



NEWSLETTER



Education

WEEK 10 TERM 3 2022



Farewell to Year 12 2022 - we will miss you!



PRINCIPAL'S REPORT

Nathan Lawler
R/Principal

there is a shared commitment to reducing mobile phone use at school. We will communicate a detailed plan in response to the survey feedback at the beginning of Term 4.

A VERY BUSY SCHOOL

Writing this update on a Tuesday afternoon I feel that today provides a nice snapshot of what life is like in our school. From 7:00am we had Wind Ensemble rehearsals and Breakfast Club. At lunch there were many things happening for students including a guest speaker Duane Jordan in the DBLC, Yoga out in the sun with instructor Fiona Hallam, Year 7 and 8 students busily racing the clock to complete their 'Book in a Day' challenge and the staff v Year 12 students game of dodgeball in the Gym. Of course we also had 5 hours of teaching and learning. This has been another rewarding term. I would like to thank our hardworking teachers and ancillary staff for another huge 10 weeks. Your efforts each day in supporting our students to achieve their best is not unnoticed. I would also like to acknowledge the support from our parent body. It has been great meeting more of you throughout the year. Thanks for your feedback via the recent mobile phone survey. It is evident from the feedback that



Duane Jordan addressing Conversation Club

FAREWELL YEAR 12

This week we said farewell to our Class of 2022. We had a week of activities with the highlights being Wednesday's Graduation and our Year 12 Formal on Thursday night. I would have loved to have seen this group of students throughout Years 7-11; however, I feel lucky to have gotten to know them in a short period of time. We will have the Library open for seniors to study over the break and we look forward to supporting students through the next six weeks as they prepare for and undertake their final exams.

YEAR 11 END OF YEAR EXAMINATIONS

Year 11 students began the end of preliminary exams last week and they have continued throughout this week. The preliminary examinations mark the end of Year 11 assessments for students who will begin the HSC components of their courses at the start of Term 4. For many students, these exams are the first time they will sit formal examinations and therefore provides them the opportunity to establish good exam preparation techniques, following feedback from their teachers, in readiness for the trial and HSC examinations in 2023.

WRITE A BOOK IN A DAY

We had 17 Year 7 and 8 students involved in the 'Write a Book in a Day' competition. Teams were required to write a 5000 word story and hand draw illustrations. In each story, students were challenged to build their stories around five parameters and key words that were not of their choosing. The parameters included two human characters, one non-human character, a setting and an issue. Students had to respond creatively to the parameters they were given. Teams are also assigned five random words that were to be included at least once anywhere in the story. Many thanks to Ms Peachman and Ms Board for organising this amazing opportunity for our students. Also well done to our students who worked solidly from 8am to 8pm.

The Year 7 team raised \$993.37

The Year 8 team raised \$733.00

All funds raised go to cancer research and the published books will be available for young people in hospital undergoing cancer treatment.



I would like to wish you all safe and relaxing holidays and look forward to seeing you all back in Term 4.

First day back for both staff and students is Monday 10 October.

NATHAN LAWLER
R/PRINCIPAL



DEPUTY PRINCIPAL'S REPORT

Lucy Collins
R/Deputy Principal

I would like to introduce myself; my name is Mrs Lucy Collins and I have taken on the role of Relieving Deputy Principal and specifically overseeing students in Years 8,10 and 12.

Whilst I have been at The Forest High School for over six years, it is exciting to step into a new role where I can work with a wide range of students to help them achieve their personal best.

YEAR 8

Students have begun to make their choices for their electives moving into Year 9. Students will have already selected two 200-hour courses to study and should have been notified by email of their courses on Friday Week 9. The next stage of this process is for students to select one 100-hour course which they will study for one academic year. Students then select a second 100-hour course to study at the end of Year 9 for the following academic year. A booklet outlining short courses will be emailed to parents by the end of Term 3. Students will then make their selections early in Term 4. Please look out for an email regarding this.

YEAR 10

Students have been given their selections for Year 11 courses. In Year 11 subjects are offered on different lines. These are created to ensure the maximum number of students can obtain their preferences. Students are expected to select a subject from each line to study in Year 11, unless they are enrolled in TAFE. The Year 11 lines for 2023 are at the end of my report.

