



NEWSLETTER



Education

WEEK 5 TERM 2 2021

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

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PRINCIPAL'S REPORT

Cathy Thompson, Relieving Principal

While Ms McDowall has been on leave I have had the privilege of relieving for her as Principal. It is a position I have relieved in before whilst she has been on leave and it always strikes me of the enormity of this role. Ms McDowall works through this workload often silently, with the Deputy Principals assisting. I want to acknowledge how Ms McDowall steers this ship, The Forest High School, to a place of prominence in our community in so many areas, and she is often not acknowledged for this.

The school as a whole has been busy as usual this term.

Our Parent Teacher interviews continued as they were in Term 1, by phone. This proved to be a successful alternative to face to face visits and certainly met the restrictions in place at the time. Thank you to parents who participated in these interviews although they may have rather had the face to face brand of meeting. Hopefully that will return next year.

Our Autumn whole school carnivals – Cross Country and Athletics Carnivals were both highly successful

for the school community. The Cross Country had the added element of colour with participants being able to join in the colour run at the end of the event. The Athletics Carnival was once again held at the wonderful Narrabeen Sports Academy on a glorious sunny day. The participation level was the highest I had seen from students both junior and senior. Students showed real enthusiasm for their events and supervising staff were very positive about the attitude of the students.



A big thank you to the PDHPE faculty who organised the event and the teachers who were on duty all day in one capacity or another to support this fabulous whole school event and help make it enjoyable and successful for the students.

Term 1 and Term 2 up to now have been extremely busy as we go through of Department of Education requirements to complete our Annual School Report for 2020, the development and publication of our new four year Strategic Improvement Plan which guides how we function across the whole school and the External Validation process which concludes for us at the end of this week.

All of these tasks are huge and take a great deal of time and energy, planning, writing, documenting and providing future direction for our school in the next four to five years. A big thank you to our executive team of teachers with special mention to Ms Mirjana Simic, our new Deputy Principal to the school in 2021, who has led the External Validation process and now needs some sleep.

The last two weeks have seen our Year 7 and 9 students complete their NAPLAN online tests in

literacy and numeracy. Students had been able to participate in practice tests prior as this was our first year of online testing. Ms Karen Gourlay once again led the teacher team so that the tests were integrated into the timetable with the least interruption to students over this time.

Last of all I would like to mention an award of note to Mr Les Pitt, currently seconded to the DET as a consultant in Aboriginal Education. Mr Pitt was the recipient of a Nanga Mai Award for his Outstanding Contribution to Educational Achievement by an Aboriginal Staff Member. Once again a fitting reward for a dedicated teacher in support of public education.

CATHY THOMPSON
DEPUTY PRINCIPAL



Congratulations to Mr Les Pitt, recipient of a Nanga Mai Award for his Outstanding Contribution to Educational Achievement



DEPUTY PRINCIPAL'S REPORT

Mathew Finley, Deputy Principal

YEAR 10 SUBJECT SELECTION PROCESS FOR THEIR HSC

Year 10 will commence their subject selection process for the HSC this term.

The process begins with students learning about the different types of HSC courses. Some of the activities and resources include:

- From the comfort of home you can view our Speed Date a Subject videos with your child. Every course we offer is available for viewing here: <http://speeddateasubject.weebly.com/>
- Year 10 will be able to attend taster lessons at school. Students can ask questions to HSC teachers about the course content and skills.
- Every student will be issued with a subject selection booklet for 2022.
- Advice from the Careers Adviser on different HSC and post-school options, including University, TAFE, Private Colleges, Traineeships, Apprenticeships, and School Based Apprenticeships.

Later this term we will be publishing information about our parent information evening. This event is an opportunity to learn about the HSC credential.

