



# NEWSLETTER



Education

WEEK 10 TERM 3 2021



Friday 27 August was Wear It Purple Day at The Forest High School; an annual LGBTIQ+ awareness day especially for young people which we are proud to support



## PRINCIPAL'S REPORT

Rosemary McDowall, Principal

Congratulations to all of you for staying the course with online learning in Term 3. Teachers and students have worked hard in this final stretch and it has been challenging for all of us. Although learning from home will continue into Term 4, we now have a plan for a return to face-to-face learning for our students as well as a timetable for the commencement of HSC written examinations to commence on Tuesday 9 November. Year 12 now has a solid period of time to prepare for their examinations and with a return on 25 October, two weeks to attend classes with their teachers.

Year 11 students will be returning to commence their HSC courses 1 November and Years 7 – 10 will return 8 November. We will be providing more detailed information about the return to school as these dates draw near next term. As always regular updates will be emailed to parents and provided via Sentral and Canvas.

### SASS RECOGNITION WEEK

Last week we recognised the School Administrative and Support Staff at The Forest for all the work they do to support our students and ensure the smooth daily running of our school. The lockdown has really highlighted how valuable they are, keeping the office and the site operational and supporting teachers and students with online learning. We have a hard working and talented group of support staff and we acknowledge and thank them for their service.

### AWARDS

Four of our community members were nominated for the Minister's and Secretary's Awards in 2021. School Captain, Willem Smit was nominated and received a Commendation for Excellence in Student Achievement, Vice-Captain, Sam Kosack was nominated for the 2021 Minister's Award for Excellence in Student Achievement, our School Psychologist, Martin Fraser was nominated for the 2021 Secretary's Award for Excellent Service and Ralph Mirarchi, General Assistant was nominated for the 2021 Secretary's Award for Excellent Service.

The Trailblazers Team received the Executive Director's Recognition Program, Certificate of Recognition. Each of the Trailblazers, Daniel Lorzano, Elizabeth Raffin, Zali Van der Veer, Michelle Hutchings, Amelia Hanson, Marcus Vilnus and Max Talintyre received Certificates of Recognition.

These award nominees and recipients deserve these honours for the countless hours they have spent working on behalf of their colleagues, peers, our school and our students. They are highly valued members of the school community. We hope to present these awards in person as soon as we can do so.

I hope all of you will be able to take a break from computer screens over the holidays. Have a safe vacation and please continue to monitor the Health NSW website.

**ROSEMARY MCDOWALL  
PRINCIPAL**



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# Student Representative Council 2022

Introducing the SRC for 2022 - taking up their positions 25th October 2021.

All went through a selection process, which included combinations of the following: nomination submission, Sentral check, interviews, election count, Year Advisor approval, video speech submissions.

Congratulations to all

12

**Captains:** Emily Costa and Jono Davies

**Vice Captains:** Jami Seale and Dylan Thurbon

**Sports Captain:** Dale Mapstone

**Performing Arts Captains:** Abbie Truman and Jackson Brown

**Environment:** Beth Battista, Jemma Dixon & Megan Osborn

**Prefects:** Lily Beharrell, Jesse Heriot, Liam Pooley, Halle Smit, Zara Stewart

11

Gracie Barr Jones, Alissa Bolen, Chansatha Chor, Aya Ghachi, Stella Nguyen, Rio Nunura, Callum O'Sullivan, Lily Rowe, Holly Sercombe, Erin Steele and Callan Wee

10

Nicole Abanilla, Jade Baird, Bianca Battista, Mia Graham, Vishikt Kalra, Karli Stewart and Ruby Woolley

9

Hugh Bates, Ben Costa, Isobel Gerace, Emily Larrea, Mia Lougher, Kelina Vasquez Buzzolini, Toby Vilnis and Ty Wheatley

8

Gerard Ford, Hankao Gilbert, Kayla Lee, Janaya Ongosia and Ankita Sriram



## DEPUTY PRINCIPAL'S REPORT

Mathew Finley, Deputy Principal



### The Languor of Online Learning The Lassitude of Lockdown The Lethargy of It All

Aside from giving the synonym feature of word a workout, these feelings accurately reflect how many of us working or learning online feel. High school sites and timetables are designed to encourage movement, socialisation and brain breaks. What these all have in common is their impact on a positive sense of wellbeing.

It is well documented that physical movement has a positive impact on our health and wellbeing. Every hour, students across the school pack up their resources and take a walk across the site to another classroom. Students in Years 7-10 have regular PDHPE lessons, and students in Years 8-10 have sport every Wednesday afternoon. Many of our students choose to spend their recess and lunchtime playing handball, basketball, football or volleyball. All these daily activities contribute to not just physical health but strengthening our mental wellbeing. It is easy during lockdown to put off exercise or engage in less strenuous activity. Ensuring the daily schedule is filled with movement and exercise, as well as completing practical PDHPE activities, ensures we are keeping both our body and mind fit and healthy.

Socialising is a difficult barrier to overcome during lockdown. Our school experience is defined by our social groups. Social media can be a useful space for engaging with friends, but it is not a substitute

for seeing someone in person. Having a regular time to walk or exercise with another person is a great way to get your physical movement happening, but it also helps you stay connected to your peers. With restrictions that prevent us from having visitors and hanging out with our friends, daily exercise with a person outside our house is an important way to stay connected with your friends.

Students not only have brain breaks between lessons, but teachers are increasingly using this strategy to support student learning throughout the lesson. Brain breaks help to calm the mind when frustration builds with challenging activities. They also re-energise and help you to refocus. Stretching, mindfulness activities or light exercise are perfect five-minute activities to give your brain a break from work. Taking these regularly can increase our concentration and focus throughout the day.

