



NEWSLETTER



Education

WEEK 11 TERM 4 2021 - CHRISTMAS EDITION



CONGRATULATIONS CLASS OF 2021 - WE ARE VERY PROUD OF YOU!



PRINCIPAL'S REPORT

Rosemary McDowall, Principal



FAREWELL TO OUR YEAR 12 STUDENTS

With the conclusion of the HSC Examinations, it is bittersweet to say goodbye to the Year 12 students as they sign out of school this week. I congratulate the students on their perseverance and resilience in completing their HSC examinations. We were very glad that the examinations ran smoothly with no disruptions after all the changes to the scheduling. I want to thank and acknowledge the 2021 School Captains for their leadership this year, but particularly during the lock down when they scheduled regular Zoom meetings with the Senior Executive to ensure clear communications and support were in place for their cohort.

As of last Wednesday Year 12 students have received 64 early offers in a broad range of university courses. Almost 70% of the students studying an ATAR pathway have received an offer. 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.

For teachers like myself who have watched Year 12 students since they arrived in Year 7, it has been gratifying to see them develop into outstanding young adults. They will be missed but they leave a legacy of school pride and service to their school community. We are glad to have been able to celebrate Year 12's completion of their studies at the Graduation Ceremony on 13 December and at the Formal on 15 December. We wish them all the best in their future and we look forward to hearing about their future endeavours and successes.

Year 12 will receive their HSC results on 24 January. I am confident they will be rewarded for their efforts and the staff are anticipating celebrating their achievements with them.

PRESENTATION DAY

Congratulations to The Forest High School 2021 Award Recipients. These students have strived to achieve

their personal best in a range of pursuits including academic, creative, sporting, vocational and leadership. We are particularly proud of these students who have continued to demonstrate resilience and determination despite the challenges and disruptions of successive lock downs.

THANK YOU!

2021 has been a challenging and turbulent year for all of us. I would like to acknowledge the Deputy Principals, Cathy Thompson, Mathew Finley and Mirjana Simic as well as the executive team for their strong leadership of the school in 2021. Deputy Principal, Cathy Thompson and Head Teacher PD/H/PE, Jenny Power are both retiring at the end of this year so I would like to acknowledge their contribution to education. Both of them are expert educators who have made a positive difference in the lives of a large number of students over the course of their careers. They will be missed by The Forest High School community.

I also wish to acknowledge the dedicated, professional teaching and support staff. Teachers continued to improve and lead learning both face-to-face and remotely through Canvas in 2021. Support staff worked across the school in administration, maintenance support and as assistants in specialist subject areas and as support for teachers in the classroom. Many of them worked from home to keep the school operational during the COVID lockdowns. I thank the staff for their work ethic and their continued commitment to The Forest High School community.



I have sincerely appreciated the support of the School Council and the P&C for their ongoing support over the last year. The Executive of both the Council and the P&C have played a crucial role in ensuring the best outcomes for the community in the new school planning process. Sarah Butchart, P&C President and Michael Strugnell, School Council President, were valued members of the Project Reference Group and Julie Sutton, School Council, has actively supported the school as a community representative for many years.

GOODBYE TO THE SCHOOL COMMUNITY

This will be my last newsletter as Principal. This year I conclude my time at The Forest High School, after thirteen years as Principal. I have had an exceptionally fortunate and varied career, having spent 34 years in a range of roles in public schools and state offices. I have always been extremely proud of The Forest High School, our students, our staff and our community. I feel privileged to have led such an outstanding school. With the long-awaited announcement of the new school, I believe that the school now faces a bright, exciting future.

The next stage of my life is about to begin, but I will forever remember my time at The Forest with pride, fondness and appreciation. Thank you for the support I have received and for the trust you have placed in the school to provide an excellent education for our students. It has been an honour and a joy to be a teacher in NSW Public Schools and to lead The Forest High School. The Forest High School will remain very close to my heart.

I hope everyone has a safe and happy holiday season and a happy New Year. I wish you the very best, always.

Kind regards,

ROSEMARY McDOWALL
PRINCIPAL





DEPUTY PRINCIPAL'S REPORT

Cathy Thompson, Deputy Principal

In this newsletter article I am saying goodbye to The Forest High School as I am about to retire.

On 17 December I will leave my permanent teaching career after 31 years with the Department of Education. I have been very lucky to have worked in six great Department high schools as well as a three year stint in the Department State Office. I have been employed as Deputy Principal at The Forest High School since 2013.