We will also be surveying every student on their course preferences for 2022. This survey will allow us to construct a timetable that meets the needs of a majority of students. After the Year 11 subject lines are constructed, students will be invited to an interview at school to discuss their options and enrol in their courses. We also guide students in the appropriateness of their subject courses across all courses, with specific focus on their Stage 5 achievement and its relevance to English, Mathematics, and Science courses. *For example, a student who intends on studying Physics should also be studying Advanced Mathematics, which in turn has a prerequisite study of 5.3 Mathematics in Year 10.*

Not every course we offer will be available in 2022, as courses with low student demand will be withdrawn from the timetable. In some cases we are able to offer Distance Education or a TAFE course in its place.

LEGAL ISSUES IN SCHOOLS

On the 3rd and 4th May I attended the NSW LawSense Conference with our Head Teacher Wellbeing, Ms McWhirter. The conference presenters were a mixture of lawyers, Principals, and Department of Education senior leadership. It was also the first external conference we have attended in person since March 2020.

The conference presenters outlined the legal rights and responsibilities of students, parents, staff, and the Department of Education across a range of areas. Some of the issues and cases we studied were:

- Managing Investigations
- Dealing with Complaints
- Student Disability and Behaviour Management
- Social Media Update – Sexting, Online Offences and Bullying
- Student Discipline
- Excursions, Trips and Camps
- Family Law

The presentations were a detailed exploration of how the law is reflected in our policies and procedures. The case studies they presented provided guidance on effective school practices and where to mitigate potential risks. Schools are complex places with a large workforce and student population to support. I was encouraged by how many of the effective school practices mentioned aligned with our own procedures. However, one area where rapid change has caused significant challenges for schools is social media and the law.

Over the course of the next month, Ms McWhirter and the Year Advisers will be disseminating information on this update to students. The most important advice I can give students and parents on this topic is:

- If you see material online that is offensive, illegal, or bullying, report the content immediately to the website or application provider. This can usually be done through their support page. Social media providers are getting better at shutting down accounts that engage in this behaviour.
- Serious online bullying behaviour can be reported to the Department and the Office of the eSafety Commissioner.
- If you receive deliberate, repeated, and hostile behaviour online, report it to NSW police.

In all of these cases, this behaviour can take the form of sending abusive messages or photos, intimidating through threats, tagging people against their wishes, or threatening to send or forward messages that may harm an individual's reputation.

It is also important that we are aware of these issues when they arise. While we cannot make direct complaints to the social media companies, nor file a police report on your behalf, we can enforce the school discipline procedures and anti-bullying policy if this behaviour is

interfering with the rights of another student to learn.

Students do not have a right to bring their phone to school. Misuse of phones and online services can lead to a device ban.

It is also worth noting that online posts that are likely to injure or defame the reputation of an individual in a public domain can result in defamation lawsuits, sometimes years after the incident occurred. Students need to understand that this behaviour is not justified because they are "having a laugh" or "they deserved it" or "it's only on Snapchat". These types of acts can have long-lasting consequences for both the victim and perpetrator, and ignorance of the law is not a defence.

If you are concerned about social media and our shared rights and responsibilities, I will be presenting a Social Media update to all parents at the P&C meeting on June 16th. I hope to see you there.

MATHEW FINLEY
DEPUTY PRINCIPAL

ROTARY AWARDS FOR OUR YEAR 11s

Three of our well-deserving Year 11 leaders received a Youth Award for school and community service and initiative from Belrose Rotary Club on 13 April 2021. Emily C, Jackson B and Jono D, plus their families and Rotary members, attended an evening at The Dutch Club in Frenchs Forest to celebrate their awards. Well done all!



Lest we forget

ANZAC DAY 2021

It was a chilly 6am start for the Dawn Anzac service at Oxford Falls Peace Park on Sunday 25 April where Captain Amelia and Vice Captain Sam gave a moving address to those assembled to reflect on what Anzac means. Long time supporter of the The Forest High School, Mrs Julie Sutton, and our Principal Ms Rosemary McDowall were also in attendance.

Later in the morning our Captain Will and Vice Captain Genevieve joined in honouring those who have served for Australia at The Northern Beaches Hospital for their Anzac service. They each gave a recitation of two poignant poems about the loss and heartbreak of war.