Movement, socialisation, and brain breaks are all challenges we face when working at home during lockdown. Investing time and energy to integrate these three areas into your daily practice will help ease those feelings of languor, lassitude and lethargy.

**MATHEW FINLEY**  
**DEPUTY PRINCIPAL**





The Sydney Morning Herald recently published an article featuring our 2021 Vice Captain Sam Kosack.

Our Captains and Vice Captains collaborated with other Year 12 Northern Beaches leaders to write a submission to the government regarding their concerns about their HSC. They have been listened to and their concerns are gaining attention.

We are so proud of Will, Amelia, Gen and Sam.

## 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 August 2021 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



Week 9 was RUOK Week at The Forest High School. We encouraged our students to connect with the people around them and start a conversation with those who may be struggling. We held RUOK year meetings and a check-in zoom on RUOK Day.

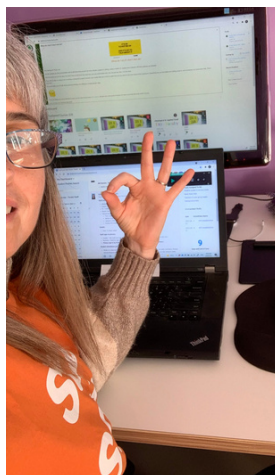
To help our students navigate these important conversations, we focused on:

1. How do I ask someone if they are ok?
2. What do I do if I don't feel ok?
3. How to help when someone says "I am not ok"
4. Checking in to keep the conversation going.

It's been a stressful time as we deal with COVID-19 and the uncertainty it brings. Here are some resources to help you ask RUOK?

<https://www.ruok.org.au/how-to-ask>

**ERIN MCWHIRTER**  
**HEAD TEACHER WELLBEING**



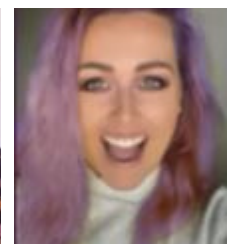
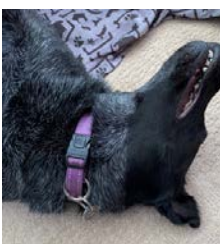
*You've always believed in me. Thank you.*





# Wear It Purple Day

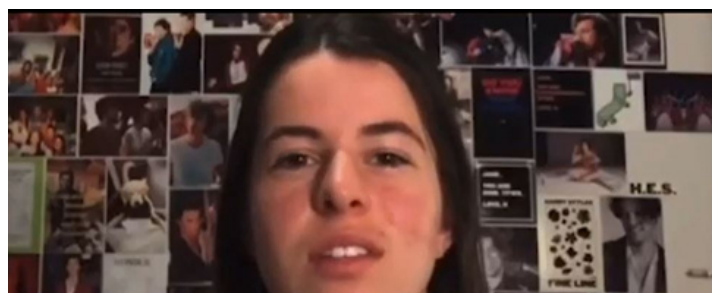
Friday 27 August was Wear It Purple Day at The Forest High School; an annual LGBTIQ+ awareness day especially for young people. Supporters wore purple to celebrate diversity and young people from the LGBTIQ+ community.





# Wear it Purple Day Message from the SRC

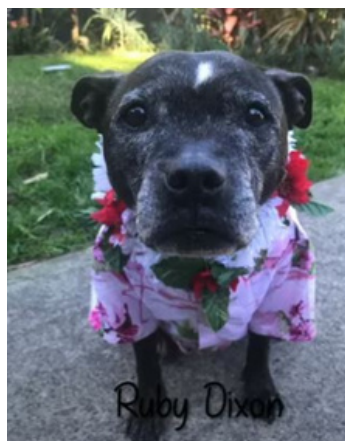
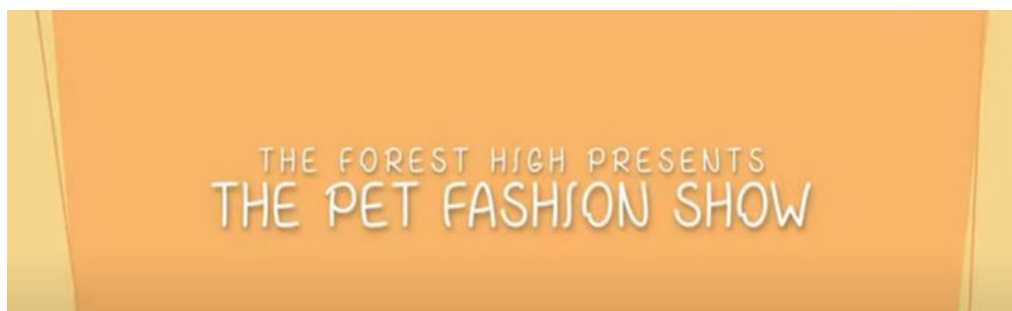
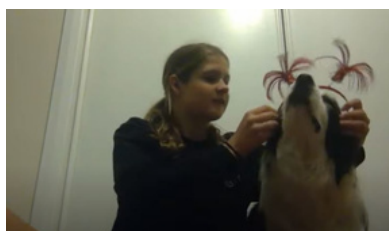
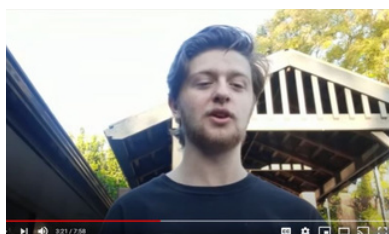
THE SRC MADE A VIDEO MESSAGE FOR OUR STUDENTS TO ENCOURAGE SUPPORT FOR WEAR IT PURPLE DAY. CLICK ON THIS LINK TO VIEW <https://www.youtube.com/watch?v=3QUtXLg7UVw>





