



Message from the Principal



Open Night



On Wednesday, we held our annual Open Night. Our biggest drawcards are our students and staff, so we had students running tours and staff presenting workshops and presentations across the school. Under the direction of Lemin Liu our Band Coordinator we had both our Symphonic Wind Ensemble and Stage Band providing entertainment. The feel across the school and comments

from prospective parents was extremely positive. A popular stop on the tour was the Library, here School Infrastructure shared the plans and timeline for the school relocation. At this stage, the timeline has the new school finished in 2025. For students starting Year 7 2024 they will transfer across to the new site at some point that year. When speaking with prospective parents there were (hopefully) some clear messages:

1. Consider choosing the Forest high school if you want a quality, well-rounded education for your child.
2. Survey feedback indicates that we far exceed the state average on the measure of quality student- teacher relationships.

3. We believe that every student can learn, and every student deserves high expectations.
A final thanks to Ms Murray for her efforts in coordinating Open Night.





Clean Up Schools Day

Led by our Environment Captains Willow and Lily, our Year 7s participated in Clean Up Australia Schools. After making a fantastic effort they were all rewarded with a treat, after washing hands or disposing of gloves. Thank you to our Environment Captains, Matilda, Year 7 teachers and Miss Wallace for organising and supporting the clean up.

Naplan and Workshops for students in Years 7-9

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar, and punctuation) and numeracy. From 2023, NAPLAN is moving to Term 1 is quickly approaching. We want our students to feel calm and confident when approaching these assessments. To assist students, we are running several workshops that will help students now and beyond. These workshops are designed to provide students in years 7-9 the skills to further develop their written communication. Even though students in year 8 are not sitting the Naplan assessments this year, they will also benefit from these targeted workshops.

Workshops for Year 7, 8, 9 students during Week 7

The following workshops will be led by our Senior Executive

Next Week – Week 7

Monday lunch break in the Library
Writing a persuasive argument with a focus on text structure or Maths helpdesk in E Block.

Monday 3:00-3:45pm in the Library
Spell like a professor

Tuesday lunch break in the Library
Punctuation masterclass

Wednesday 8:00-8:40am in the Library
Making my writing flow

Thursday 3.00-3.35pm in the Library
Punctuation masterclass

Week 8

Monday lunch break in the Library
Writing a persuasive argument with a focus on text structure or Maths Helpdesk in E Block.

Tuesday lunch break in the Library
Writing a persuasive argument

Wednesday 8.00-8.40am in the Library
Writing a persuasive argument

The Naplan assessments take place for students in Years 7 and 9 during Week 8 (15-17 March)

TFHS CODING CLUB!

Wednesday mornings in the library.
7:30-8:30am
All welcome, no experience needed!



Coding Club

A magazine is a periodical publication, which can either be printed or published electronically. It is issued regularly, usually every week or every month, and it contains a variety of content. This can include articles, stories, photographs, and advertisements.



School TV

Most young people today experience anxiety at some point in their life. Sometimes that slight rush of anxiety that occurs prior to an exam or sporting event, can enhance their performance. However, experiencing too much anxiety, over long periods of time, can be extremely damaging to their health and wellbeing. There is a difference between 'good' and 'bad' anxiety. Statistics show, that the psychological health of young people today is far worse than it was a generation ago. This is having an adverse effect on children in both primary and secondary levels. Some of their issues of concern include stress, school, study, body image and friendship. Parents need to be aware of the warning signs of 'bad' anxiety. There are preventative measures parents can implement as well as teaching kids the skills to cope more efficiently with their anxiety.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the School Counsellor for further information or seek medical or professional help.

Here is the link to the Anxiety edition of SchoolTV:

<https://theforest-h-schools.nsw.schooltv.me/newsletter/youth-anxiety>

Mobile phones

As previously communicated, students are adapting well to our much tighter procedures around mobile phones.

These are the steps we follow students in Years 7-10 if a student is seen with a mobile phone or air pods either in class or on the playground.

Step 1 – The teacher will record the incident on Sentral.

Step 2 – A Deputy Principal will collect the phone and place at the School Office for a parent/carer to collect.

These are the steps we follow if a Year 11 or 12 student is on their mobile phone in class:

Step 1 – The teacher will record the incident on Sentral.

Step 2 – The phone will be collected for the day and returned to the student after their final class.

We are noticing that students are more engaged in classes, communicating more during break times and there is a much more positive feeling across the school.



Upcoming Events

Wednesday 8 March
Diversity & Inclusion Meeting – 7pm in Library or Zoom

8–10 March
Year 7 Camp

Tuesday 14 March
Year 7 & 12 Parent Teacher Interviews

Wednesday 15 March
International Women's Day Breakfast
P&C Meeting – 7pm in Library or Zoom

20–26 March
Harmony Week

Friday 24 March
School Photographs

Monday 27 March
Year 9 & 11 Parent Teacher Interviews

Thursday 6 March
Last day of Term 1

Friday 7 April
Good Friday – School Closed

International Women's Day Breakfast

The Forest High school community invites parents, carers and students to our first International Women's Day Breakfast on Wednesday, 8 March, 8.00am – 8.40am in the library.

The SRC are running a Q+A panel of inspirational women in our community: creatives, business people and award recipients. They will be discussing their background, equality and women's rights. All parents and students are invited to attend, joining staff in a celebration of the women in our school community. A light breakfast will be provided for attendees.

Uniform

Here are the steps we will follow from next week:

Step 1 – If a student presents in non-uniform items without a note from a parent/carer they will be recorded on Sentral by the roll call and/or Period 1 teacher.

Step 2 – A note will go to the student towards the end of Period 2 asking them to make their way to the Hall during recess break.

Step 3 – During recess, the student will meet with a Deputy Principal or myself so a plan can be worked out to ensure the student is in full uniform the following day. A communication will be sent home.

Focus for Week 7 – Black leather shoes.

Big W have a range of options for students. See here –

<https://www.bigw.com.au/kids/kids-shoes/school-shoes/c/800203>