CHANGING A SUBJECT SELECTION

Once subjects have been selected and confirmed, if you or your child have concerns about the subjects chosen and wish to make a change the following process must be followed:

1. Students obtain a signed letter from their parents or caregiver outlining the change they wish to make and the reasoning for this.
2. Students collect a green 'Request for Change of Subject' form from Deputy Mrs Collins' office and get this signed by Mrs Collins. ***At this point it will be checked to see if there is room in the classes your student is wishing to move to. If it is currently full, they will be placed on a waitlist***
3. Students obtain a signature from the Class Teacher and Head Teacher of the subject they wish to enter.
4. Students obtain a signature from the Class Teacher and Head Teacher of the subject they wish to leave.
5. Completed green forms should then be returned to Mrs Collins.

Please note:

If a course has commenced when you are changing subject you will need to pay a partial course fee for the time spent in this course prior to moving out of this subject.

YEAR 12

A huge congratulations to our graduating Class of 2022 - your hard work and dedication to your studies over the years is to be commended. In the face of constant changes due to COVID over recent times you have continually shown perseverance and determination to make the best of the situation and still achieve. Well done.

As Year 12 approach Term 4 focus should now be sharply on HSC examinations commencing Wednesday 12 October. Students are reminded that 50% of their HSC mark is still to be achieved and their hard work over the coming weeks can improve their overall results dramatically.

Holiday Library Access:

The library will be available for students to study over the holidays from 10am to 4pm daily. Each day we will also have a Trailblazer on site to support students.

Accessing in school support:

Students can access support from subject teachers in the study periods leading up to the exam. We ask students to communicate directly with the subject teacher to make an appointment for support. If students are on site but not for an exam, we please request that they sign in at the front office.

**Trailblazers:**

Students are encouraged to book appointments with our on-site Trailblazers to support their study program. The Trailblazer program is a team of high achieving past Year 12 students who provide individual tuition in a range of subjects. Booking can be made via the library website here: <https://theforesthighlibrary.weebly.com/trailblazers.html>

Illness/Misadventure:

If students experience an illness or misadventure during the HSC, please call the school office as early as possible. In line with NESA procedures, documentation needs to be collected to support applications of illness/misadventure which we will be able to outline when you contact us. If a student is ill when they have an HSC exam, they must obtain a medical certificate from a doctor. This includes if they are COVID positive. The school also suggests students conduct a PCR test if they suspect they have COVID to ensure they have additional documentation that can be used in evidence.

Study spaces:

While the library is used for HSC examinations the Learning Hub is available for students to access a quiet study space to help support them prepare for their examinations throughout Term 4.

HSC Exam Timetable:

Each student can access their individual exam timetable via the school's online website. A complete timetable of all HSC examinations can be found here:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables/hsc-written-exam-timetable>

LUCY COLLINS

R/DEPUTY PRINCIPAL

Athletics Success for Dale and Ashleigh



In Week 8 Dale Mapstone and Ashleigh Windsham competed in the NSW CHS Athletic Carnival at Sydney Olympic Park. These students have successfully qualified for the carnival via our School Athletics Carnival, the North Shore Zone Carnival and the Sydney North Carnival, which is a massive achievement in itself!

Both Dale and Ashleigh ended up on the podium at the CHS Carnival with Ashleigh coming 3rd in the Under 16's 800M event and Dale coming 2nd in the 3000M walk event in the under 17+ boys, smashing his PB by over 40 seconds. A huge achievement by both students! Congratulations!

YEAR 11 LINES FOR 2023

LINE 1	LINE 2	LINE 3	LINE 4	LINE 5	LINE 6
PDHPE	Ancient History	Maths Advanced	E/ALD	Maths Advanced	Business Studies
Sport, Lifestyle & Recreation	Biology	Maths Numeracy	English 1	Maths Standard	Community & Family Studies
Aboriginal Studies	Business Studies	Maths Standard	English 2	Maths Standard	Dance
Biology	Physics	Maths Standard	English 3	Business Studies	Design & Technology
Engineering Studies	Society & Culture	Chemistry	English Advanced 1	VET Business Services	Economics
Geography	Visual Arts	German Beginners	English Advanced 2	Music 1	Tech Mandatory
Modern History	VET Construction	PDHPE	English Standard	Music 2	Society & Culture
Software Design & Development				Modern History	Textiles
				VET Hospitality	



