



Message from the Principal



WELCOME!

A huge welcome to new families and welcome back to those who were with us in 2022. To our new families, you are joining a community that is cohesive and committed to improving each student's learning. Very soon we will begin 'Coffee With the Principal' catch-ups. These are an opportunity for you to talk with myself and meet other parents.

If you have any questions or concerns I can be contacted via email on

Nathan.lawler6@det.nsw.edu.au

On Tuesday and Wednesday we welcomed back students. The messaging to all students on day one we hope was clear:

'Everyone can learn'

'Get involved across the school'

'You belong here'

It is great to have the students back.

STAFF DEVELOPMENT DAYS

Our focus for our Staff Development Days was Explicit Teaching. Explicit teaching practices involve teachers clearly showing students what to do and how to do it. Students who experience explicit teaching practices make greater learning gains

than students who do not experience these practices. As soon as students walk into classes they are to take out their workbook and write down the learning intention/focus for that particular lesson. Please ensure your child has a workbook for each of their courses. During the Staff Development Days, we also spent time analysing last year's HSC results identifying areas of strength and areas needing attention. In 2022, we had over 10% of students who sat the HSC examinations achieve an ATAR over 90. Most students returned after the results were announced to thank their teachers and discuss plans for the future. I'm sure we will see many of these students in the years to come. Forest High School alumni regularly drop back into our school to talk with their past teachers or to volunteer for different school events such as musicals and Open Nights.

MOBILE PHONES

This week students in Years 7-10 engaged in classes and connected on the playground without their mobile phones. Walking around the playground it was great to see students talking, playing ball games and some students just sitting quietly enjoying the nice weather. There is a delay on the YONDR pouches. We are told they will arrive next week. Also, next week our extensive list of lunchtime clubs will begin (please see Page 3)

As you can see, there are several opportunities for students to become involved across the school. We run more extra-curricular activities than most schools because we want to cater for the vast range of interests and bring about an ever-increasing sense of belonging. Many students at our school choose to learn new skills during break times and through this they connect with a range of students and teachers. I would encourage our Year 7 students to continue to get involved. It was nice having many of you at Friday Morning fitness this week.



What happens if a student in Years 7-10 is seen on their phone at school?

The below steps were communicated to all students at assemblies held this week.

Step 1 – Teacher will record the incident on Sentral. The student will be notified of this.

Step 2 – The phone will be collected by a member of the senior executive and parent contacted to come and collect the phone at a time that is mutually convenient.

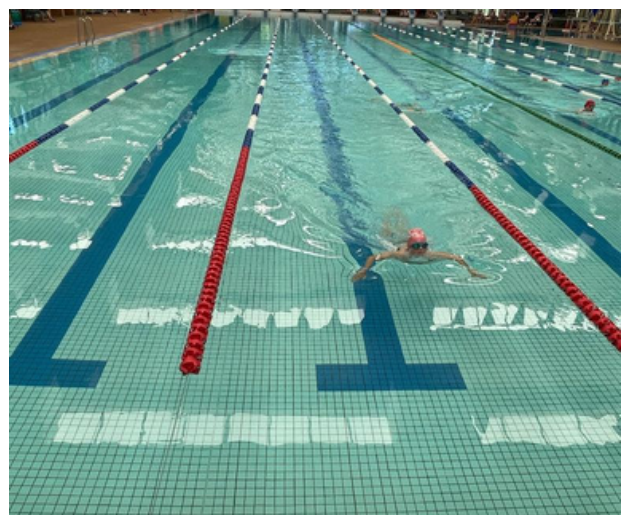
We realise that this is a firm stance; however, we truly believe that students having time away from their phones will bring about many positive outcomes.

UNIFORM

Students uniform is almost there. On Monday we will be checking uniform to ensure all students are in black leather shoes and full school uniform. Please see the document on Page 4 for guidance.

SWIMMING CARNIVAL

Today we held our annual Swimming Carnival. It was great to see so many students involved in races. A full report will be provided next week.



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 LUNCH
GYM & LEARNING HUB

WED & THURS - PHYSICAL
ACTIVITIES AT LUNCH
LIBRARY EVERYDAY

MONDAY



Symphonic Wind Ensemble

7.15 - 8.30AM IN THE PAC

Scrub Turkey

CONTRIBUTE TO NEWS/ART/EVENTS
FOR THE SCHOOL MAGAZINE
A WEEK LUNCHTIME IN A1014
SEE MS WEATHERALL IN ENGLISH

Maths Help Desk

LUNCHTIME IN E1007
ALL WELCOME

Interact Club

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

Monday Study Sessions

AFTER SCHOOL FROM 3PM IN THE
LIBRARY WITH OUR TRAILBLAZERS

TUESDAY

Yarn Yard

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

Textiles Workshop

LUNCHTIME A WEEK IN A1001
WITH MS AROYAN. ANY STUDENTS
IN Y7-12 INTERESTED IN FASHION
& TEXTILE DESIGN WELCOME

Conversation Club

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

MTC Club

B WEEK LUNCH IN THE LEARNING
HUB E BLOCK

Dungeons & Dragons

LUNCHTIME IN THE
LEARNING HUB E BLOCK

Chess Club (and other games)