Meet the Principal



Friday 28 May: 9.00am
Friday 18 June: 9.00am
Friday 23 July: 9.00am
Friday 27 August: 9.00am
Friday 8 October: 9.00am
Friday 5 November: 9.00am

Numbers are limited to 10 bookings per session.

Book online at
<https://www.picktime.com/TFHS/MeetThePrincipal>

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



 **Scooby loves road trips**

THE FOREST FESTIVAL OF LIGHTS

THE FOREST HIGH PRESENTS

FOREST FESTIVAL OF LIGHT

JOIN US THIS YEAR TO CELEBRATE OUR 60TH ANNIVERSARY

June 18 | 3 PM to 9 PM
SIXTY YEARS OF FOREST HIGH,
ENDLESS YEARS OF FORRY PRIDE

northern

The poster has an orange background with a green border. It features a central image of a glowing jar candle with string lights inside. The text is in various fonts and colors, including white, black, and orange.

The SRC are putting a call out for your jars and tins that can be recycled for candles and succulents stall for The Festival of Lights on June 18

JARS & TINS WANTED

Drop off at the Library - Thank you

The poster has a light brown background. It features an image of a jar candle with a succulent in a tin. The text is in various fonts and colors, including brown, black, and white.

WELLBEING

Members of the Forest Wellbeing Team were privileged to attend a 2 day course to learn how to assist Aboriginal & Torres Strait Islander young people who may be experiencing a mental health problem or mental health crisis until appropriate professional support is received or the crisis resolves, using an practical, evidence based Action Plan. Our staff were some of the first in the country to complete this national accreditation to support our Aboriginal and Torres Strait Islander students and are accredited for 3 years.



SCHOOLTV

If you haven't seen our SchoolTV website, be sure to take a look. It is a new online resource designed to empower you as parents with credible and sound information with realistic, practical ongoing support strategies. Check out the positive parenting edition, covering a range of issues including: raising boys and raising girls. <https://theforest-h-schools.nsw.schooltv.me/newsletter/positive-parenting>.

LIBRARY ARCHIVE

All SchoolTV topics are divided into series. The number of topics relating to a series will differ and over time new topics will be added. Every month from February to November a new topic is published for you to review. Take the time to explore each series and topic and make sure you visit the resources section. Here you will find useful factsheets, apps, books, websites and other additional videos - all on one single topic!



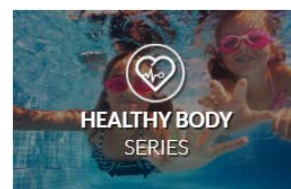
CYBERSAFETY SERIES



MENTAL HEALTH SERIES



SCHOOL SURVIVAL SERIES



HEALTHY BODY SERIES



POSITIVE PARENTING SERIES



SPECIAL REPORTS

ERIN McWHIRTER
HEAD TEACHER WELLBEING

ENGLISH

MODULE C SENSORY WRITING AMAZING RACE



Year 12 students participated in an amazing race around the city in Week 10 of Term 1, trying to seek out the locations based on the provided riddles. Here's an example of one of the riddles... can you figure out where they had to go?

"These totems are speaking, at the edge of the trees

You've never heard so many mellifluous voices on the breeze

Australian culture, history and stories

From all over the states and the territories."

At each location they had to sit and write using a particular sensory focus. The first and second teams to reach the final checkpoint received an amazing prize pack, including a professional photography session, vouchers for Chargrill Charlie's and Nero's Cafe, book packs from Harry Harthog's and 2 week gym passes from Plus Fitness. Many thanks to these wonderful businesses for supporting our students, and motivating them to do their best work!

Here is an example of some of the beautiful writing generated from the experience, written by Amelia Bates and entitled Sensory Sydney.