I have had the most amazing time at The Forest under the leadership of Rosemary McDowall who has been inspirational in my career and I feel we have had an amazing leadership partnership over this time. I have also worked with a number of Deputy Principals and Relieving Deputy Principals including currently Mathew Finley and Mirjana Simic. We all have a productive yet fun time working together as we lead learning and wellbeing across the school. I will miss these collegial relationships a lot.

My teaching areas are Visual Arts and Special Education and I thank those faculties for having me teach classes in these areas of expertise over the years. I have loved being in the classroom with students and hope that they have benefited from my experience.

The teachers at The Forest – how amazing are they? Such a caring, professional and well-resourced team of teachers who care about students and their learning and wellbeing every day. And of course your children, the students. I am seeing off another group of Year 12 students this year. I have been with this group since they began at The Forest in Year 7 in 2016. The time has flown by and I have so many memories of all of them as they moved through the stages of their education. I have enjoyed their company and the joy they have brought to me each day. It sounds corny, but I mean it.

So it is with sadness that I say goodbye to you all but I look forward to enjoying my life in a different way in the future.

It has been a privilege and thank you.

**CATHY THOMPSON
DEPUTY PRINCIPAL**





Thanks for the memories ...





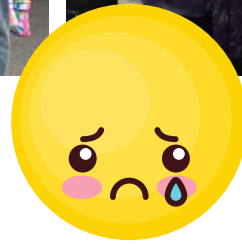
Fun times!





Special moments Wonderful friendships





We will miss you!





WELLBEING



Holiday support available

As we move into the holiday period, we wanted to make you aware of the supports that are available to your young person when they are not at school. Changes to routine can be challenging and your young person may experience times when they feel a range of uncomfortable emotions such as sadness, stress or feeling isolated.

During the holidays we encourage you to check in on your young person if you notice any concerns or changes in behaviours or functioning. You may also like to encourage them to stay connected with friends, look after their physical health, and engage in the activities that they enjoy.

If you identify that your young person may benefit from chatting with someone, we encourage you to make them aware and support them to access support services. This may be engaging with your local Headspace Centre, GP or access online or telephone supports through eheadspace (1800 650 890) or Kidshelpline (1800 55 1800). Please note that you can also call these numbers to help guide your support, alongside Parentline (1300 1300 52).

Apps and websites for support:

- My Compass <https://www.mycompass.org.au/> This is a resource created by Black Dog which creates personalised support for mental health
- Mood Gym <https://moodgym.com.au/> An online resource that can help support and manage symptoms of mental health challenges
- eheadspace <https://headspace.org.au/eheadspace/> - Online access to a mental health clinician via telephone or webchat. Parents can speak with a clinician for help supporting a young person
- Reachout <https://au.reachout.com/> Tools and resources for stress management and mental health support strategies

ERIN McWHIRTER
HEAD TEACHER WELLBEING





2021 Presentation Day

A SPECIAL DAY TO RECOGNISE OUR AWARD WINNERS

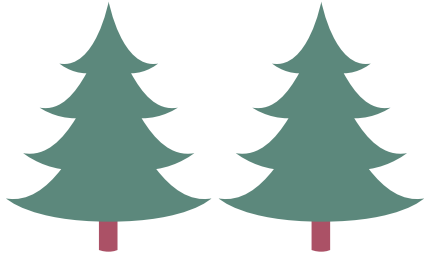
Our 2021 Presentation Day was held on Thursday 9 December. Due to Covid-19 restrictions, we had to do things a little differently this year with separate ceremonies for Stage 4, 5 and 6 and unfortunately parents were not able to attend in person, but instead could watch via a live-stream. We congratulate all our students who received academic, music, drama, literature, sports and special awards. Here are just a few of those receiving their certificates and prizes - we are very proud of all those who were recognised on the day.





CONGRATULATIONS CONGRATULATIONS





Merry Christmas!



Christmas at The Forest

This week we have enjoyed our Christmas festivities here at The Forest - the Santa Grotto photo booth in the library was again very popular, where students could have their photo taken with Santas Ye, Sweeny, Roberts, Hendy, Shaw, Avies and McGrath. We also enjoyed the traditional Christmas wrapping of the teachers and some fun entertainment from our SRC. Our Christmas Assembly was streamed online to students in their classrooms and included moving farewell speeches from Ms McDowall, Principal and Ms Thompson, Deputy Principal. Happy Christmas Everyone!!