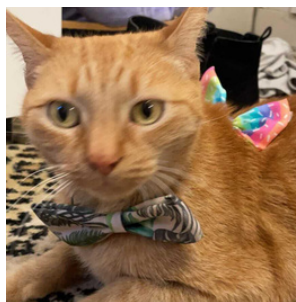
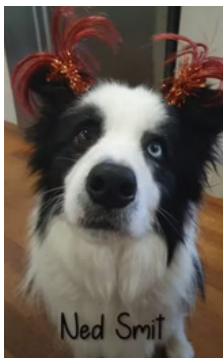
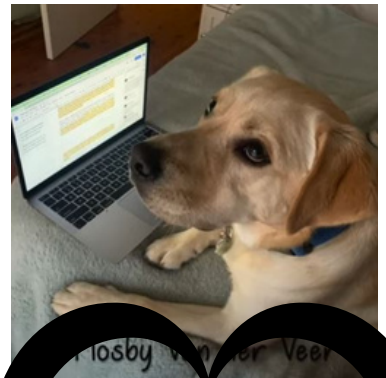
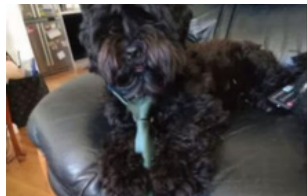
# ONLINE ASSEMBLIES

Well done again to our wonderful Year 11 SRC who have continued to organise and present the online assemblies this term. In Week 6 items included a message from our Principal Rosemary McDowall, information and ideas about Book Week and The Forest High Pet Fashion Show with photos sent in from students and staff of their pets dressed up. Thank you to all those who dressed up their gorgeous furry friends and sent in photos - we love them! The assembly is a great way for students and staff to stay connected.

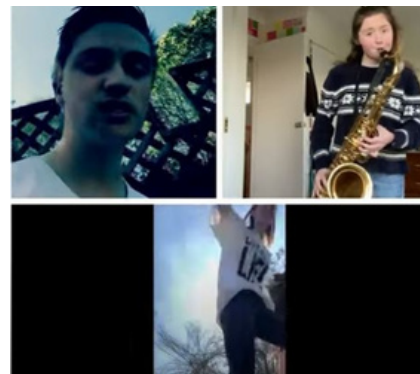
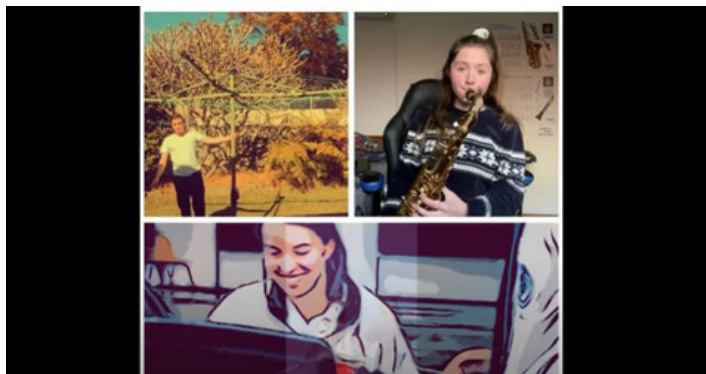




# Lockdown Pals

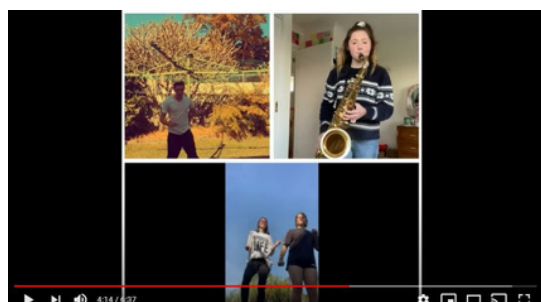
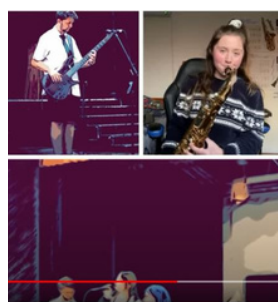
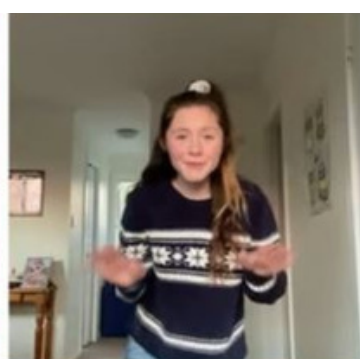
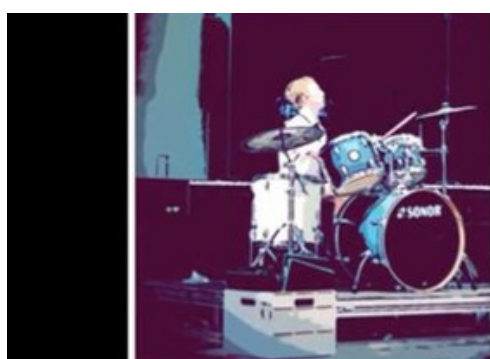
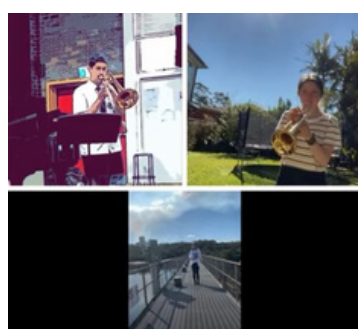


**We  
love  
our  
Furry  
Friends**



# YEAR 11 MUSIC CLASS

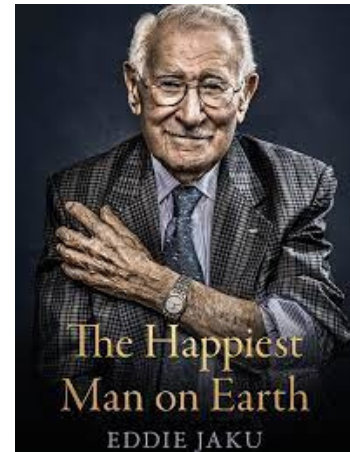
At the Week 8 Assembly Ms Yea's Year 11 Music class treated us to their rendition of Wham's "Wake Me Up Before You Go-Go" which really brightened everyone's day - thank you!



