



NEWSLETTER



Education

WEEK 5 TERM 3 2021

Just remember guys to prioritise your mental health during these tough times. Make sure to take breaks and don't overwork yourselves!!

If you ever need to talk to someone, we will always be available :)

Message from our Year 11 SRC in their Week 4 Online Assembly



PRINCIPAL'S REPORT

Rosemary McDowall, Principal

This term has been a turbulent time for all of us. Since the announcement that Year 12 students will not be returning for Trial Examinations and that the whole school will remain on Level 4 restrictions until Monday 30 August, we have had to make many adjustments and changes to our scheduled events. It is difficult for all of us to keep up with the barrage of communications we are receiving. We will continue to keep you updated as the changes are communicated to us by the Department and NESAI.

I would like to reassure parents and students that The Forest High School remains open for students who must attend during Weeks 6 and 7, but we thank you for helping everyone stay safe by learning from home. This is a very challenging time, but we hope that an extension of the current health measures will enable us to return to school on schedule.

Seeing some of the outstanding work our students are producing under unusual circumstances has

been one of the bright spots at present. I congratulate the students for continuing to apply themselves and achieve their study goals during lockdown. Things like being organised, keeping a routine, getting fresh air and exercise and taking regular meal breaks are extremely important for keeping healthy. We are here to support the students. Please communicate with us if you have any concerns or if you need our assistance.

I would like to say to students that this is a good time to start keeping a journal if you are not already doing so. These challenging times will come to an end and it would be good to have a record so you can look back and remember and also share it with others. As tough as this time is for all of us, it is an important time in our history. I encourage you to be kind to the family members who are supporting you. All of them are going through a tough time as well.

We miss seeing you at school and we are all anticipating the time when we can welcome you back to school. Please take care of yourselves and stay safe.

ROSEMARY McDOWALL
PRINCIPAL



DEPUTY PRINCIPAL'S REPORT

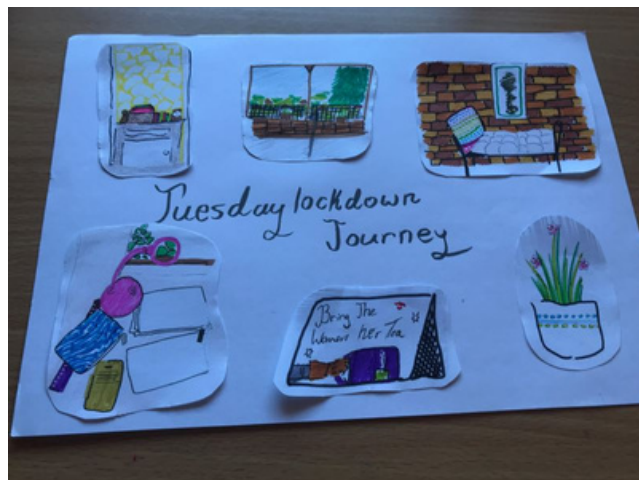
Cathy Thompson, Deputy Principal

I would like to say a very big thank you to families at The Forest High School for their positive response to supporting students with online learning. It has been a mammoth job.

We are very much aware that all families have their challenges around supporting their households whether there are one or many students in the home needing to access their learning. Having the CANVAS learning platform has put us in a good position to deliver lessons to your children in a timely, continuous and sequential way so that their learning can continue throughout this year.

I want to recognise that many usual milestones in the school year have had to be either rescheduled or cancelled and that students, especially Year 12 at this time, will be feeling this more than any others. The uncertainty about their immediate future with exams etc. has been a day by day wait and see as the school awaits direction from the Department of Education.

I am proud of our whole school community: students, parents, families, teachers, school counsellors, support staff who work with students in their online classroom, administration staff in the office and around the school who support us



all and the school executive staff who are having to change direction day after day.

We have a skeleton crew rostered across the school each day and most staff are working from home at their computers every day. Everyone is concerned, tired but doing their very best at this time.

My online class in Year 9 are working on "Journeys" and I would like to share the artwork below – "Journey around my house".

Please keep in touch with us if we can assist your children in any way.

CATHY THOMPSON
DEPUTY PRINCIPAL

2021 NORTHERN BEACHES YOUNG WRITERS' COMPETITION WINNER

Congratulations to Vishi Kalra in Year 9 whose story Goodnight, Alia has won this year's Northern Beaches Young Writers' Competition for the 9-10 age category!

Below is a link to a recording of the online presentation night and to a copy of the eBook in which Vishi's story is published.

