Nazi control while World War 2 raged and Adolf Hitler’s regime sought to exterminate Jews and others considered less than human.





Despite everything going on in the world around her, Anne as a developing teenager took precedence in many aspects of the diary. It was in the forefront of her mind, and it made a statement that no matter how devastating life can be, there are things that are important.

On March 28, 1944, the residents of the Secret Annex heard a special news report on the radio. Dutch Cabinet Minister Gerrit Bolkestein announced that diaries and other documents would be collected when the war ended in order to preserve an account of what happened during the horrific terms in history for future generations.

Anne decided that she would submit her diary, and began revising it for future readers, Larisa Klebe said from the Jewish Woman Archives. Anne's diary utilises an insightful, confident and direct young woman. Hoping to become a famous writer, Anne wrote, "I can't imagine having to live like Mother, Mrs. van Pels and all the women who go about their work and are then forgotten. I need to have something besides a husband and children to devote myself to! I don't want to have lived in vain like most people." This perspective has assisted to make Anne a role model and massive significant impact for young girls and an icon for the persecution of European Jews said, Klebe. "She was truthful and sincere in her writing. She was writing for a wider audience and the image that she manifested was often of someone sure of herself. She is a role model for how to present yourself well in writing and write for change. Anne also wrote about missing nature, life outside the walls, Jewish ethics and her views on humanity. Her most famous passage is such a reflection. Anne wrote, "I still believe, in spite of everything, that people are truly good at heart."



Miep Gies found Anne's diary after the arrest. After hearing of Anne's death, Gies gave the diary to Otto, who had returned to Amsterdam.

According to the Anne Frank House, Otto read her diary, which he said was "a revelation. There, was revealed a completely different Anne to the child that I had lost. I had no idea of the depths of her thoughts and feelings." Otto knew Anne desired to publish her diary to the world and eventually decided to fulfil her wish. He combined selections of her original and edited diary, due to sections of her original diary being lost. Eventually, it was published in 1947, with some editorial changes.

Otto sadly died on 19 August 1980 in Birsfelden, Switzerland. Shortly before his death, he said in an interview: 'I am almost ninety now and my strength is slowly fading. But the mission that Anne passed on, keeps giving me new strength, to fight for reconciliation and for human rights across the nation.'

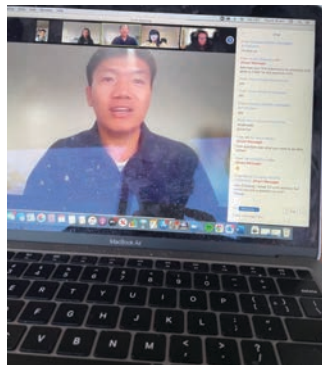
Anne Frank, herself is a manifestation of the loss of innocence in the world due to the prejudice which continues to pervade our society. Anne's words echo through generations, reaching people of all backgrounds and cultures. They instil in us the determination to educate future generations on the horrors of the past. To pass on the ideals of freedom from fear and freedom from want and to act when we see injustices taking place. People continue to connect and empathise with her, in many ways she was an ordinary teenager, writing about ordinary teenage things. Yet she was an extraordinary person, not only because she wrote these things amid war and violence, but also because in this teenage girl, we find reflective wisdom and wit. She was a woman of strength and courage. And her words continue to inspire, provide the optimism and lift generations up.

## The Importance of our Local Communities: EAL/D News

While online learning has had its challenges for teachers, it has been a productive time for supporting our students from diverse cultural backgrounds. Ms Milton, Ms Bancroft, Ms Prassopoulous, Ms Redford, Ms Weatherall and Ms Payne have continued to actively support the students' in our weekly online homework club.

EAL/D students have benefited from the teachers' tireless efforts to help develop greater confidence in speaking, as well as harnessing their skills in writing. EAL/D students have also been very fortunate to have three undergraduate students from the University of Sydney, studying Secondary Education, support them as volunteers throughout this year. Mr Jessop, Ms Ortiz and Ms Zhu, all studying EAL/D (English as an Additional Language or Dialect) have given their time to assist students in completing assignments, mark essays and help them to understand the processes of applying for university. TESOL (Teaching English as a Second Language) Coordinator, Dr Andrew Ross, from the University of Sydney has been helpful in implementing a volunteer program at The Forest, whereby undergraduate students spend some time with EAL/D teachers to gain invaluable experience, as well as ensure more EAL/D students are supported across the school. We thank the volunteers for their continual support of our students.

Our EAL/D students have also been very fortunate to have such generous local businesses who have sponsored the homework club. Forestway Chargrill Charlies and Frenchs Forest Subway have previously donated food and beverages for school events. Now, franchise owner, Daniel Evans of Domino's Pizza, Dee Why has offered to sponsor the students with pizzas for the homework club in Term 4, as well as into 2022. This munificence at a time of significant financial hardships for many businesses, helps to bring joy to many of our students who have already endured a multitude of challenges in their difficult journey to Australia. Thank you, Daniel, for your compassion and generosity. The students, parents and EAL/D teachers are so grateful.