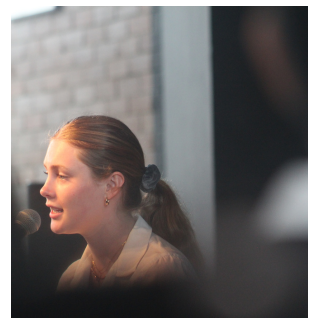
Class of 2022

YEAR 12 GRADUATION

It's a fun-filled final week for our Year 12s - mufti days, picnic, photo scavenger hunt, Teacher v Year 12 Dodgeball Game, Formal and the Bob Philpott Cup Soccer Game (Year 11 v Year 12) to be held this Friday.

At their Graduation Ceremony on Wednesday 21 September 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 followed 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 and wish you well in your HSC Exams next term!







Year 12 Picnic





Teachers v Year 12 Dodgeball

Congratulations to the Teachers who triumphed at the Teachers v Year 12 lunhtime Dodgeball game in the gym on Tuesday 20 September - part of their end of schooling celebration week





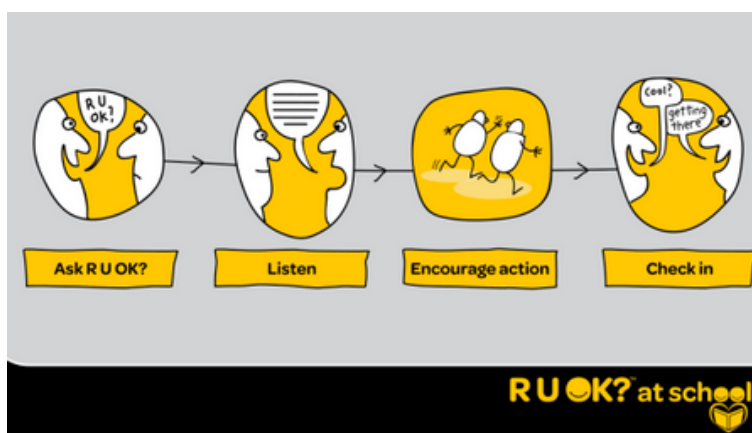
WELLBEING REPORT

Kate Board
R/Head Teacher Wellbeing

R U OK DAY

R U OK Day is a national day of action where we are reminded to check in on those we care about to ask 'are you OK?' and start a meaningful conversation if we spot the signs that someone might be struggling with life. Earlier this month, Year 7 and 8 students were involved in a range of R U OK Day activities, led by our Student Support Officer, Mr Ben Argue. These activities were designed to promote wellbeing and resilience by encouraging conversation and connection between students. Students practiced asking open ended questions and listening and responding to their peers.

Students were encouraged to use these four steps and have a conversation that could change a life:



STAYING HEALTHY DURING THE HSC

We wish the best of luck to our resilient Year 12 students who will soon be sitting their HSC exams. Managing our wellbeing is always important, especially during stressful times. The following website has some excellent resources to help students focus on their wellbeing needs during the HSC. There are also some great tips to help parents support their children going through the HSC.

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc?q=#topics>

RELATIONSHIPS AUSTRALIA

Our Year 9 Relationships Australia groups have now wrapped up for the term. Students have enjoyed working in small groups to develop their understanding of healthy, respectful relationships and develop communication skills. Thank you to all Year 9 participants for your involvement and positive attitude each week. A big thanks to our great wellbeing supporter 'Relationships Australia' and coordinator Mick.

WELCOME!

A big 'Welcome!' to the new students who have joined us in the past few weeks! We hope you are quickly settling into the Forest High School community.

SUPPORT

If any students feel they may benefit from some assistance with wellbeing issues, the school is well placed to support this through our teachers, wellbeing team and School Counsellor. You can contact your child's Year Adviser or the Head Teacher of Wellbeing via the school office for any concerns.