<https://www.northernbeaches.nsw.gov.au/library/whats-on/challenges-and-competitions/young-writers-competition-2021>



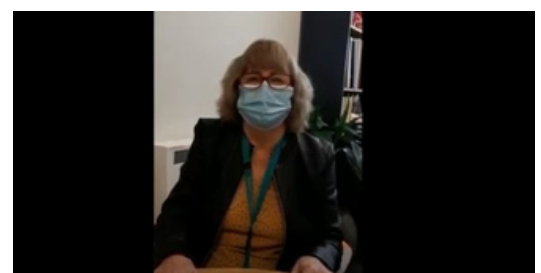
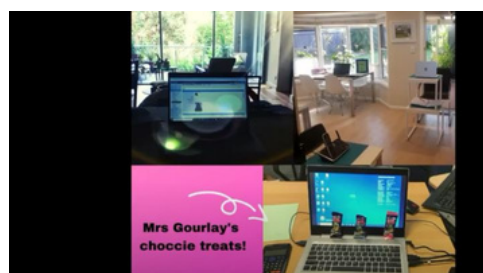
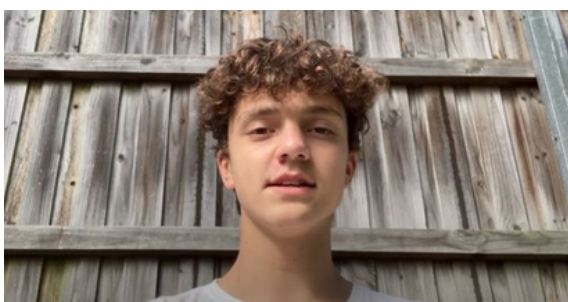
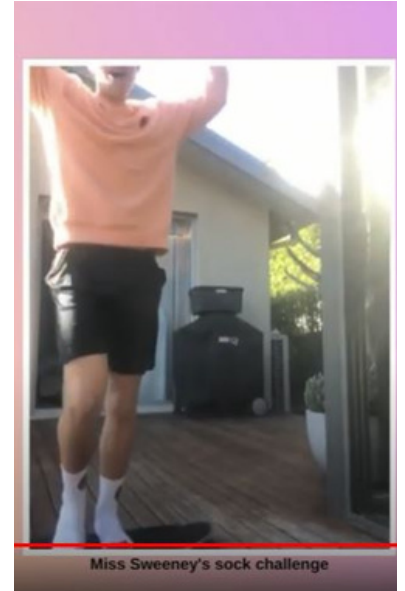
Y11 SRC'S GUIDE TO SURVIVING LOCKDOWN



Week 4 Assembly

Congratulations to our Year 11 SRC for their excellent work producing and presenting the Week 4 online assembly. The video included tips on how to survive lockdown; a message from our Principal Rosemary McDowall; photos of teachers' working from home spaces; Ms Sweeny's Sock Challenge; Ms Hawling's home cooking class; Year 7's Bin Pass Challenge; Fitness Leader Beach Challenge and much more. Thank you to everyone who contributed - it was a great way for us all to stay connected and brightened everyone's day. Click this link to view the video https://www.youtube.com/watch?v=DUN_CRUhyBs





Meet the Principal



Friday 6 August: 9.00am - cancelled
Friday 27 August: 9.00am - cancelled
Friday 8 October: 9.00am
Friday 5 November: 9.00am

We are hoping to add more sessions later in Term 3 or early Term 4, dependent on Covid restrictions

Numbers are limited to 10 bookings per session.

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

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.

Term 3 2021 Events

18 August - School Council - 6pm; P&C Meeting 7pm (via Zoom)
16-27 August - Year 12 Trial Exam Period
6-15 September - Year 11 Yearly Exams
16 September - Year 12 Farewell Breakfast & Celebration Assembly
17 September - Year 12 Graduation; Last day of Term 3

THE ABOVE DATES MAY BE SUBJECT TO CHANGE DEPENDENT ON COVID RESTRICTIONS. WE WILL KEEP YOU UPDATED OF DATE CHANGES/ADDITIONS

4 October - Labour Day Public Holiday
5 October - First day of Term 4 - students return



WELLBEING

WELLNESS WEDNESDAY

The Forest High School is committed to doing all we can to help our community in this time of crisis. To ensure we keep healthy, resilient and safe, we are scheduling "Wellness Wednesday" on **18 August** for students in Years 7-11.