### TIBETAN MENTORING PROGRAM: THURSDAY 7 OCTOBER 2021

Through our connections with local organisations such as Community Northern Beaches (CNB), the EAL/D team organised a career talk with four Tibetans from across Sydney to talk about their experiences of university and employment in Australia. Each guest speaker shared a different story of venturing to Australia. All four had different occupations: Lawyer, civil engineer, film director, and bank manager. The talk was conducted online and included Tibetan students from Years 10-12, as well as some parents of the Tibetan Forest High School community. Multicultural Services Adviser and local Tibetan, Dhondup Yaltse was also present, asking students about their aspirations for studying at university. Tibetan SLSO, Samdrup Jehru, further emphasised the importance of maintaining self-discipline and a strong work ethic during challenging times. All in all, the evening was a success, helping the Tibetan students understand the endless possibilities available to them as well as establishing strong-willed Tibetan mentors for the future.







## EAL/D Student Profile

### Jigtel Tenzin

Jigtel Tenzin is currently in Year 12 at The Forest High School. He is a prolific basketball player who has had a conscientious work ethic since arriving from Northern India four years ago. Mr Rowland completed the following interview on Zoom to better understand more about Tibetan culture and what it means for him to be Tibetan.

## Coming to Australia

**Mr Rowland: When did you arrive in Australia? What were your first thoughts about the people after landing down under?**

Jigtel: I arrived on 1 November 2016 around midnight. My first thoughts of coming to Australia were one of excitement. I was only 12 years old and I really wanted to buy a toy. My parents bought me a mobile phone and I remember being amazed by it. Watching YouTube, playing games, streaming movies. I had come from Bangalore, India where I learnt some conversational English. After, I moved to the Tibetan Children's Village in Dharamshala.

**Mr Rowland: What do you miss most about being in India?**

Jigtel: I really miss my family and friends. I come from a big family and spent a lot of time with my two grandmothers.

**Mr Rowland: Did you ever get the chance to meet the Dalai Lama?**

Jigtel: Yes, I did, twice. I was very young the first time I remember meeting him. He brought a lot of positive energy to me and encouraged me to feel more pride in being Tibetan. We went as a family to hear his speech and it was very emotional. He talked about helping humanity and caring for others. My mother and father bought some small rice and went and fed fish for the rest of the afternoon.

**Mr Rowland: Tibetans have a long history associated with Buddhist ideals dating back to the 6th century. Are Buddhist values still very important to you living in Australia?**

Jigtel: Yes, they are. I don't read much about Buddhism or the scriptures anymore, but being Buddhist ties me to my Tibetan cultural identity. When I listen to the Dalai Lama's speeches, I remember to never give up and to help others. When I visit the temple or spend time alone praying, I don't feel alone.

**Mr Rowland: What is ONE thing most people don't know about Tibetan culture and people?**

Jigtel: We are a proud culture with around 10,000 of us in Dharmshala where his Holiness, the Dalai Lama lives. In festivals, many Tibetans wear lots of diamonds as part of their attire. Diamonds represent wisdom and compassion, key aspects of Tibetan culture. For us, music is very important, with many playing a Tibetan guitar known as the Drameyin. Our food is important. Many people know about Momo dumplings which we sold at The Forest Festival of Lights this year.





## The Forest High School

**Mr Rowland: When you first set foot at The Forest High School, you thought....**

Jigtel: When I first arrived, I was so nervous, I was shaking. I could not speak much English and had lots of social anxiety. The Deputy Principal met me, and I was scared. I didn't want to show eye contact and many people tried to speak to me from the school. There was only one other Tibetan who was in Year 12 at the time. Luckily, I did meet some friendly people who helped me and made me feel more comfortable.

**Mr Rowland: What have you loved most about going to the Forest High?**

Jigtel: All the facilities. In India, we always had to write everything down. Sometimes, we would write 25 pages in one class. No one can use technology. I remember the teacher gave us paper (i.e., worksheets) and I was so happy. Things are so much easier. Using the computer, I can share work with my teacher through Google Docs. Life is much easier.

## Future Goals/Aspirations

**Mr Rowland: You're very dedicated to your studies and sport, having succeeded in both realms. Where do you wish to be in five years?**

Jigtel: I have three dreams:

- 1.To be fit and athletic.
- 2.Go to university and study hard.
- 3.To continue my passion for music. I love learning new lyrics and would enjoy doing a music course, as well as share my knowledge on YouTube.