Class of 2021

YEAR 12 GRADUATION

At our Year 12 Graduation Ceremony on Monday 13 December students, parents and staff shared in the official graduation of our Year 12 students from The Forest High School. They were presented with their Year 12 Graduation Certificate and a yellow rose to mark the occasion. There were only a few dry eyes in the hall after the moving speeches and wonderful performances by some of our talented music students. The Graduation Ceremony was preceded by a breakfast with some lovely photo opportunities and a chance for shirt signing. Thanks also to the VET Entertainment students who provided their technical expertise for the occasion. We will miss you Year 12!





Class of 2021





Student Leadership Team 2022



Jono Davies
School Captain



Emily Costa
School Captain



Dylan Thurbon
Vice Captain



Jami Seale
Vice Captain



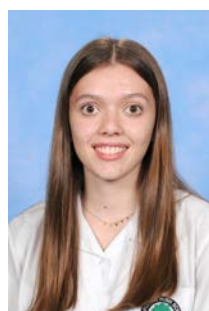
Dale Mapstone
Sports Captain



Abbie Truman
Performing Arts
Captain



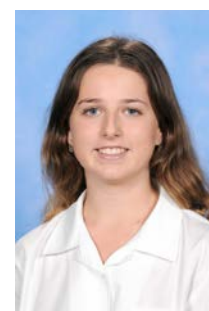
Jackson Brown
Performing Arts
Captain



Beth Battista
Environment
Captain



Jemma Dixon
Environment
Captain



Megan Osborn
Environment
Captain



Lily Beharrell
Prefect



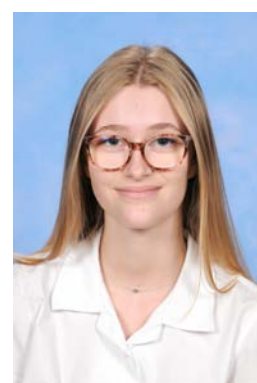
Jesse Heriot
Prefect



Liam Pooley
Prefect



Halle Smit
Prefect



Zara Stewart
Prefect



White Ribbon Morning Tea

Congratulations to Ms Horton and her Year 10 Barista team - Deana, Alara, Chansatha, Sophie and Callan - for putting on a lovely morning tea on Friday 19 November in support of White Ribbon.

This White Ribbon Day focused on the action men can take to end men's violence against women and asking "How Can Men Make Change?" and challenging everyone to "Learn, Give and Take Action".

The Forest High School is a White Ribbon school and the money raised at the morning tea will be donated to this worthy cause.

Thanks also to Mr Neely from the PDHPE Faculty for organising this fundraising event.



SUPPORT UNIT



Christmas Gifts

The students in the Support Unit have been busy this term making beautiful hand-made goats milk soaps in a variety of fragrances including mandarin, caramel and lemongrass. They have also made lavender and vanilla lip balms from natural bees wax. Proceeds from the sale of these delightful gifts were used for a celebratory end of year excursion for the students..

Pictured are Dylan, Anakin, Jayden, selling their goods to the ladies in front office. Thanks also to the Year 10 students who helped with this project



CAPA

Welcome to the 2021 exhibition of HSC Bodies of Work by our talented Visual Arts students

Please click the links below to enter the Senior Soiree gallery

<https://tfhs-capa.wixsite.com/senior-soiree>

https://www.youtube.com/watch?v=E-79SZyS2_M



Every year, across NSW, students enrolled in the HSC Visual Arts course are tasked with completing a Body of Work. At the completion of the course, students select one or more artworks to submit as evidence of what they know and can do in the practice of artmaking. Through this work, they demonstrate their application of knowledge, understanding and critical judgement acquired through experience. Students come up with their own ideas, research and experiment with materials, and develop their artmaking over the course of the HSC year, culminating in this selection.

This year, of course, was a little different.

Ideally, with works due in late Term 3, students put in the most work refining and selecting their best work over this time – completing the journey they set out on in Term 4 the previous year. As Term 2 2021 came to an end, however, NSW went into its second – and longest – lockdown! Amidst growing uncertainty, and with almost no time to prepare, our students had to take their work home where they continued their toil with limited resources, supervision, and feedback.