Wellness Wednesday

Students will be encouraged to complete 100 points of activities from five different areas including:

- Something for me
- Something for others
- Getting physical
- Connecting with others
- Getting creative

We will not be running timetabled classes on this day, but instead, students will be encouraged to complete some screen free activities to promote their health and wellbeing. Some of the activities include:

- Tidy your room
- Do some baking
- Help a sibling with their school work
- Take a walk or a run
- Print and colour a mindfulness picture

Students should login into Canvas once in the morning for their instructions.



INSTILLING HOPE

It appears that lockdowns and tighter restrictions will be with us for some time, but it is important in such times of uncertainty to instil hope and remain optimistic. Adult carers can play a vital role in helping young people reframe their worries, encouraging them to see life as it is and getting them to focus more on the things they can control, rather than those they can't.

This report outlines how adult carers can help instil hope and offer support in such times of uncertainty. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback. If this report raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help. Here is the link https://theforest-h-schools.nsw.schooltv.me/wellbeing_news/special-report-instilling-hope-uncertain-times



HEADSPACE

Headspace is hosting free mental health education sessions, on ways to support a young person when they are concerned about their mental health. The session is suitable for parents and carers.

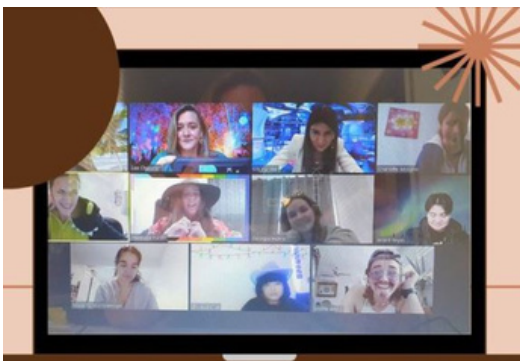
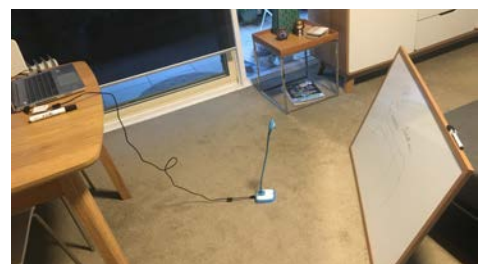
Date and time: Thu, 19 August 2021 7:00 PM – 8:15 PM AEST

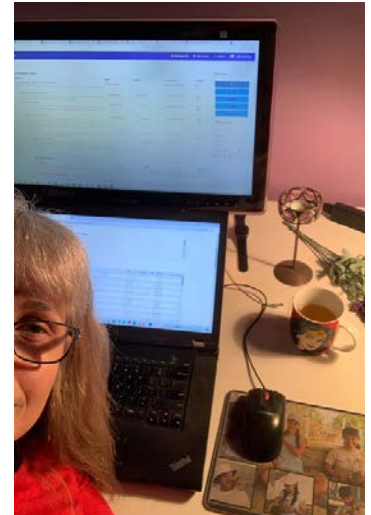
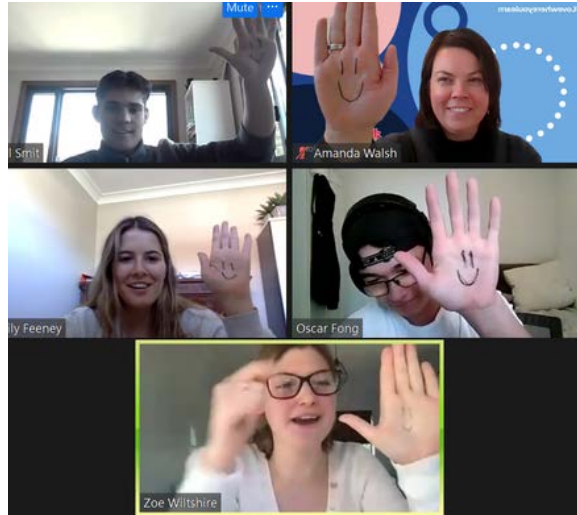
Register here: <https://www.eventbrite.com.au/e/manly-nsw-parent-and-carer-mental-health-education-session-registration-159573654095?aff=ebdsoporgprofile>

Online Learning

Our students and staff have been adapting to online learning, teaching and working from home. In addition to the daily Zoom classes, they have been finding fun and engaging ways to learn remotely and stay in touch with each other - even Scooby! Students have also been set some interesting weekly challenges to do and send in photos of including:

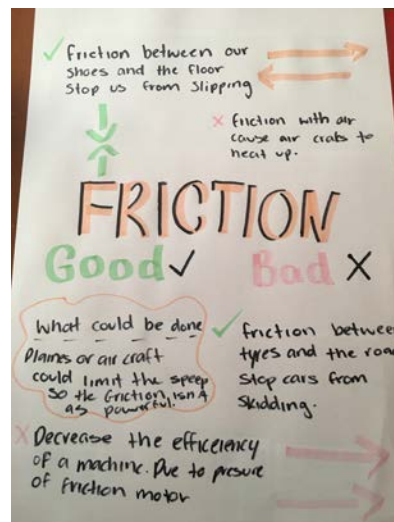
- Ms Chaloner's Fitness Leader Thumbs Up at the Beach Challenge
- Year 8 English - "Find a positive quote that will lift people's spirits today"
- PDHPE Basketball Challenge
- Ms Sweeny's Sock Challenge
- Shoe Balancing Challenge
- Year 7 - "Friction"
- Ms Beaver's "Take an early morning walk pic"
- Week 4 Parks and Pets Challenge





CAR WHEELS PREVENT SLIPPING ON THE ROAD THEREFORE THEY ARE GOOD FRICTION. THE ROAD AND WHEELS COME INTO CONTACT SO THE WHEELS HAVE TO BE SUITABLE FOR DRIVING IN CERTAIN CONDITIONS.

IN MY OPION SOMETHING LIKE RUBBER SPIKES COULD BE ADDED TO CREATE EVEN MORE FRICTION WITH THE ROAD TO PREVENT ACCIDENTS .



PDHPE

Year 7 Toilet Paper Challenge

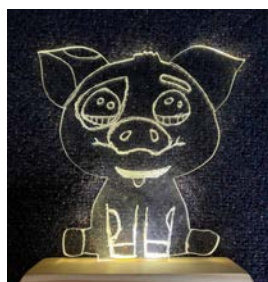
As part of the Year 7 Sport Lockdown Challenge each lesson Year 7 students were set a new challenge from their PE teachers. Mr Barbat set The Toilet Paper Challenge and Year 7 rose to his challenge admirably! You can watch the video of some of their balancing triumphs on our school facebook page:
<https://www.facebook.com/theforesthighschoolfrenchsforest>



TAS

Year 8 Technology Mandatory

Year 8 Technology Mandatory classes were busy last term designing and building Eco-Lamps. Here are just a few of the ingenious ideas they came up with.



Home Cooking

Our students and staff have been doing some wonderful home cooking whilst in lockdown this term. Our EVET students have baked some wonderful celebration cakes. Some students have also been busy cooking for their families and neighbours using and modifying recipes with ingredients available to them, as part of the 'You Could' instruction. It's great to see them practice their food preparation skills at home. Ms Sarah Hawling one of our TAS teachers, has also been busy in the kitchen making TikTok cooking demonstrations for our students.



EVET Celebration Cakes



Jarrpd Aitkenhead, Year 10

Kayden Bate, Year 10



Shaye Collinson, Year 10



Charlie Adams, Year 7



Zara Young, Year 7



Natallia Heinrich, Year 10



Ms Hawling's TikTok

Term 2 Fashion Show at Assembly.

Thank you to Mrs Aroyan and Mr Moore for all their work on the Year 8,9 and 10 Fashion Show which was presented at Assembly in Term 2. Students designed and made Japanese/Mexican Inspired Streetwear using current trends and inspiration to generate ideas to create their ponchos and kimonos. A big thank you also to Ms Heap and the VET Entertainment class for providing the music for the show.

You can watch the video on YouTube at:
https://www.youtube.com/watch?v=vHuA_3WWm_8