**Mr Rowland: As a year 12 student who has come a long way both physically and emotionally from your time in Northern India, what is one single piece of advice you think is important for those just starting out high school at The Forest?**

Jigtel: I have realised how important parents are to motivate kids. However, sometimes there is a lot of family pressure to study. Families are important as they give positive opinion and mindset. I would also tell people to join communities such as PCYC. When I was younger, I felt lost and made some mistakes, not always hanging out with the best influences. But I've realised I need to be around 5 or 6 friends who are positive towards me. I also realise how important being confident is. For many Tibetans, I think we are very shy, especially on Zoom. But over time, I've challenged myself to talk up and speak. We all need to show a bit more strength.

**CAMERON ROWLAND**

**ENGLISH TEACHER & EAL/D COORDINATOR**



# LIBRARY NEWS



## Year 12 study bubble in action with Trailblazers Michelle and Zali

This term we have been delighted to welcome back Year 12 study bubbles to the Library. Our Trailblazer team of Zali, Michelle, Elizabeth, Max, Marcus and Amelia have also been on hand to support our senior students in the final stages of their HSC studies with free tutoring and mentoring sessions which can be booked online via The Forest High School Library website

<https://theforesthighlibrary.weebly.com/>



**The Nextwave Youth Short Film Competition is open to anyone in Australia between the ages of 10-25.**

**They have just extended the submissions deadline to 12 November 2021.**

**There's over \$30,000 in prizes to be won, including prizes for Best School.**

**[nextwavefilm.com.au](https://nextwavefilm.com.au)**

# P&C NEWS

How good is it to no longer yell "Have you logged on?" and "Shut the fridge door"  
We trust everyone is happy to be back into the swing of school life

## CLICK 'N' COLLECT

Due to COVID restrictions we can only offer a Click 'n' Collect service. Please follow this 2 step process:

**Step 1: Use the menu to begin your online shopping. When you get to the cart, ignore the delivery options as they are currently unavailable.**

<https://tfhsuniformshop.com.au/collections/accessories>

**Step 2: Book a collection time using the link below.**

Mondays 10.00 - 11.30am

Thursdays 3.30 - 5.00pm

Saturday 13 November, 27 November 10.00 - 11.00am

<https://www.trybooking.com/events/landing?eid=817556&>

Collections will be made in the Lower Car Park near the playing fields. If you are feeling unwell or have the mildest of symptoms on your collection day please reschedule your booking or send someone in your place.

School Map



Our last General Meeting for 2021 will be on Wednesday 17 November at 7pm. Please join us to celebrate a very challenging year. Next year members of our Executive Team will be stepping down from their roles due to their child no longer attending our school. If you would like to get involved in supporting our school, please email us [theforesthighschool@pandcaffiliate.org.au](mailto:theforesthighschool@pandcaffiliate.org.au)

Wishing our school community a wonderful Term 4 and all the very best to our Year 12 students

THE FOREST HIGH SCHOOL P&C



# New School Visitor Check-in

A single School Visitor Check-in system for every school across the state was introduced on 18 October.

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school, including The Forest High School.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate](#).
- Giving every school greater access to streamlined NSW Government services.

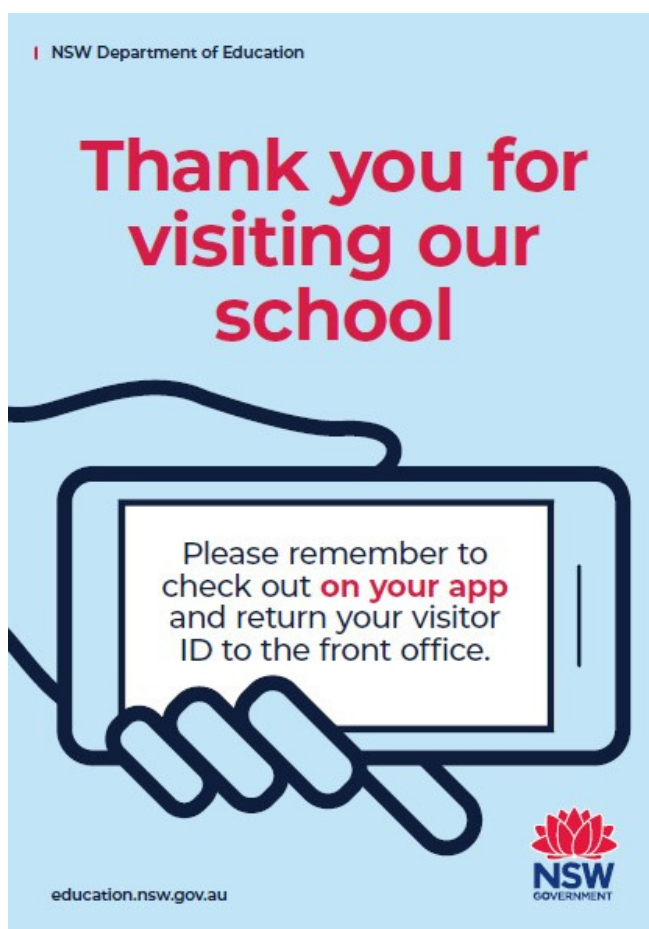
Watch the short [parent video](#) to see how it works for parents or the [contractor video](#)

## Who can use School Visitor check-in?

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

For more information visit School Visitor Check-in on the department website.