Despite these difficult circumstances, each and every one of our students turned up on the submission date in late Term 3 with their selection for the Body of Work in hand. We welcome you to peruse the works here and see what they have been able to accomplish under these stressful, trying circumstances.

Thank you to family, friends, and peers for all of your hard work and support in seeing our students through to the end of this difficult journey. This exhibition is as much for you as it is for them, so please enjoy.

Congratulations, Class of 2021 – you made it!

BRENDAN McGRATH
VISUAL ARTS AND PHOTOGRAPHY TEACHER

ENGLISH



Tibetan Thank You Lunch

On Tuesday 23 November our Tibetan parents and students prepared a variety of appetizing and delicious Tibetan dishes for the EAL/D team and other members of staff to enjoy. The Tibetan students have been participating in a weekly homework club where they have developed their confidence in reading and speaking in English. It has been very pleasing to see the students flourish both academically and emotionally.

EAL/D Careers Day

As part of our close connections with local businesses, the EAL/D team organised a Careers Day for our International students and Tibetans on 3 December, where they participated in a variety of job workshops. Students were fortunate to have three local businessmen from the areas of finance, fast food and education speak to them about budgeting, creating resumes and cover letters, as well as help prepare them for interviews. We thank Colin Benvenuto, Mick Milton and Daniel Evans for their efforts in enriching these students' understanding of ways to succeed in the Australian workplace.



Year 12 Tibetan Graduation Afternoon Tea

It was lovely in my final week at The Forest High School for a while to be joined at Dee Why Beach by local Tibetan community leaders and supporters, as well as the many dedicated EAL/D staff to say farewell to our graduating Tibetan students. It's been a difficult journey for many of them, coming from India in Year 10 and having to improve their English to excel in the school. Yet, their resilience and optimism to succeed has been inspiring for everyone here at The Forest. I look forward to hearing about many more successes from our Tibetan student community over the course of the next few years. They are very fortunate to have such supportive and loving teachers.



32nd Anniversary of the Nobel Peace Prize for the Dalai Lama

Ms Weatherall and I were privileged to join Tibetans from across NSW on Saturday 11 December for the celebration of the Dalai Lama's peace prize at Mackellar Girls High School. We were spoilt with excellent traditional music and dance performances and beautiful Tibetan food. It was lovely to be involved in such a momentous occasion and see many of our own students and their parents enjoy the festivities.

CAMERON ROWLAND
ENGLISH TEACHER and STAGE 6 EAL/D COORDINATOR



LANGUAGES

Year 8 Japanese

Ms Watanabe's Year 8A and 8E Japanese classes were given the task of creating an interesting Japanese menu using Japanese Hiragana writing.

Here are some examples of the wonderful work they produced. The students gave their restaurant a name - Edamame by Scout Twidale (below left), Eggs to Go by Alex Nguyen (below right) and Jolly by Eliote Delage (top right)

かけ そば 800¥

900¥ れいたいそば

そばとえびのてんぷら 1200¥

2500¥ うなぎ

かつおのたたき 1300¥

しらすかつおのたたき 1000¥

みそ-つけ さけ 1100¥

Edamame

APPETIZERS

Edamame (えだまめ)
Lightly salted green soybeans.

Gyoza (ぎょうざ)
Pan fried dumpling filled with a savoury mixture of pork, prawn, or vegetables. ¥200

Karaage chicken
Crunchy, deep fried chicken thigh. ¥320

SALADS

Hiyashi Chuka - Ramen Noodle salad (ひやし ちゅうか) ¥300
Ramen noodles mixed in with a variety of vegetables and other flavours.

Edamame salad (えだまめ さらだ) ¥610
Edamame, cucumber and capsicum mixed in with a sesame vinaigrette.

Japanese Macaroni Salad (まかに さらだ) ¥500
A blend of macaroni, cucumber, onion, ham and boiled egg.

MAINS

Sushi (すし) ¥470
Seaweed wrapped around rice with your choice of filling. Fillings include tuna, salmon, avocado, teriyaki chicken, cucumber and prawn. ¥700

Sashimi (さしみ)
Fresh raw fish sliced into thin pieces.

Nigiri (にぎり) ¥650
Small ball of rice topped with raw fish.

Japanese curry rice (かり ごはん) ¥600
White sticky rice and curry. ¥630

DESSERTS

Mochi (もち) ¥550
Small Japanese rice cakes - flavours include chocolate, green tea, coffee, mango and strawberry.