YEAR 5 ENRICHMENT

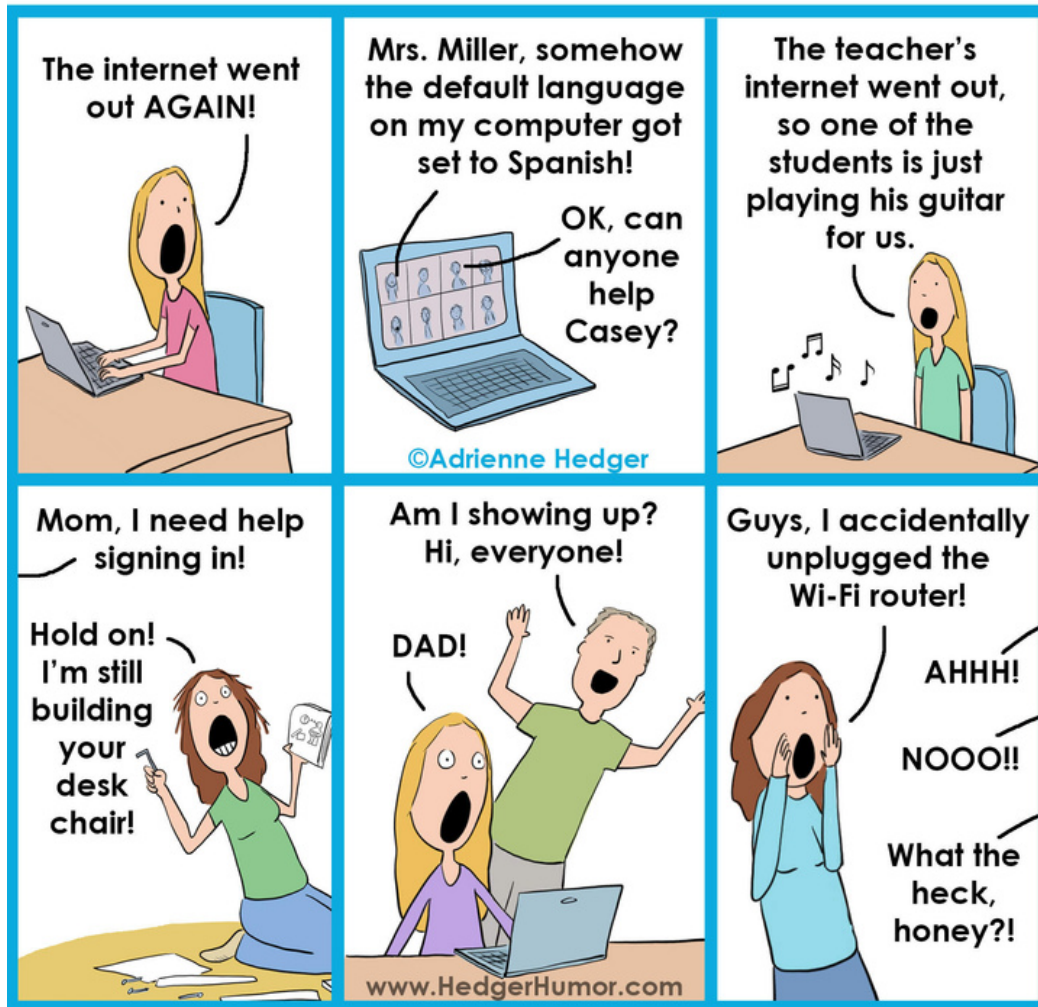
Last term students from our Year 5 Enrichment Program had a great time making phone charging stands with laser engraving designed and assisted by our Year 9 and 10 Design Studio short course students. Here are some of the Year 5s with their wonderful creations and at the end of term presentation ceremony.

Participating local primary schools are Frenchs Forest PS, Allambie Heights PS, Seaforth PS, Beacon Hill PS and Balgowlah North PS and we are very happy to be part of this wonderful collaboration program between our schools.



So how is everyone going with learning from home?

Scenes from Schooling At My House



I'm sure for teachers, parents and students alike some days are better than others. The general feeling I get from families is that the increased use of technology (CANVAS and Zoom) has really eased the learning process and strengthened the feeling of being connected, albeit remotely.

I would like to acknowledge the enormous amount of work the staff have put into making this work for us. Likewise, I would like to acknowledge the commitment from students and families to adapt to this alternative way of learning.

Creating routines really can help during this period of uncertainty. The familiar school timetable is one of those routines that creates structure to the day. It can also make for a very long day when sitting in front of a computer. Talk to your child about the lessons they enjoyed and why. Share the positive experiences with the teachers. Variety across the day helps to engage, challenge and motivate students. Above all, it is important to feel connected whether that's via video, online chat, working on a shared document, a whole class game or getting individual feedback on a piece of work.

When things aren't running so smoothly please remember that there are supports available to you and your child.

- The school website has a page dedicated to [Learning from Home](#) and includes FAQs for parents and ways to communicate with staff.
- Here is an interesting article that looks at remote learning from the student, teacher and parent perspective and reinforces the message of routine and connection
<https://eisau.schoolzineplus.com/newsletter/71888>
- Or you may prefer to watch this 10 minute video guide for parents on managing learning at home
<https://youtu.be/S-hlIXpBzU>

P&C MEETINGS

Our next P&C meeting will be held via Zoom on Wednesday 18 August from 7pm



Please register to attend <https://bit.ly/2TisV7D>. After registering, you will receive a confirmation email with details for joining the meeting.