The middle of a forest. To stand at the forest floor is to be surrounded by life and death. The constant circle of change posed to decompose its remains so that blossoms of new life can be fed and sustained to grow. Paths made by animals wind lazily through the undergrowth passing around a tree so heavy with its own size that the years it has seen are merely a freckle in the years it will see. Restitution, reconciliation, retribution. The circle of life continues taking with it victims and servants. Those who refuse it's right and take advantage of its resources will perish. Allowing the creeping back of reaching vines and the sudden acceleration of growth that suffocates what's known.



Those who play along, take only what they need and path only necessary path may prevail and live to see many years. But even the most harmonious have an end date. After it fell with its gargantuan crash and settled into its resting place, a repayment was made. A dept of life to be served in death creating new life and sustaining growth in it's decomposition. Nearby a shape protrudes from the ground, it's edges hard and stern. Floaty moss grows sporadically on it and is hiding its true nature behind its thickly wound vines. Is it a block of artificial rock formed by a species no longer applicable to the equation of life? Or is it just a rock fallen from a cliff and weathered by the harsh elements that are awaiting shaping by the claws of humanity?

A tree tells a story. A building holds lives. A species has control. The fate of beauty is that it must end in all its forms. Where in time is it most prominent? What causes it to fall?

SARAH PEACHMAN
HEAD TEACHER ENGLISH





TIBETAN MASTERCHEF


On 10 May, Year 8ENGE completed a Tibetan MasterChef competition, where they prepared traditional Tibetan foods at home and brought them in to share with their peers and two judges. These recipes were inspired by our novel, *Running on the Roof of the World*, which follows the journey of Tash through Tibet and India as she searches for her parents.

Our judges, Ms Aroyan and Mr Samdhrup, judged a variety of delicious foods, but the winning three were Makenzie Faraj-Morris, who made a sweet Tibetan rice with dried fruit, Liam Triggell and Bruno Jackson who made sweet rice with tsampa balls, and in first place Felix Williams who made a very moreish "yak" (beef) stew. If you would like to try the winning recipe, it is linked below.

Thank you to all the staff who came along, the wonderful judges and of course our Year 8 chefs!

<https://www.sbs.com.au/food/recipes/tibetan-yak-stew>

SARAH PEACHMAN
HEAD TEACHER ENGLISH




NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

Key dates for students in K-10:
Challenge opens Monday March 1
Challenge closes for student entries Friday August 20
Artwork by Dr Bronwyn Bancroft

www.premiersreadingchallenge.nsw.edu.au



2021 NSW Premier's Reading Challenge

Due to the upheaval of 2020 Year 10 may join the Challenge for this year only. If you did not complete the Challenge in 2020 and would have received a medal if you had, you will become eligible for a Premier's Reading Challenge medal in 2021 upon successfully completing the Challenge. Students in Year 10 who received a medal in 2020 will receive a certificate for successfully completing the Challenge in 2021 but will not receive an additional medal.

Entries close Friday 20 August 2021.

www.premiersreadingchallenge.nsw.edu.au

Any questions please ask at the Library.
Start reading now!

2021 Mosman Youth Art Prize Finalist

Jaiden Bombardiero in Year 12 has been selected by judge Abdul Abdullah as a finalist of the 2021 Mosman Youth Art Prize for his work Gushing Echoes. The exhibition will be held at Mosman Art Gallery and will be open to the public from Saturday 8 May to Sunday 6 June.

The Mosman Youth Art Prize features the diverse talents of the country's young, aspiring and emerging artists and offers them the opportunity to exhibit their work in a public art gallery.

Congratulations to Jaiden!



Term 2 2021 Events

- 19 May - School Council 6pm; P&C Meeting 7pm
- 25-27 May - Year 10 Minimum Standards Testing
- 26 May - Year 11 & 12 Minimum Standards Testing
- 28 May - Meet The Principal - 9am
- 2 June - Years 11 & 12 Minimum Standards Testing
- 8 June - Year 10 Science Expo
- 10 June - Year 8 Maths P+P+P+P
- 11 June - Stage 5 Music Night
- 11 June - Year 11 First Aid
- 14 June - Queen's Birthday Public Holiday
- 16 June - School Council 6pm; P&C Meeting 7pm
- 16 June - Maths Olympiad
- 18 June - Meet The Principal - 9am
- 18 June - The Forest Festival of Lights
- 18 June - Year 11 Gibberagong Excursion
- 21 June - NAIDOC Week Celebrations
- 25 June - Last day of Term 2**
- 12 July - School Development Day
- 13 July - First day of Term 3 - students return**