Japanese soufflé pancakes (すふや ぱんかけす) ¥590
Fluffy pancakes served with side of mixed berries, ice cream and maple syrup.

いく たまご

EGGS TO GO

MENU

たまごすし (Tamago sushi) 450¥

たまごさんどいち (Tamago sandoitchi) 500¥

たまごやき (Tamagoyaki) 660¥

おむれつらいす (Omuretsuraisu) 578¥

ちゃーはん (Chāhan) 850¥

くれーぶ (Kurēpu) 480¥

ぷりん (Purin) 360¥

ふらいどちきん (Furaidochikin) 1000¥

(Mizu) みず 100¥

PDHPE

"You never really leave the place you love. You take part of it with you and leave part of you there." Anonymous



I started my career in teaching 37 years ago in Brisbane at the school I had attended, teaching students who were in Year 7 when I was in Year 12. This was an interesting and challenging experience. That progressed to moving to Sydney and working in Southwest Sydney, then finally settling at The Forest High School. Having worked here for the last 23 years I have collected many memories and friendships.

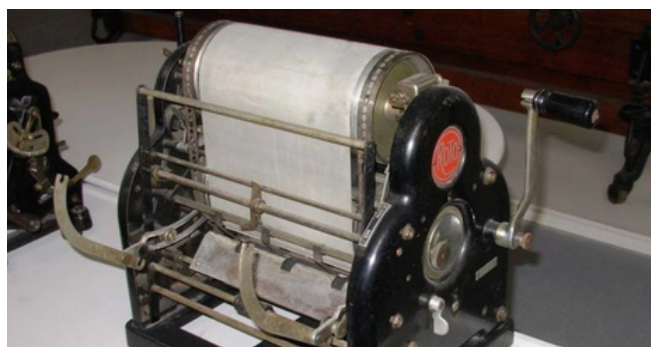
The staff and students at this school are amazing. Over the years I have had the privilege of working with dedicated, caring and enthusiastic people. It has been a privilege to work in an environment which I feel supported and cared for. This is illustrated by the welcoming nature and calm outlook that the 'Ladies in the Office', always have. They have helped and supported me over the years with administrative work which has become increasingly demanding over the years.

The teaching staff of the school are outstanding. You don't need to look much further than the school calendar to see the many and varied ways in which staff are always trying to ensure each child achieves their personal best. The PDHPE department have been an integral part of my working life. The care, commitment, enthusiasm, and professionalism that I have encountered has made leading Team PE a pleasure. A group of people that don't hesitate to muck in and help when required, are experts in collegiality and are genuinely nice people. The PDHPE staffroom is a hive of activity each day with many and varied lively conversations occurring. The

demonstration of using new and different equipment in the gymnasium will always be a lasting memory.

My children attended this school. So as a parent and teacher the school will always have a deep connection with me. I have enjoyed being a part of The Forest High Community and participating in many community events over the years. Being involved with sport, both in school and in the local community, has enabled me to become close to students, both past and present, many of whom have become lifelong friends. A great example of this is living next to a former student, who I played netball with for many years, and now I have the pleasure of watching her children growing up.

Lastly, a reflection on the change in technology over the last 37 years. From spirit duplicators that were a large machine which sat on a desk with a handle that needed a complete 360 turn manually to produce one copy. The distinct smell from the ink/alcohol fumes would ensure all were a little high!



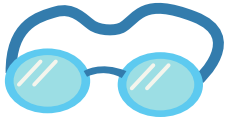
Progressing through the decades to overhead projector transparencies, photocopiers and now the internet and the many applications available for our use. I would not have foreseen the changes that have occurred in the last 37 in teaching, and I have no idea where it may go!

JENNY POWER
HEAD TEACHER PDHPE



We'll miss you!





Year 7 Swim School



Year 7 had a great time at their annual Swim School at Manly Pool over 3 days in Weeks 9 and 10 where they participated in two days of intensive swimming and lifesaving skills and also undertook the Royal Life Saving Society's Swim and Survive Awards. The third day was spent at the beach for the surf awareness and surf skills program. Thank you to the Year 9 students assisted with the program over these three days.



2021 House Cup

Congratulations to Ares who won the 2021 House Cup:

- ARES - 2938 points
- ATHENA - 2622.5 points
- ZEUS - 2454 points
- POSEIDON - 2125.5 points



Peer Support BBQ

THANK YOU TO OUR MR MOORE AND THE 2022 PEER SUPPORT LEADERS WHO COOKED UP A LOVELY LUNCH TIME BBQ FOR STUDENTS AND STAFF ON TUESDAY 14 DECEMBER.