LUNCHTIME IN G0001 WITH
MR GOODWIN & MS ROBERTS

WEDNESDAY



Coding

7.30AM TO 8.30AM
IN THE LIBRARY
STARTS WEEK 4

Choir

8.00AM IN D1010

Stage Band

3-4PM IN THE PAC



THURSDAY



Symphonic Wind Ensemble

7.15 - 8.30AM IN THE PAC

Anime Club

A WEEK LUNCH D1015

Yarn Yard

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
7.30AM ON THE OVAL
OR IN THE PAC

Art Club

LUNCHTIME IN D0050
ALL WELCOME

EAL/D Homework Club

FOR SENIOR STUDENTS
LUNCHTIME IN A1014
WITH MS WEATHERALL



Essential uniform

White shirt/blouse can be worn with non-branded black shorts, tartan skirt or non-branded long black pants.

**Sport uniform**

White and green polo shirt can be worn with TFHS black shorts, TFHS black tracksuit pants or TFHS black leggings. Sport uniform including Leggings are only to be worn on Wednesday (Sport Day) or during PE lessons. Thus, only students in 7-10 will wear the sport uniform.

When students have PE lessons they must bring their PE uniform in a bag to change into.

**Add a layer**

A lightweight tricolour jacket and/or a green v-neck fleece jumper can be worn over any of the uniform combinations.



Visit the website –

<https://theforest-h.schools.nsw.gov.au/about-our-school/what-we-offer/uniform.html>

Footwear

Black leather shoes and white or black socks must be worn with Essential Uniform



Upcoming Events

MONDAY 6 FEBRUARY

Meet the Principal - 9am

TUESDAY 7 FEBRUARY

2022 Distinguished Achievers Assembly - 10.30am

WEDNESDAY 8 FEBRUARY

Diversity & Inclusion Meeting - 7pm

WEDNESDAY 15 FEBRUARY

Year 7 Parent Evening

WEDNESDAY 22 FEBRUARY

P&C Meeting - 7pm

THURSDAY 23 FEBRUARY

Athletics Carnival

8-10 MARCH

Year 7 Camp

TUESDAY 14 MARCH

Years 7 & 12 Parent Teacher Interviews

20 - 22 MARCH

Year 11 Camp

FRIDAY 24 MARCH

School Photographs

MONDAY 27 MARCH

Years 9 & 11 Parent Teacher Interviews

THURSDAY 6 APRIL

Yarrabee Film Festival



Something else

This February I will be taking part in the Super Swim Challenge to raise funds for the Starlight Children's Foundation. I will be swimming 1km each morning.

Starlight use play, social connection and creativity to support sick kids in some of their toughest times and positively change their healthcare experience. If you would like to sponsor me through this challenge you can donate directly to Starlight here:

<https://superswim.org.au/search>



INFECTIOUS ILLNESSES

We wish to advise you that a student who will be attending Forest High in 2023 is currently susceptible to infectious illnesses. This student's ongoing health is at risk if he/she comes into contact with infectious illnesses, in particular: whooping cough, shingles, chicken pox, measles or mumps. If your son or daughter is suspected of having one of these illnesses, it is very important that he/she does not attend school. It is also important that while your child is unwell, he/she remains at home until he/she is no longer contagious. Information on infectious conditions can be found on national health websites, e.g. www.health.gov.au or alternatively, contact your local GP.

If your child has whooping cough, shingles, chicken pox, measles or mumps or is suspected of having an illness, please contact the school immediately. This will allow the school to assess the probable contact and, therefore, exposure of our student. Notification will then be given to parents and medical specialists. As a school community, we value your support in relation to the well being of all our students. Please do not hesitate to contact Ms Harper, Head Teacher Administration if you have any questions.

VACCINATIONS

Is your child in Year 7 or Year 10?

Provide your consent for their routine school vaccinations online.

In Year 7, students are offered vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

To provide online consent, you will need:

- The link provided by our school (Year 7 early Term 1, Year 10 early Term 2)
- Your Service NSW log-in details
- Medicare card details for you and your child

If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from our school.

The first clinic for Year 7 and catch-up vaccinations is on Tuesday 28th March.

Need more information?

Visit:

health.nsw.gov.au/schoolvaccination