# ENGLISH

## The Happiest Man on Earth Year 9 Life Stories module

This term Year 9 English have been reading the autobiography The Happiest Man on Earth by Eddie Jaku who is a 101 year old Holocaust survivor. After reading his book, students wrote letters to Mr Jaku, and here are just three of them.



### Letter 1

Hello Jaku, I watched your ted talk and heard about your story of being a witness to the devastating tragic events of the holocaust. This video made me cry, yet I can honestly say I'm happier not just in a better mood, but actually happier now than when I watched the video. Thank you for the tears and the enlightenment Eddie, the world owes you an immeasurable debt. The lessons you have shared among thousands of lost souls have touched many individuals and even my own. You really have changed my perspective of how I view the world, Eddie you are so full of so much gratitude despite going through everything. Thank you, dear Eddie, for opening my heart and allowing me to count my many blessings during this difficult time in this global pandemic. Best wishes for you and your beloved ones, you are a true role model to this world.

### Letter 2

Dear Eddie Jaku,

I have recently listened to your TED talk and learned about your story. I am very inspired by your life and appreciate how resilient you must be. Your life story is very interesting and there is so much I wish to learn from you, I just have one question I wish to ask. Do you think your optimistic outlook on the world saved your life? I send my best wishes for the COVID outbreak and hope that it doesn't affect you. Your story has made me realise that if I wish to achieve something there is nothing stopping me from doing so.

Best Regards,

### Letter 3

Dear Mr Jaku,

I would just like to say how much of an inspiration you are.

I loved in your ted talk how you told everyone in the audience that hate is a disease and should not be used for anyone.

The question I should ask is, if you were to give advice to yourself 80 years ago, what would it be?

And also would love to give my best wishes for getting through this Covid outbreak, It's very hard.

I wish when I am older to have the same mentality you do.

Your brightness and your happiness about life inspires me to do the same and hope to have that when I am older.

Thank you so much for your time.

## Year 10ENGE Creative Writing

*Write a scene set in the location below. Your character has been there for many hours, perhaps days. They have lost track of time. Suddenly, something on the horizon seems to move .....*



Suddenly, something on the horizon seems to move slowly towards me. The stars shone down on the dry dirt and lit the way towards the shadow. My heart started beating out of my chest; the shadow seemed to be getting closer. As I steadily stepped back I could feel the dry dirt in my toes and one by one every little hair stood up on my body. The shadow seemed to be getting faster and bigger as the shadow grew in size. My fear grew as well. As my legs tumbled after each other, limb by limb, I toppled over on the crisp dirt. My hands faded into the dirt and the shadow was standing over me. As my eye gazed up to the statue in front of me terror washed over my face. A midnight ocean-eyed wolf was in front of me. Crying for help, the wolf opened his mouth and I saw a collection of teeth. A growl and all his sharp teeth dug into my soft skin. As the cherry red blood gushed down my arm and melted into the dirt, my eyes gradually shut, my cries for help disappeared into thin air and my body slowly shut off.

- Holly Patterson

With only the sound of the wind to accompany me, I sit alone on the cooling sand of the land. When the air becomes colder, I struggle to find warmth, I wrap my arms around my bony body and curl my legs up. There stands a tree with burnt crumbling branches, too weak to hold even a leaf. No moon, no sun just stars, and a horizon lit up with orange to purple ombre and stars spray-painted across creating an arch. There's no way of telling night from the day as the scenery around me never changes. How did I end up in a place like this, why me? Distant sounds of crickets surround me creeping closer and closer until they strangle my limbs pulling me into reality tearing apart all the sanity I have left. When will this tedious cycle end? My patience is like a ticking time bomb creeping closer and closer to exploding each second. My thoughts smother me like a deadly viper and its prey. I can no longer see the light at the end of the tunnel, I am trapped here. My fate is inching closer and closer until something moves on the horizon; this may be it, my way out.

- Sara McPhee

I aimlessly trudged my way through this unfamiliar, ominous environment. How long has it been? I have completely lost track of time at this point, and no matter how many steps I took, I was no closer to escaping this dark, unsettling, yet beautiful place. I remember how I got here, but I can't remember how long ago it was. Days? Weeks? But I remember being on a plane, resting, when suddenly the low, dull buzzing of the plane engines was replaced with terrified people screaming frantically. Alarms started blaring and I couldn't even understand what was happening. I decided to look out of the small window beside me and as I saw the desolate, dead desert approaching us fast, I knew what was going to happen.

I rubbed my eyes vigorously as I woke up, praying it was all a dream, and it seemed to be. Until I stood up from my seat and saw the front half of the plane demolished, destroyed and disfigured about 20 metres away from where I was. There were bodies everywhere, lifeless and also cold, despite the scorching temperatures that permeated throughout this hell.

Suddenly I felt a sharp, intense throbbing pain in my arm and swiftly rolled up my blood covered sleeve to reveal a large laceration. I wrapped a bit of cloth around it, and decided to leave. I limped away from this nightmarish crash site, hoping to forget.