Year 7 - Ms Beth Sweeny

Year 8 - Mr Tim Hepburn

Year 9 - Mr Gordon Kovacs

Year 10 - Ms Courtney Turner

Year 11 - Mr Trevor Hendy

Year 12 - Ms Georgia Yam

R/Head Teacher Wellbeing - Ms Kate Board



Wear It Purple Day

ON FRIDAY 26 AUGUST WE CELEBRATED WEAR IT PURPLE DAY, THE TEACHERS DRESSED UP IN ALL THEIR PURPLE, AND WE HAD SOME FACE PAINT STALLS AND PURPLE HAIRSPRAY AVAILABLE AT LUNCH TIME FOR EVERYONE. WEAR IT PURPLE DAY IS A SIGNIFICANT EVENT FOR YOUTH AS IT HIGHLIGHTS THE IMPORTANCE OF USING STUDENTS' PREFERRED PRONOUNS, BRINGING AWARENESS TO THE STATISTICS AND FIGURES AROUND LGBTQIA+ YOUTH MENTAL HEALTH AND VICTIMS OF BULLYING AND VIOLENCE, AS WELL AS HOMELESSNESS AND EDUCATIONAL OUTCOMES.



HSIE

Year 10 Commerce Market Stall Day and Car Wash

On Tuesday and Thursday of this week, our Year 10 Commerce students were given the opportunity to put their entrepreneurial skills to the test. After many weeks of planning, marketing and preparing, our crews set up stalls to sell their goods and services. The Forest High was abuzz with car washes, cookies, cakes, iced-tea, jaffles and much more. By the end of an enjoyable lunch time most stalls had completely sold out! Congratulations to our students!!

TREVOR HENDY AND CALYPSO HANLEY
YEAR 10 COMMERCE TEACHERS



Menu

CHEESE JAFFELS
HALF \$3 FULL \$5
ADD HAM FOR EXTRA \$1.00

DRINK \$2
SOLO, PEPSI, PASSIONA
ADD WHIPPED CREAM FOR EXTRA 0.50

COMBO
FULL JAFFEL AND CUP OF SOFT DRINK \$6

HALF JAFFEL AND CUP OF SOFT DRINK \$4

8TH SEPTEMBER *Fair & Food & Bar*
LUNCHTIME - COLA
PRICE OF HAM AND CREAM WILL BE ADDED ONTO FINAL PRICE



★ *CARNO GAMES* ★

Come to the top of the cola on the 8th of September

We have games like basketball, ring toss and a jellybean guesser

Win an iPhone...in our special basketball challenge!



SHELLY'S SANGAS



Location: outside the hall
Time: lunchtime 8th September
Price: \$3.50 for a sanga
\$2.50 for a soft drink
Combo meal for \$5 **SAVE \$1**

CHILL TIME
HAND MADE BOBA MILK TEA

MILK TEA (H/C)	\$3.00
Pearls	\$2.00
Timtam	\$2.00
Oreo	\$2.00
Mint choco biscuits cream on top	\$1.00

COMBLE MEALS

Choco world	
Milk tea + Tim Tam/Oreo/Mint choco biscuits + pearls	\$4.00
SHARE meals	
2 Milk tea + 2 kind of biscuits + 2 boba pearls + cream on top	\$8.00



MATHS



Year 7 Maths Show

On Thursday 8 September Year 7 were entertained and enthralled in THE MATHS SHOW. They were led on a journey through the history of Mathematics, looked at some cool calculations, did a practical application of probability, looked at the contributions of some not so famous female mathematicians and investigated some famous mathematical problems. Everyone listened intently and it is hoped that the presentation sparked some further interest in Mathematics.

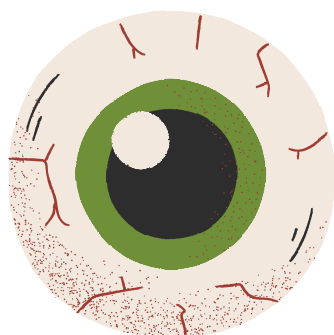
KAREN GOURLAY
HEAD TEACHER MATHEMATICS



SCIENCE

A sight for sore eyes

In Week 8 our Science Faculty held their annual eye dissection - thanks to all who participated (and those who were happy just to watch!)