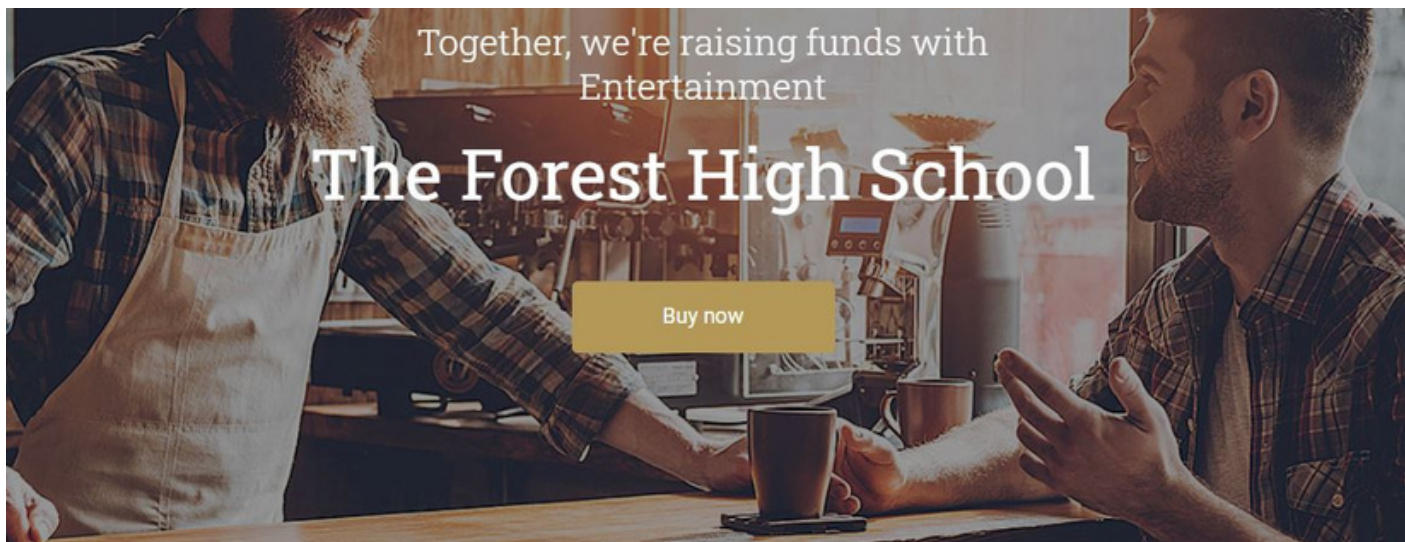
Kylie Coleman, Learning and Support Teacher, will guide us through a new parent resource available on the CANVAS Parents Guide to Improving Literacy and Numeracy available at
<https://theforest.instructure.com/courses/1373>

Mathew Finley, Deputy Principal will be asking for parent input on the anti-bullying plan. You can view the current NSW Education advice for parents and carers and be thinking about questions you would like to ask:

<https://education.nsw.gov.au/student-wellbeing/attendance-behaviour-and-engagement/anti-bullying/parents-and-carers>

On behalf of the rest of the P&C committee, stay safe and please stay connected.

Sarah Butchart
TFHS P&C President
theforesthighschool@pandcaffiliate.org.au



The Forest High School has again adopted the Entertainment Book for fundraising for the school and the 2021 book is available from Ms Yam. To order your book from The Forest High School Fundraising Page click on this link:
<https://www.entertainment.com.au/orderbooks/200z485>

For a limited time you will receive a BONUS \$40 Woolworths, BIG W or Freedom eGift Card when you purchase a Multi City or Multi Plus Membership or a \$20 Woolworths, BIG W or Freedom eGift Card when you purchase a Single City Membership between 3.00pm, Wednesday 4 August and 11.59pm, Wednesday 1 September 2021 AEST

Also, anyone who purchases a Membership now till 11.59pm, Wednesday 15 September AEST will receive an extra month free and will go into the draw to win these prizes:

Royal Caribbean cruise for two - 3 nights onboard Quantum of the Seas
A TFE Hotels 3-night voucher valid at Adina Apartment Hotels, Vibe Hotels, Travelodge Hotels and Rendezvous Hotels
\$200 restaurant dining vouchers
Instant bonus offer from Laithwaite's Wine when you join.

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