I don't remember how long I've been walking for, the only thing marking the days being the moments where I pass out at night, as the cold, freezing sand and the air envelops me.

I wasn't thinking, just walking, looking at the horizon in front of me, and the ocean of stars that illuminated the night sky. I was staring at the horizon again, hobbling through the coarse, damp sand, when suddenly, something moved. I froze in my tracks like a deer in headlights. I stared at the horizon, as the thing that moved stood up and stared back at me. It was incredibly tense and frightening. The only noise being the chirping of crickets, and the silence was deafening. The silhouette was nothing less than horrifying. It stood at about 7 feet tall, and had long, disfigured arms that bent unnaturally. It almost looked like a tree because of how thin and abnormally it's body twisted. Its posture made the thing seem even more inhuman, as it's arms contorted in ways which the human body shouldn't bend. It stood with it's head up, and it's back arched freakishly, and it appeared to have no neck with its head just merged to its back. I was staring at it, petrified, when it bent down and started walking towards me.

- Frankie White



***CONGRATULATIONS YEAR 10 ENGE ON YOUR WONDERFUL CREATIVE WRITING!***

## 2021 NORTHERN BEACHES YOUNG WRITERS' COMPETITION WINNER

Here is Vishu Kalra's story Goodnight, Alia which recently won this year's Northern Beaches Young Writers' Competition for the 9-10 age category! What a beautiful piece of writing - we are very proud of you Vishu!



My grandmother's best friend Alia was, all things considered, a nice person. She had a kind, round face akin to an old cat, and the wrinkles that framed her features shone when she grinned. The universe seemed to live in her faded grey-brown eyes, like she knew everything.

Her eyes were the strangest part of her, though. When they weren't hidden behind her favourite pair of gold-rimmed, round sunglasses, they were wide open. Her face was beautiful, but her eyes made her seem terrified of everything, as though she expected someone to jump out of an invisible hiding spot and attack her. Truth is, she was terrified. Her eyes darted around a room before she entered it, and she hated loud noises. Even if you weren't looking at her, she made her presence known. Those all-knowing eyes of hers bore into the back of your skull from any corner of a room.

That's what was so weird about today. Although she was tonight's main event, Alia wasn't here, yet I could feel her presence all around me. A sea of black greets my eyes as more and more people pack into the room to celebrate the death of the not-dead Alia. Half of these people don't care about Alia, or that she's only been missing for a short amount of time. The funny thing is, she knew her death was coming for ages. Being sixty-seven made her weak, and she usually told me to make sure the mortician did a good job. She'd even chosen her clothes for that day, a two-thousand-dollar designer black dress with box pleats, the same one she wore on my sixteenth birthday last year. She's always been so prepared for her disappearing and the world forgetting about her.

The chapel we're in is just behind the house, next to rows of raised garden beds. I look across all four corners of the room, the hazy afternoon sunlight filtering through a red stained-glass window, until my eyes meet my grandmother's. She raises a

gloved black hand and beckons for me to come over.

I stand next to her as the wake ends and the funeral service begins. Almost everyone gets up and says a few words about Alia. After the service, we all walk to the burial ground. The empty casket is lowered into a hole in the ground, then covered in dirt. Grandma sprinkles daisy seeds, Alia's favourite flower, over the loose soil. Other colourful flowers almost completely engulf her gravestone. Everyone makes their way back to the house for the funeral reception.

In a few hours, the house is, strangely, filled with laughter. Children in small grey suits play in the front yard, oblivious to the occasion. Chuckles come from my grandma and her church friends in the kitchen, as all the people who knew Alia share stories about her. My grandma sees me and makes her way to me. We make idle conversation with everyone for a few more hours, until the setting sun serves as reminder of the time and they begin to filter out.

Once everyone's left, my grandma and I clean. We pick up wine glasses and dinner plates, and mop sticky drink stains off of the hardwood floors.

After a while, grandma turns to me. "Do you ever... wonder about how Alia and I could afford all this?" She gestures to the house, to all the designer clothing upstairs, to the sprawling land this building sits on. I can sense a story, but the way grandma's speech is slurred makes me think about how she's definitely going to regret telling me by morning.

"All this... stuff" more waving hands. "It doesn't come easily to a woman, especially Indian women like Alia and I. You have to make that money bend to your will. You have to take it."

When we were little, we were always told about how we would make wonderful wives, about how our husbands would be so happy with us. Alia and I, though, we never wanted to marry. One night, we packed our things, along with a few extra bags. We ran to a jewellery store, broke one of the windows and grabbed everything in sight. By morning, we were gone. We split off after that. Alia went to Italy with the jewellery and sold it at auctions before coming here, and I came to America and started a family. She blew it all on clothing and we both bought this house, but I saved it."

"She's tried to hide it, but I know she wants to come after my cut. I've caught her sneaking around a few times, trying to figure out where I hid the diamonds. I've pretended to not notice, but that's why even though she's missing, I'm worried about what she could do if she comes back."

"Are you sure about that, Sasha?" announces a voice from down the hall. I hear the shuffle of footsteps as Alia makes her way into the kitchen where we're standing. "Are you really worried about me? I thought you hated me. I mean, that's what you told all of your friends, isn't it? Yet here you are, putting empty wooden boxes into the ground and then partying as though I was a burden and not your best friend." She gestures to the remaining puddles of alcohol on the floor,

then pulls out a lighter. "I know the diamonds are here. I can feel it in my bones. I never liked this house anyway" she says, as the lighter case flicks open and a small flame lands directly in a puddle of alcohol. Fire dances around the dry floor, going straight for the puddles of drink and turning sparks to flames on the tablecloth. My grandma and I rush outside as fire climbs up the wallpaper, burning the edges. By the time we're on the grass outside, our neighbour tells us he's called the fire brigade. Alia is nowhere to be seen, and part of me wonders if she's still inside. We watch as the entire house goes up in flames, smoke curling and disappearing into the night.