PDHPE

CROSS COUNTRY AND COLOUR RUN

Athena - 211
 Zeus - 204
 Ares - 189
 Poseidon - 150

On Thursday 1 April we held our annual Cross Country in conjunction with a Colour Fun Run - what a fabulous way to finish off Term 1. Congratulations to the following Age Champions and to Athena who won the most points on the day. There are lots more photos on our school website.

- 12 Years Boys - Thomas Woods
- 12 Years Girls - Ashlyn O'Neill
- 13 Years Boys - Dylan Kane
- 13 Years Girls - Emelia Nagle
- 14 Years Boys - Severyn Jarysz
- 14 Years Girls - Zoe C.
- 15 Years Boys - Daniel Stanford
- 15 Years Girls - Ashleigh Windsham
- 16 Years Boys - Jake Hutchings
- 16 Years Girls - Jami Seale
- 17+ Years Boys - Kai Johnston
- 17+ Years Girls - Genevieve Michie



Girls Knockout Netball



Our 15 Girls Netball team competed in the Knockout competition against Davidson on Monday 26 April. All the girls on the day played hard but unfortunately we ended up with a loss. A big thank you to Wanita Leatherby from Year 12 who umpired the game for us.



Back Row L-R: Susie Taylor, Shelly Lamare, Abbie Hayes, Sahsha Pearson, Georgia Copland, Janiene Paragoso
Front Row L-R: Ashleigh Windsham, Scout Twidale and Eliza Davidson



Back Row L-R: Jade Eliote, Jemma Williams, Jesse Groom, Bianca Ali and Rebecca Ali
Front Row L-R: Tenisha Cosentino, Wanita Leatherby (Captain) and Em Callaghan

Girls Knockout Volleyball

Congratulations to our Girls Knockout Volleyball Team who made it through to the quarterfinals in the State Knockout.

They beat Willoughby Girls High School in Round 2, The Northern Beaches Secondary Freshwater Senior Campus in Round 3 and went down in Round 4 to Pittwater High School.

Ms Chaloner, PDHPE Teacher and Sports Organiser, said "The girls distinguished themselves with their play, sportsmanship and camaraderie. They were a delight to work with and did the school proud".

ATHLETICS CARNIVAL



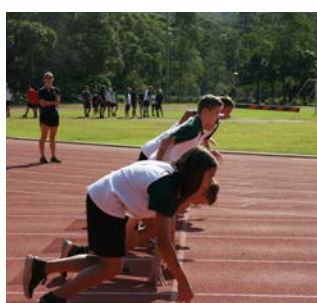
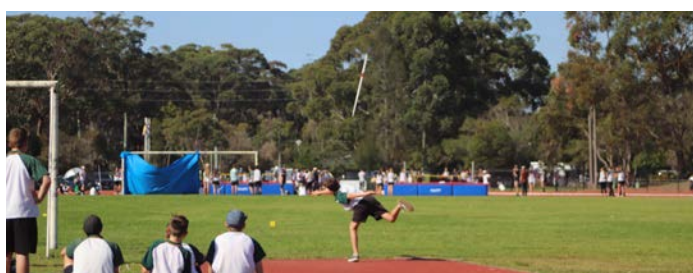
It was blue skies and sunshine for our annual Athletics Carnival at Narrabeen Sports Academy on Thursday 29 April 2021. Well done to everyone - the house spirit and participation was fantastic. Thanks also to our talented photographers Jade, Jayden, Matthias, Harry, Loris and Mr McGrath. Congratulations to our Age Champions and to Athena who won the day with 1580.50 points. Check out our school website at <https://theforest-h.schools.nsw.gov.au/gallery/2021-athletics-carnival.html> for more photos.