Term 4 2022 Events

10 October - First day of Term 4 - students return
HSC EXAMS - 12 October - 4 November

19 October - P&C Meeting - 7pm School Library

21 October - CAPA Preliminary Showcase

24 October - Year 8 VALID

11 November - Year 12 Clearance

14-18 November - Band Tour

16 November - P&C Meeting - 7pm School Library

22 November - Silver Assembly

28 November - Year 10 Careers Activity Week

29 November - Year 7 2023 Orientation Day

8, 9 & 12 December - Year 7 Swim School

13 December - Presentation Night

16 December - Christmas Assembly

19 December - Last day of Term 4 for students

20 December - School Development Day (staff only)



Stage 6 Industry Study FBI Radio Station visit

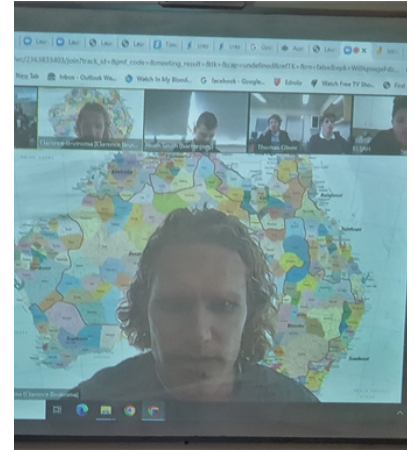
In Week 6 Year 11 and Year 12 Multimedia, Mrs Walsh, Mrs Williams & Mr Sinclair visited FBI Radio Station in Alexandria as part of the Stage 6 Industry Study module. The FBI team spoke to them about their different roles in the organisation and how they worked together to research, develop and deliver their programs. They tested out the tools and equipment of the station by recording some station identifiers, broadcasting and announcing music, and conducting interviews. They were also able to observe the workplace culture and environment to better understand how a small business operates. Special thanks to Mrs Williams and Training Services NSW for organising and funding the day for these students.

AMANDA WALSH
TAS TEACHER/HEAD TEACHER ADMIN



ABORIGINAL EDUCATION

Our junior Aboriginal students attended the "Introduction to the Junior AECG" meeting via Zoom on Friday 9 September. They met with local AECG Secretary Clarence Bruinsma and students from Pittwater High School, Middle Harbour Public School and Cromer Campus.



Zonta Awards Night for Tenisha

On Monday 19 September Tenisha Cosentino in Year 12 attended the Zonta Club of Northern Beaches Awards Night at the Dee Why RSL to receive her 2022 Zonta Achievement Award for a Young Indigenous Woman. Zonta International is a leading global organisation of professionals empowering women worldwide through service and advocacy and aims to make a difference to the lives of women and girls around the world and in our community.

Tenisha is pictured with her award, giving the "Acknowledgement of Country" at the Leadership Dinner, with Northern Beaches Mayor Michael Regan, Deputy Mayor Candy Bingham and with our Head Teacher PDHPE Lee Chaloner. We are very proud of Tenisha and congratulate her on this wonderful achievement.





Sogood Film Festival

THE FIRST SOGOOD MOVIE NIGHT PROVED TO BE A FUN EVENING, DESPITE THE OPEN-AIR OPTION NOT HAPPENING DUE TO THE RAIN. THE GYM HOSTED OUR SCREENING OF 'THE "LORAX"', WITH ALL PROFITS GOING TO TARONGA ZOO AND ITS SUPPORT OF THE CONSERVATION OF THE KOALA POPULATION. MANY THANKS TO THE P&C PARENTS FOR PROVIDING A WONDERFUL BBQ.

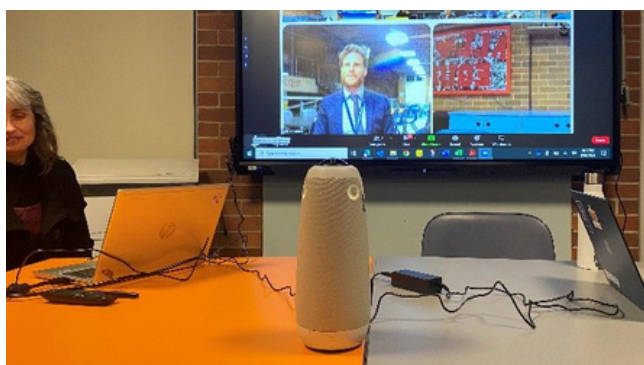


P&C NEWS

Term 3 has shared amazing community spirit, with so many parents supporting our school. At our August P&C meeting held in the school library and via zoom we had over 30 parents and members of staff join. Thank you to Rebecca Fahey from Relationship Australia Presentation who shared tips for supporting teens.