# Infrastructure Traineeship

Build your pathway  
to success



The NSW State Government, is offering Year 12 school leavers an opportunity to apply for a NSW Infrastructure Traineeship.

The traineeship has been designed for Year 12 school leavers seeking to commence a career in the booming Infrastructure industry, with more than 100 places available across NSW.

This two-year traineeship program combines TAFE studies with practical experience working for NSW Government agencies and private sector industry employers. Trainees will have the opportunity to complete a Cert IV in Business, Project Management Practice, or Procurement and Contracting.

## What are the benefits?



Two years full-time paid work, whilst studying 1-2 days per week



Nationally recognised Certificate IV qualification from TAFE NSW



Vital workplace experience you can take anywhere



Nothing to pay for your qualification, and no debt!



February 2022 start – so you can enjoy your summer first!



Available in metro and regional areas



## How do I apply?

There are two easy ways to apply



### Resume upload

If you already have a resume, simply use this form and upload it!



### Application form

No resume? No worries!  
Simply answer our three application questions!



Scan QR code  
to apply now



# Frequently asked questions

## What is a traineeship?

A traineeship is a type of vocational training (training under a supervisor) where you earn a wage and complete your education at the same time. A traineeship is just like an apprenticeship, but often takes place in an office environment. These traineeships take 24 months to complete and upon completion you will receive a Certificate IV in your chosen field.

## How does it work?

The NSW Government Infrastructure Traineeships are office-based. If you are successful, you will spend time at a NSW Government agency and private sector industry employers, rotating every 8 months. TAFE classes will be a combination of Classroom Based and Connected Learning, and you will be given 1-2 days during the week to study to complete a Cert IV courses and/or attend classes.

## Do I attend classes to study?

You will be given 1-2 days during the week to study and complete your online TAFE course to complete your Cert IV courses. You will do this during the week, within the workplace you are placed.

## What traineeships are on offer?

- Cert IV in Business
- Cert IV in Project Management Practice
- Cert IV in Procurement and Contracting

## What experience do I need?

No prior experience is required. We are after people who have finished school and are keen to start a career.

## Where are these jobs located in NSW?

There are over 100 spots available across NSW.

## How much will I get paid?

If you're successful, you will earn \$36,500 annual salary\*

## When would I start?

If you're successful, you will start in mid-February 2022.

[Click here to find out more about each of these traineeships](#)



## Don't wait!

Contact us any time to find out more about this opportunity!



02 9466 4362 (7am-10pm / Mon-Fri)



nswtraineeships@apprenticeshipcareers.com.au



apprenticeshipcareers.com.au/infrastructure-traineeships

\* Based on the NSW Traineeship award wage



# A Cut above the rest...Barbering and Hair webinar.

## Explore the world of Barbering and the Hair Industry



Are you interested in a career in Barbering or Hairdressing? If you're looking to begin a career carefully crafting stylish hair, skilfully shaping the freshest fades, or creating behind the scenes in fashion or film, then you'll need professional skills and knowledge to get there. One day you may even want to run your own business! The opportunities are endless!

Join us and hear from experts on their roles and pathways and find out if a career in this creative, trending and exciting industry is for you.

**Where:** Online

**When:** Thursday November 18<sup>th</sup>

**Time:** 4:00 PM for 45mins

**RSVP:** [Click HERE to register](#)

Or scan the QR code below.



[Or Click Here to register through DART Learning](#)



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### Regional Industry Education Partnerships (RIEP)

[Rhonda Stone](#)

[Sara Deitz](#)

[Christine Assanti](#)

[Jane Artup](#)







## **Term 4 2021 Events**

- 9 November - HSC exams commence
- 17 November - School Council - 6pm; P&C Meeting - 7pm
- 23 November - Year 7 2022 Orientation
- 30 November, 2 and 6 December - Year 7 Swim School
- 13 December - Year 12 Graduation
- 14 December - Christmas Assembly
- 15 December - Year 12 Formal
- 16 December - Last day of Term 4
- 17 December - School Development Day - staff only

## **Term 1 2022**

- 28 January - School Development Day - staff only
- 31 January - School Development Day - staff only
- 1 February - Years 7,11,12 and Peer Support return
- 2 February - Years 8,9,10 return
- 2-4 February - Year 12 Camp

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