Athena - 1580.50 points
Ares - 1540 points
Poseidon - 1219.50 points
Zeus - 1113 points



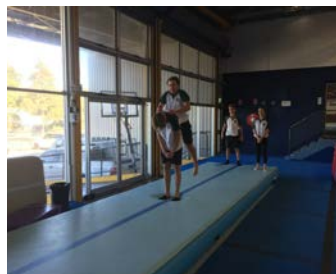
Age Champions

Penny Battista - 12 Years Girls
Benjamin Milham - 12 Years Boys
Elizabeth Bromiley - 13 Years Girls
Sean Meredith - 13 Years Boys
Freya Bouman - 14 Years Girls
Benjamin Costa - 14 Years Boys
Ashleigh Windsham - 15 Years Girls
Gabriel Bertozzi - 15 Years Boys
Halle Smit - 16 Years Girls
Toby Jacobs - 16 Years Boys
Emily Feeney - 17+ Years Girls
Dale Mapstone - 17+ Years Boys





Year 9 Fitness Leader at Warringah Gym



Boys U15 Knockout Basketball

The Boys Under 15 Knockout Basketball team traveled to Balgowlah Boys High School for their first knockout game as part of the Combined High Schools Sport Championship. We matched up against a taller, older and stronger Balgowlah Boys team. Intimidating definitely, but the Forest boys were not deterred. With Year 7's Keith Solis playing point guard and Gerard Ford at two man, the boys quickly matched up in a fast paced, free-flowing game. Despite a slam dunk from the Balgowlah 6 foot 4 big man, Charlie Zandberg and Nathan C. did well to rebound and muscle their way in the key. Ben Costa's effort in rebounding, his defence in the back court and lay ups helped to put points on the board for Forest. Austin Magno and Xavier Guzzo provided intensity and effort off the bench and took great shots during game play. Nico Ray, Tyson Nguyen and Jude Gacelos helped in defence, and played with enthusiasm and effort. While Forest lost the game 56 - 24, the teams were well matched in effort and sportsmanship. The Forest team is commended for their level of effort, the support they gave their team mates and maturity.

JULIA TROUT
PDHPE TEACHER



SCIENCE

YEAR 10 TARONGA ZOO PARTNERSHIP PROGRAM 'A DAY FOR A CHANGE'



In Year 10 Science students learn about the impacts human activities have on the environment as part of their learning for the Earth and Environmental Science module. As part of their learning in Term 2 we work in partnership with Taronga Zoo for students to explore not only the impacts that affect the environment but to also learn how behavioural science is used to help change human behaviour for the better through what is known as a change campaign. Taronga Zoo use a series of change campaigns around the zoo to promote behaviours that will support animals surviving and thriving in the wild.

On Tuesday 4 June students in Year 10 visited the Taronga Institute of Science and Learning to hear from Matt on how they have constructed a number of change campaigns around the zoo focusing on the issues they target and the different methods used to help persuade visitors to the zoo to act more environmentally in their everyday life. After this lecture the students then went to see a change campaign in action by watching the messaging around the Fish for Good Campaign covered during the sea show. After this students went to visit other campaigns including the Samaritan Tiger exhibit campaigning for sustainable palm oil, the gorillas focused on recycling mobile phones to limit mining of heavy metals and the Litter Free Oceans campaign showcased around the penguin exhibit.

Since returning to school students have begun to evaluate the strengths and weaknesses of the campaigns they visited and are now in the process of researching an environmental issue of their choosing to then develop a change campaign for. These change campaigns will be showcased in the school hall on Tuesday 8 June as part of our 'A Day of Change' Science Expo.