The next day, grandma and me go back to see what we can salvage from the wreck. Although it's the blackened bones of what it once was, the house still has its previous shape. We carefully walk inside, over charred logs and puddles of water. My foot wedges itself in a small hole in the floor, and I crash through the floor. I end up on my back, facing a hole in the roof. Early morning light falls onto me as I look around. I'm sitting on some sort of velvety blanket covered in dust and soot. I move the corner closest to me, and grab whatever's underneath. Holding it up to the night, I see the sparkle of a single diamond against the morning sun.

**VISHI KALRA, YEAR 9**



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



# Years 7 & 8 have produced some wonderful work in English this term - here are just a few examples

SHAKE IT UP WITH SHAKESPEARE - YEAR 7

ROMEO AND JULIET COSTUME DESIGNS BY ASHLEIGH MILLER, 7ENGC



Title: My Bright Diamonds

My bright Diamonds, you inspire me to write.  
How I love the way you glow and shine,  
Invading my mind day and through the night,  
Always dreaming about the borderline.

Let me compare you to a calm winter's day?  
You are more happy, romantic and sharp.  
Snow chills the days of January,  
And wintertime as the crystal clear harp.

How amazing are you? Let me count the ways.  
I love your spark, transparent and shiny.  
Thinking of your shape fills my days.

Now I must away with a happy heart,  
Remember me through words whilst we're apart.

My Sonnet by Ilya Shusharin 7ENGB

Title: Sky

Night coated with flecks of light  
Coming from a past so far away  
Stretched out across our sight  
Some close enough for a bouquet

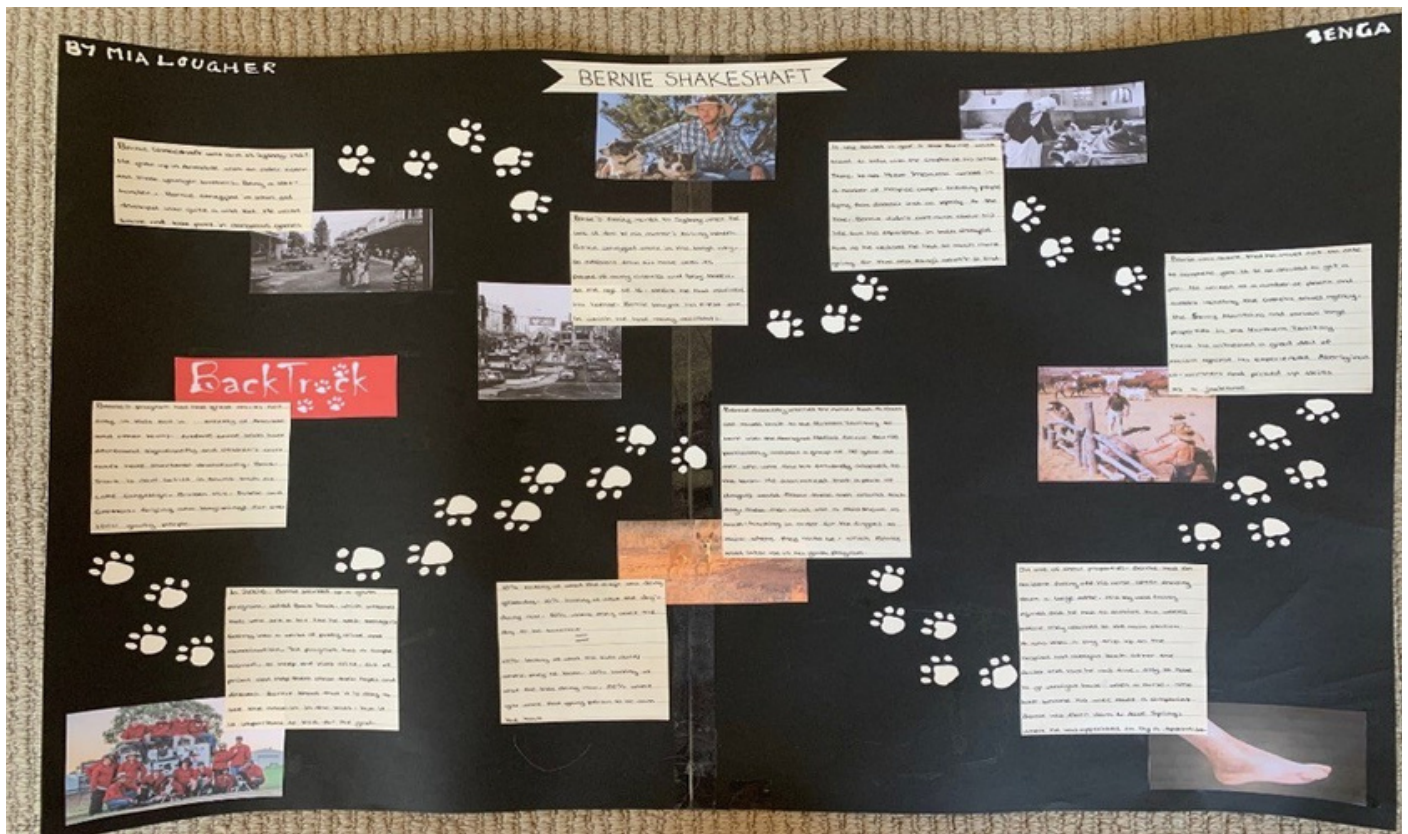
Clouds crowd around a mountain top  
Deceiving passers-by with their white  
Up near the peak stands a lone shop  
Filled with frost bite and icy spite