The P&C would like to introduce you to the latest technology we have purchased for the school - a large digital screen and an OWL speaker and camera. The OWL captures everyone in the physical room, greatly improving the experience for those who prefer or need to join via Zoom. The screen means everyone in the room can see and hear everyone joining remotely. This equipment is based in the library where students, staff and parents all get to benefit from it.



The P&C ran a BBQ on 2 October for movie night. Thank you to Mrs Trout's children, Korena Manzo, Lorenza Grotti, Michelle Alchin and Kelly's 'Mum' - we appreciate your support.



Thank you to Karen Smedts, Jodie Gale, Karen Pritchard and Korena Manzo for providing food for end of term staff thank you morning tea.



Thank you to Lorenza Grotti for giving up her time to help Kelly at the weekly Cooking Club classes. This term our Cooking Club has made sushi balls, poke bowls, bliss balls, Anzac biscuits, chicken wraps, focaccia, and cheesecake. This week they made meat and salad wraps and enjoyed having lunch together sharing holiday plans.

Cooking Club will continue in Term 4 during Monday lunchtime - if you would like to sign up you can do so here <https://signup.com/go/mnFfivh>

We are so grateful to Woolworths at Frenchs Forest for their support providing all the ingredients.

The P&C would like to congratulate all Year 12 students and families and thank them for all your support and contributions over the years here at The Forest. We wish you all the very best with your next chapter.

We are so proud to be apart of a supportive school community. We wish all our families a lovely school holiday and look forward to making more memories in Term 4.

KELLY BARR-JONES, SARAH BUTCHART, SUE FEENEY, KAREN PRITCHARD AND MICHELLE ALCHIN

TFHS P&C COMMITTEE





Conversation Club

It was an especially exciting Conversation Club this week as we were lucky enough to have a visit from Manly basketball player and coach, Duane Jordan. Duane enthralled students and staff with tales of his life – from dealing with bullies at school in Harlem, to playing against some of America's greatest basketball stars, to working as a youth counsellor, before moving to Sydney and continuing his sporting journey here. Duane shared with us powerful lessons about pursuing one's goals in spite of failures and putting hard work into all areas of life. We're all very grateful to Duane for coming along to our final Convo Club of the term and making it such a good one!

LAUREN WEATHERALL
ENGLISH TEACHER/CONVERSATION CLUB
COORDINATOR



CLUBS & ACTIVITIES AT TFHS

Duke of Edinburgh
SEE MRS COLEMAN IN THE
LEARNING HUB IF
INTERESTED

Dance

SEE MS CONSTANTIN IN
THE CAPA STAFF ROOM



Year 7

MONDAY RECESS & LUNCH
GYM & LEARNING HUB

WED & THURS - PHYSICAL
ACTIVITIES AT LUNCH

LIBRARY EVERYDAY

MONDAY



Concert Band

7.15 - 8.30AM IN THE PAC

School 'Zine

CONTRIBUTE TO NEWS/ART/EVENTS
FOR THE SCHOOL MAGAZINE
A WEEK IN A1022
SEE MS MAY IN ENGLISH

Cooking Classes

LUNCHTIME IN TAS KITCHEN
A BLOCK

Textiles Workshop

A WEEK LUNCHTIME IN A1001
WITH MS AROYAN

Monday Study Sessions

AFTER SCHOOL FROM 3PM
IN THE LIBRARY WITH OUR
TRAILBLAZERS

TUESDAY



Wind Ensemble

7.15-8.30AM IN THE PAC

Yarning Circle

COME FOR A KNIT AND A CHAT
IN THE SHADE AT SOUTH END
OF E BLOCK OR E0013 IF WET

Conversation Club

LUNCHTIME IN THE DBLC
COME ALONG FOR A CHAT &
GUEST SPEAKERS

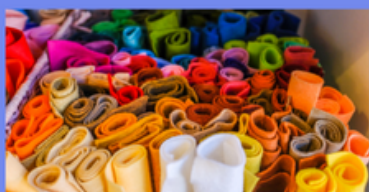
Dungeons & Dragons

LUNCHTIME IN THE
LEARNING HUB E BLOCK

Mindful Movement

LUNCHTIME IN THE PAC

WEDNESDAY



Textiles Workshop

A WEEK IN A1001
8.10-8.40AM
WITH MS AROYAN
FUN & CREATIVE - ALL
WELCOME!