LUCY COLLINS
HEAD TEACHER SCIENCE





COLOUR FUN RUN





Lifeline High Schools Surf Challenge

The Lifeline High Schools Surf Challenge was held on Friday 26 March - an annual tag-team competition organised by Lifeline Northern Beaches and supported by Northern Beaches Council. 14 local high schools, including The Forest High School, competed at Curl Curl Beach in both boys and girls divisions. The event brings together school students with a focus on teamwork and camaraderie, and also gives participants the opportunity to discuss mental health and learn how to access mental health support if needed. Congratulations to the winning teams - St Luke's Grammar School (boys) and Northern Beaches Christian School (girls). Pictured are Finley Davison (Year 9) and Toby Jacobs (Year 10) who represented The Forest High School - well done boys!



Subject Lifeline High School Surf Challenge
Photographer Bernadette Johnson

Photo credit: Bernadette Johnson

Webinar: Parents Prepared

Starting the conversation with young people about alcohol and other drugs

Drug types
and their
effects

Talking with
young people
about drug
and/or
alcohol use

Why young
people use
alcohol
and/or other
drugs

Reducing
alcohol
and/or drug
use harm

Support
services and
resources

When: Wednesday 26th May, 2021

Time: 4.30-6.00pm

Cost: \$10 per ticket

Presenters:

Vivienne Li & Hayley Bowen, Counsellors

Bookings: <https://www.trybooking.com/BQTAB>

Visit us at sdecc.org.au

'sdecc'
Sydney Drug Education & Counselling Centre



CAREERS

YEAR 10 WORK EXPERIENCE

Work Experience is on in Week 3, Term 3. All Student Placement forms are due back by the end of Week 7 at the very latest. It is expected that all students will attend Work Experience as it is such a valuable learning experience. If your child is experiencing difficulties finding a placement, please encourage them to visit me in the Careers Office for advice.

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



UAC APPLICATIONS NOW OPEN FOR YEAR 12

Year 12 students have now received their UAC guides. There is plenty of time for decision making with early bird applications closing on 30 September. Keep a look out for the UAC focused Careers newsletter being sent to all Year 12 parents over the coming weeks.

Upcoming Dates and Information

Year 10-12: Intensive Training UCAT Workshop - Live Online Interactive 2 day event - 23 May 2021 10.00am - 5.00pm

Parents are invited to Day 2 of the workshop (Pathways into Medicine and Medical Interviews)
To enrol: <https://www.nie.edu.au/products-listing/product/216-simulated-ucat-day-workshop>
Contact: (02) 4367 0404/Mobile: 0404 197 178 or 0412 439 115
www.nie.edu.au, email: enquiries@nie.edu.au

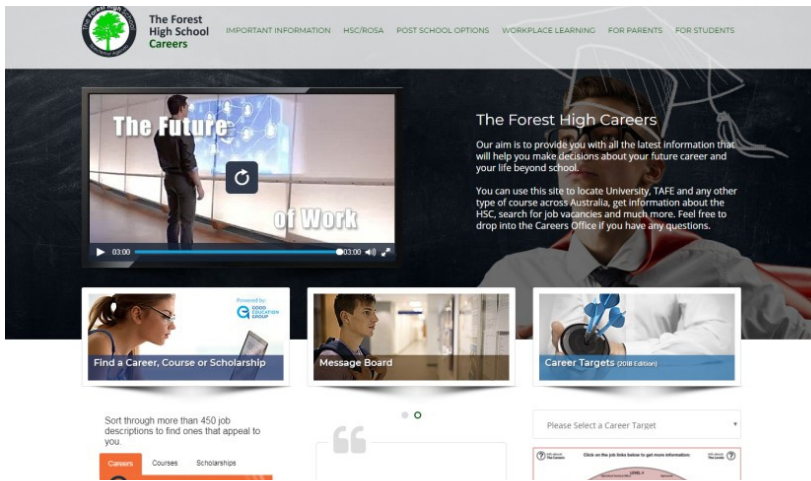
New Zealand is open for Gap Years

With the commencement of the Trans-Tasman bubble, Gap Years are now possible for school leavers interested in a boarding school placement in New Zealand. Applications for July 2021 and January 2022 are open.