The bluebell blue covered by a rainy day  
Offering misery and heavy rain  
The grey becomes heavier the rain is underway  
Gliding along the sky out to the plains

Day time shines with the sun  
And the stars wait until the suns work is done

7ENGC – Class Sonnet

PODCAST AS NARRATIVE - EVERYDAY HEROES - YEAR 8  
 THE STORY OF BERNIE SHAKESHAFI BY MIA LOUGHER, 8ENGA



PODCAST AS NARRATIVE - EVERYDAY HEROES - YEAR 8  
 THE STORY OF BERNIE SHAKESHAFI BY KELINA VASQUEZ BUZZOLINI, 8ENGA

**OPPORTUNITIES**

**Australia's Local Hero 2020: Bernie Shakeshaft**  
 The 2020 Australia's Local Hero award winner is Bernie Shakeshaft, the founder of youth mentoring program Backtrack Youth Works. After seeing the plight of disadvantaged youth in his community Bernie decided to take action. Image: News Corp Australia

not-for-profit organisation

BackTrack provides youth experiencing disadvantage in regional communities the **support, life skills and experience** to pursue positive life pathways.

**BERNIE SHAKESHAFI**

**GENEROSITY**

**INDEPENDANCE**

**BELONGING**

From the BackTrack program, since 2006, **87% of the 1000 young participants** have found themselves in further training, education or stable employment.

**LEARNING**

**BackTrack**

**“OUR GOAL IS TO KEEP THE KID ALIVE, KEEP THEM OUT OF JAIL AND CHASE THEIR HOPES AND DREAMS”**  
 BERNIE SHAKESHAFI, CEO, BACKTRACK YOUTH WORKS

BACKTRACK BOYS

The program gives vulnerable young people the **practical and emotional support** needed to stabilise their lives, helping develop self-esteem and skills for work.

# LANGUAGES

This term Ms Watanabe's Year 8 Japanese class created posters describing their family in Japanese - here are the posters designed by Zara Hurley and Bianca Ali

**わたしの かぞく**

こんにちは。わたしは  
ザラハーレー です。  
十三さいです。

オーストラリアです。  
ノーザンビーチ  
にすんでいます。

わたしは 四人かぞく です。  
おとうさんと おかあさんと  
いもうととわたしです。

ペットも います。ペットは  
いぬ です。なまえは マウイ  
です。かわいいです。  
わたしの かぞく です。  
どうぞ よろしく。

**わたしはの  
かぞく**

こんにちは。わたしは び  
あんか です。十三さいで  
す。英語 です。しどにに  
すんでいます。

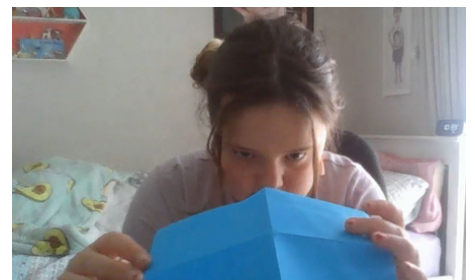
わたしは 七人かぞく です。おとう  
さんとおかあさんとおねえさんが  
さんにと ふたごとわたしです。

おとうさんの なまえは てるい です。四十  
九さいです。  
おかあさんの なまえは じよあんえ  
です。四十九さいです。

おねえさんが 三人の なまえは だにえらと じえ  
しかと あれさんどら です。ふたごの なまえは  
れべか です。  
だにえらは 二十四さいと じえしかは 二十二さい  
いと あれさんどらは 二十と 十四です。れべ  
かは 十四さいです。

## Year 7 Static Challenge

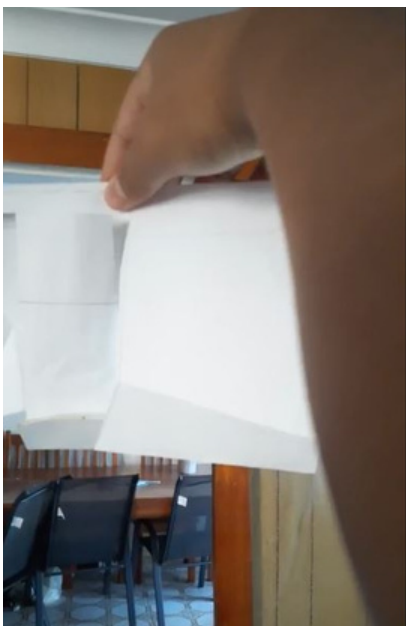
Aishwarya, Ashleigh and Bridie sent in some interesting ideas using balloons and paper for the Year 7 Static Challenge





# Year 7 Paper Helicopter Challenge

Another lockdown challenge for Year 7 - here are Aoife, Ezaiah, Harry, Janaya, Riley, Shirley and Wesley with the paper helicopters they designed



# PDHPE

## Year 7 Sport Lockdown Challenges



Isla Jessup



Jamie Van Schie



Oliver Burn

Year 7 have been continuing with their “Lockdown Sport Challenges” over the last 5 weeks. Year 7 have enjoyed participating in the challenges set by their teachers and uploading their successful challenges and many of their funny bloopers or fails. Well done to all Year 7 and our winners listed below.