Stage Band

3-4PM IN THE PAC



THURSDAY



Choir

THURSDAY 8.00AM IN D1010

Anime & TCG Club (Trading Card Game)

ANIME - A WEEK LUNCH D1001
TCG - B WEEK LUNCH D1001

Yarning Circle

KNIT AND CHAT - SOUTH END
OF E BLOCK OR E0013 IF WET

Debating/Public Speaking

LUNCHTIME - SEE MS BANCROFT
IN ENGLISH A BLOCK

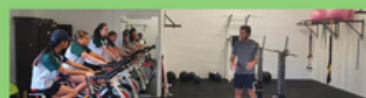
Dungeons & Dragons

LEARNING HUB E BLOCK

Beyond the Bell Homework Club

3-4PM IN THE LIBRARY
HOMEWORK & ASSESSMENT HELP
ALL STUDENTS WELCOME
EVERY WEEK

FRIDAY



Forest Fitness

WITH MR LAWLER & MR
BARBAT 7.30AM ON THE OVAL

Interact Club

LUNCHTIME WITH MR ARGUE
LEARNING HUB E BLOCK
LEADERSHIP SKILLS & PROJECTS

Art Club

LUNCHTIME IN D0050
ALL WELCOME

Maths Help Desk

LUNCHTIME IN E1007
ALL WELCOME

Chess Club

(and other games)

LUNCHTIME IN G0001 WITH
MR GOODWIN & MS ROBERTS

Textiles Workshop

B WEEK LUNCHTIME IN A1001
WITH MS AROYAN

EAL/D Homework Club

LUNCHTIME IN THE LIBRARY

COMMUNITY NOTICES



MANLY WARRINGAH BASKETBALL SEPTEMBER HOLIDAY CAMP COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 28TH, 29TH & 30TH SEPTEMBER, 2022
TIME: 5 to 9 Yrs old 9:00 to 12:00pm
10 to 14 Yrs old 1:00 to 4:00pm
VENUE: Northern Beaches Indoor Sports Centre
AGES: broken into age groups
COST: \$105 (If camp is cancelled, total refund)
Bookina: <https://www.trvbookina.com/CAYID>

**NO SINGLE DAYS,
MUST PAY FOR 3 DAYS**



NEXTWAVE

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learn it · film it · screen it



make a film
under 5 minutes



inspired by transformation
& include the colour green



enter for a chance to
screen big & win big!

YOUTH SHORT FILM COMP

ENTER BY OCT 25, 2022

SWIFF NEXTWAVEFILM.COM.AU



IMPROVE YOUR NIPPER SKILLS & HAVE FUN IN THE SUN THESE HOLIDAYS

**THE TWO-DAY CAMP IS PACKED FULL OF
BOARD, SWIM AND BEACH TRAINING,
PLUS PLENTY OF GAMES AND FUN
THROUGHOUT. IT IS DESIGNED FOR NIPPERS
AGED U9 TO U14 OF ALL ABILITIES.**

We encourage young athletes to register if:

- you are looking to improve your surf competition skills
- keen to meet new teammates and make friends for life
- grow water confidence and skills seeking competition experience from our expert coaching staff
- Participants must bring their own nipper board.

**THE NEW & IMPROVED SIC IS BACK FOR ANOTHER SEASON !
THURSDAY 29TH & FRIDAY 30TH SEPTEMBER
@ MONA VALE BEACH
8.30AM - 3PM**

All participants are guaranteed to have a good sleep after each day of the camp.
Participants must bring their own nipper board. For further enquiries contact
Bella - 8919 2137 or Spencer - 8919 2138
or email: surfsportsadmin@surflifesaving.net.au
Open to SLSSNB Club Members U9 & over (2022/23 Season)

COST: \$200 FOR 2 DAYS, \$120 FOR ONE DAY

INCLUDES

- * SIC SINGLET
- * LUNCH AND SNACKS ON BOTH DAYS
- * DRINKS THROUGHOUT THE DAY
- * SPECIALIST COACHES

REGISTER HERE
<https://form.jalform.com/222397137218862>

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FRENCHS FOREST NSW 2086

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