To apply visit: <https://www.letzlive.org/programmes/paid-gap-year-in-new-zealand>

Apprenticeships R Us

Wanting to get into the NSW automotive industry but not sure where to start? Try a free pre-apprenticeship program then choose to enrol in one of the available apprenticeships including light vehicle mechanic, heavy vehicle mechanic, panel beater, spray painter and parts interpreter
Contact Apprenticeships R Us on (02) 9891 6900, www.apprus.com.au/pre-apprenticeship or career@apprus.com.au



www.theforestcareers.com

"One Stop Shop"

Remember to visit our school Careers website at:

www.theforestcareers.com.

It's a "One Stop Shop" for your child's needs with their Career Planning, information on HSC and Post School Options and much more. Students can also use it to create and save their resume. The site is also designed with you, the parent/caregiver in mind, to provide you with all the information you need about your child's Career Planning and post school options – and the information is constantly changing in these areas. This is a great opportunity for parents, particularly those with students in the senior years, to keep abreast of current offerings for our students, including university/ TAFE/private college open days, study sessions, GAP year programs, work experience and job opportunities.

**ANNIKA WILLIAMS &
CHRIS MANSELL
CAREERS ADVISERS**



If you feel you would like to make an appointment to discuss your child's career journey - [click here](#)

NSW Department of Education





Fee-free white card training for high school students

White card training (or general construction induction card) is available for free to high school students for a limited time only.

What is the white card?

The white card training (CPCCWHS1001 Prepare to work safely in the construction industry) is a nationally recognised course and a mandatory requirement for anyone who wants to work on a construction site.

Students will learn how to identify:

- health and safety legislative requirements of construction work
- construction hazards and risk control measures
- health and safety communication and reporting processes
- incident and emergency response procedures.

Where will it lead?

- Kick start your career in the construction industry with free entry level training.
- Increased employability in the construction sector.
- Competitive edge when applying for jobs.
- Opens opportunities to undertake work experience on a construction site.

Who is eligible?

Training is available to anyone who is:

- aged 17 years or older
- lives or works in NSW
- an Australian citizen, permanent resident, humanitarian visa holder or New Zealand citizen.

When is training available and how long will it take to complete?

The training is available until 30 September 2021 via face-to-face delivery or connected real time delivery. It will take six hours to complete.

How to access training?

To find out more information please contact your local Training Services NSW office on 13 28 11 and talk to the **Skills Broker** or **Regional Industry Education Partnership Officer**.

Visit edu.nsw.gov.au/whitecardtraining

education.nsw.gov.au



P&C NEWS

UNIFORM SHOP



Winter's coming and the Uniform Shop is selling long-sleeved white t-shirts that can be worn under the school shirt or blouse. They are 100% cotton and selling for \$20.



The new black tracksuit pants will retail for \$40 but if you pre-order online before 31 May you will receive a \$5 discount. We have a sample set of the track pants, ranging from size 8 to size 30 in the Uniform Shop for students to come in and try on. Stock is due to arrive next week. We are keeping our fingers crossed there are no more delays.



We have black, wind-proof jackets (fitted style only in sizes 8-20) that we are eager to sell. These jackets are super warm and are selling for a heavily discounted price of \$20. Why not buy one for all the family!



We have updated our online store to include second hand uniforms. This will make it much easier to search for the items you want and to make your purchase online. **All second hand items are being sold for \$10** to help give you a bargain, clear our stock and raise funds for our school.

P&C MEETINGS

The Forest High School P&C are a friendly group of parents and staff who welcome new members to join us for our monthly meetings. These meetings are a great opportunity to find out what is going on in the school, to have a say about what is important to you, and to feel a part of our school community. Your voice matters. If English is not your first language, please let us know so that we can do our best to arrange for an interpreter. Please email me at info@tfhsuniformshop.com.au.

The P&C meetings are held in the School Library from 7pm. Dates for Term 2 are:

- Wednesday 19 May
- Wednesday 16 June

On behalf of the rest of the P&C Committee, we look forward to meeting more of you throughout the term.

SARAH BUTCHART
TFHS P&C PRESIDENT