P&C NEWS



Our School

We were very pleased to be face-to-face for our last P&C meeting for the year and to be able to wish our dynamic duo Rosemary McDowall, Principal and Cathy Thompson, Deputy Principal a heartfelt farewell. Rosemary has been our leader for 13 years and Cathy for 8 years. They will both be greatly missed and the parent community wishes them all very best for the future.

It was also very exciting to have the consultation evening for the new school and to see the drawings for this wonderful new facility along with a timeline which sees us moving in at the start of 2025! You read more about the evening in the article below. It is important to acknowledge the extraordinary amount of work Rosemary has put into getting us to this point. She has attended many consultation meetings over the years and advocated for the best facilities for our children and teachers. We are very grateful.

<https://www.northernbeachesreview.com.au/story/7540514/timeline-designs-revealed-for-the-forest-high-schools-relocation/>

Diversity and Inclusion Sub-Committee

At our last meeting the parents and teachers who attended agreed on the following objectives for this sub-committee:

The aim of the TFHS Diversity and Inclusion sub-committee is:

- To raise awareness of inclusive education practices and principles and the benefits it provides to the whole school population
- To build authentic connections between home and school so that our students and families feel known, cared for and valued

In 2022 we will continue to meet twice a term via Zoom. Term 1 dates will be 16 February and 9 March at 7pm.

If you want to find out more before then please don't hesitate to email Sarah or Kelly at: theforesthighschool@pandcaffiliate.org.au



P&C Meetings

The P&C meetings for Term 1 2022 will be held at 7pm on:

- 23 February (Welcome to our new families)
- 16 March (AGM)

You are welcome to email items for discussion to theforesthighschool@pandcaffiliate.org.au

Uniform Shop

The Uniform Shop will be open during the school holidays on the following dates. Please book your 20 minutes timeslot online so that we can manage numbers and provide the best service possible <https://www.tfhsuniformshop.com.au/>

If you just want to Click & Collect on these days there is no need to book. A table will be set up at the entrance to the shop, so that you don't need to come in.

- Saturday 22 January - 10am - 3pm
- Saturday 29 January - 10am - 3pm
- Monday 31 January - 9am - 12pm

Additional hours during the first week of Term 1:

- Tuesday 1 February - 8am – 10am
- Wednesday 2 February - 8am – 10am
- Thursday 3 February - 2pm – 3.30pm

For the remainder of the Term 1:

- Mondays 8am - 9.30pm
- Thursdays 2pm - 3.30pm

On behalf of the P&C Committee we wish you all a safe school holiday.

SARAH BUTCHART

TFHS P&C PRESIDENT

theforesthighschool@pandcaffiliate.org.au





Term 1 2022 Events

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
- 8 February - Distinguished Achievers Assembly
- 11 February - Swimming Carnival
- 23 February - School Council 6pm; P&C Meeting 7pm
- 3 March - Year 11 GP Visit
- 9 March - Open Night
- 15 March - Years 7 & 12 Parent Teacher Interviews - 3.45pm - 7.30pm
- 16-18 March - Year 7 Camp
- 16 March - School Council 6pm; P&C Meeting 7pm
- 21 March - Athletics Carnival and Harmony Day
- 25 March - School Photos (31 March Photo Make Up Day)
- 25 March - Year 10 Road Trauma Exhibition
- 29 March - Year 7 HPV1 & Year 8 HPV2 Vaccinations
- 28 March - Years 9 & 11 Parent Teacher Interviews - 3.45pm - 7.30pm
- 8 April - Cross Country
- 8 April - Last day of Term 1**

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



COMMUNITY NOTICES



Registration Opens 4th January 2022

We are seeking players to join our family friendly club. Season commences April 2022. Team grading and registrations close February 2022.

DIVISIONS

NetSetGo 8 and 9 years
Juniors 10 to 15 years
Cadets 16 to 18 years
Seniors and Over 35's
Men's Mixed Division

REGISTRATION

Commences 1st January 2022
Registration at
www.belrosenc.nsw.netball.com.au
Enquiries at belrosenetball@hotmail.com



ACTIVE KIDS VOUCHERS

Active Kids Voucher can be used at registration

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

www.belrosenc.nsw.netball.com.au



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