### Winners

- Week 2 – Amelie Mills & Tahlia Williams
- Week 3 – Miguel Hemingway
- Week 4 – Noa Loewe and Austin Elliot
- Week 5 – Wellness Week
- Week 6 – Gerard Ford & Amelie Mills
- Week 7 – Charlie Adams
- Week 8 – Miguel Hemingway



## Attention Grade Sport Players!

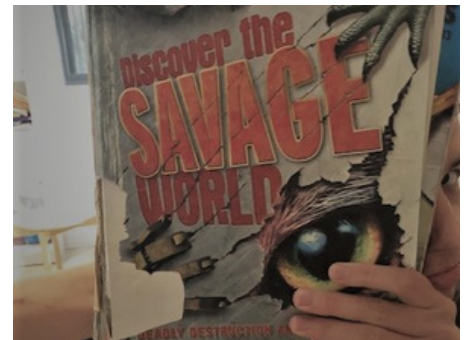
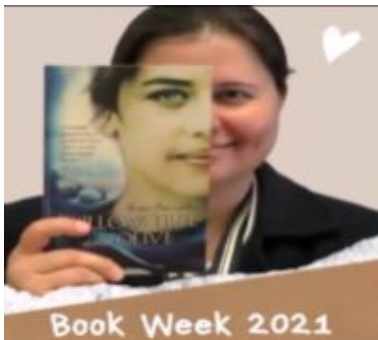
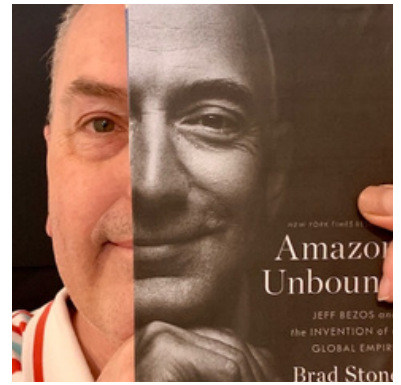
Hi Grade Sport players,

If you were loaned a shirt this season to play for the school in grade, please locate it, make sure it is washed and ready to bring back when we get back to school. This will help your school and your Sports Organiser.

Many thanks  
Ms Chaloner, Sports Organiser

# LIBRARY NEWS

Week 7 was Book Week 2021 and students were encouraged to find their reading nook, pick up an old favourite or a new book friend and rediscover the worlds you can find in a book during this week. We also held our Bookface Competition - congratulations to winner Anakin in Year 10 and special mentions to Brandon (Year 10), Emily (Year 11) and Kostya (Year 9) for their entries.



**"Let us read, and let us dance; these two amusements will never do any harm" - Voltaire**

# TAS

## Year 12 HSC Multimedia

Our Year 12 HSC Multimedia students have produced some extremely creative and complex projects for their Major Project submissions this year. These students have proven to be resourceful, resilient, and dedicated to producing high quality projects that showcase their broad range of software skills and talents. We are very proud of their effort and achievements throughout the challenge of realising a Major Project. Some examples of their projects are shown here.





## Term 4 2021 Events

**4 October - Labour Day Public Holiday**

5 October - First day of Term 4

18 October - Year 8 Valid Testing Week

20 October - School Council - 6pm; P&C Meeting - 7pm

25 October - Year 12 return to full time face to face teaching

25 October - Year 8 Valid Testing Week

1 November - Year 11 return

8 November - Years 7,8,9 and 10 return

9 November - HSC exams commence

17 November - School Council - 6pm; P&C Meeting - 7pm

18 November - Year 7 Immunisation Clinic

23 November - Year 7 2022 Orientation

2, 3 and 6 December - Swim School

10 December - Yarrabee Film Festival & Awards

13 December - Year 12 Graduation

14 December - Christmas Assembly

15 December - Year 12 Formal

16 December - Last day of Term 4

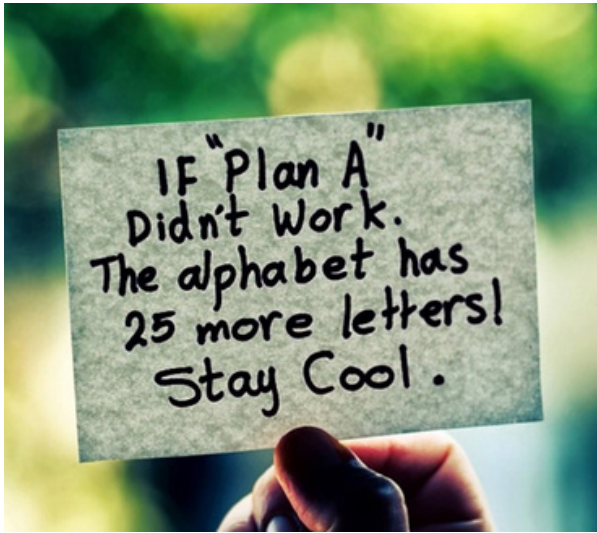
17 December - School Development Day



# P&C NEWS

## P&C UPDATE

As we approach the end of an entire term of home learning we extend our thanks to the entire Forest community, staff, students and parents, for working together during this challenging time. Our thoughts particularly go out to all of our Year 12 students and the uncertainty that you have had to endure this term. You are almost there. Stay healthy and stay connected.



## DIVERSITY AND INCLUSION SUB-COMMITTEE

Our new Diversity and Inclusion Sub-Committee has held four virtual meetings this term. We aim to provide an informal and positive space for parents and teachers to talk about issues they may be encountering. As a direct result of these first four meetings we have been able to connect parents to each other as well as to school resources and policy review meetings. We will advertise our next meeting dates next term. If you want to find out more before then please don't hesitate to email Sarah or Kelly at:

[theforesthighschool@pandcaffiliate.org.au](mailto:theforesthighschool@pandcaffiliate.org.au)

## P&C MEETINGS

The P&C meetings for Term 4 will be held at 7pm on:

- Wednesday 20 October
- Wednesday 17 November

You are welcome to email items for discussion to [theforesthighschool@pandcaffiliate.org.au](mailto:theforesthighschool@pandcaffiliate.org.au)

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](mailto:theforesthighschool@pandcaffiliate.org.au)

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