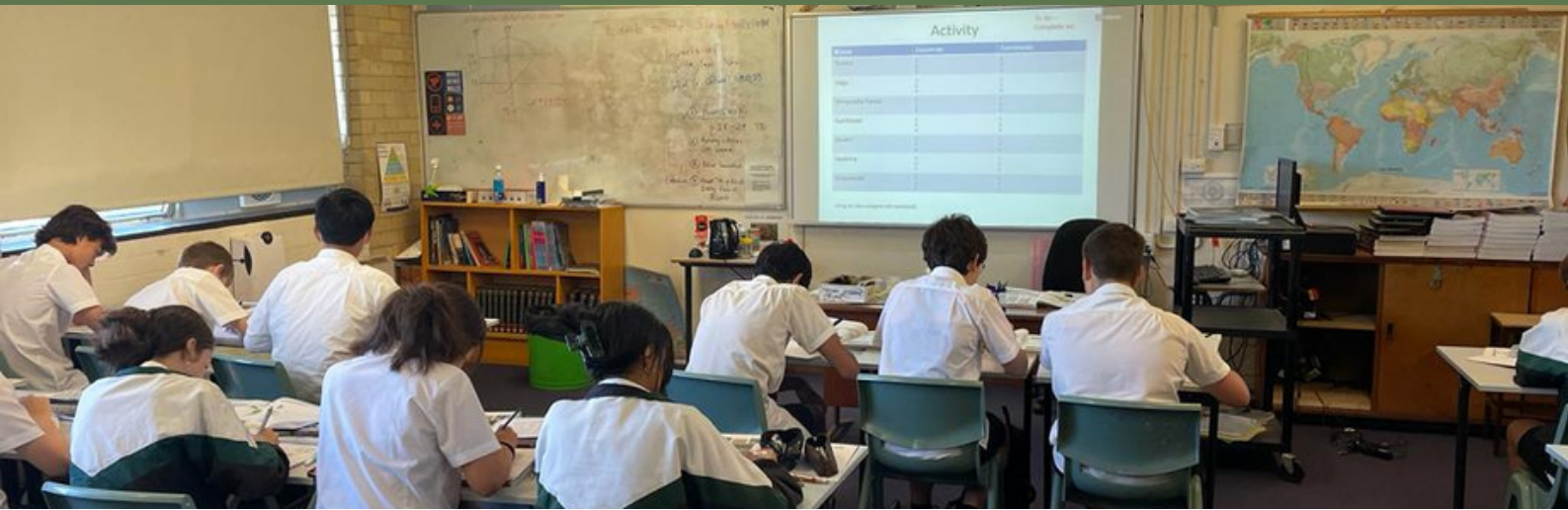




Message from the Principal



What a Week

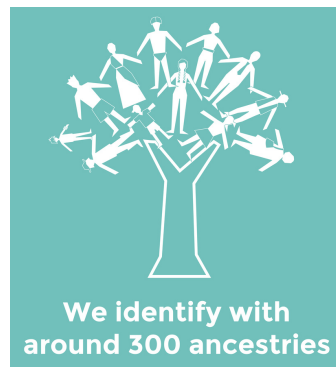
A lot happened this week with Parent -Teacher Night for Years 7 and 12 on Tuesday and the P&C Meeting on Wednesday. During the day we had knockout teams competing across Sydney, the Zone Swimming Carnival, students and staff on excursions and many students undertaking assessment tasks. In addition to this, our weekly clubs/groups, band rehearsals and dance classes are running before and after school. There is lots happening across the school as we approach the tail end of the term.

NAPLAN

Online NAPLAN assessments began this week. On Wednesday, students in Years 7 and 9 undertook the writing assessment and on Thursday students sat the Reading task. On Monday and Tuesday next week, students will sit Language Conventions and Numeracy. A huge thank you to all of those staff who have assisted to

ensure the NAPLAN assessment ran smoothly. A special mention to Mrs Gourlay (Head of Mathematics) who has coordinated the assessments again this year.

HARMONY WEEK



There are many activities planned for Harmony Week. At Tuesday's senior assembly there will be a showcase of performers and parents are welcome to attend.

Next Friday, under the leadership of Ms Weatherall and Mr Argue we will be running a Turkish/Syrian fundraiser to raise money for the Turkish Consulate Disaster Relief. The Consulate Turkish Minister for Education and Home Affairs will be attending -

Mr. Cem Gençoğlu. We are requesting baked goods from our parents/carers and students to sell during the BBQ, to maximise profits raised for the community. Parents are asked to please contact Mr Argue or Ms Weatherall if you would like to get involved. There will also be a Harmony Week Exhibition on at Westfield in the same location as our Scrub Turkey site (near Myer upstairs). Ms Rogers, Mr Lew and Ms Weatherall will take some students to set up on Monday. We hope all families can go and visit the empowering student works, which will be displayed from 20/03/22 - 30/03/22.

Finally, there will be a TFHS showcase on Saturday 25 March from 12:50pm - 1:15pm at Westfield Warringah Mall. It will be the same showcase as the students performed during assembly but for Northern Beaches Council. We sent in a video many months ago and the students auditioned for this exciting opportunity to share their cultural narratives with the wider community; hence we would love to see Forest families there on the day to support our students.

Zone Swimming Results

We have had some excellent results from the Zone Swimming Carnival.

Congratulations to all students who competed and thanks to Ms Trout and Mr Mahlberg for supporting the team at the carnival. The following students have qualified to represent the Zone in the Sydney North Regional Carnival.

James Brown

- 1st – 16 Boys 100m Backstroke
- 1st – 16 Boys 100m Breaststroke
- 2nd –16 Boys 100m Butterfly
- 2nd – 16 Boys 100m Freestyle
- 2nd- 16 Boys 200m Freestyle
- 2nd – 16 Boys 50m Freestyle
- 2nd – Boys Intermediate 200m Medley

Tyler Johnson

- 2nd – Boys Senior 200m Medley
- 2nd - 17 Boys 100m Breaststroke

16 Years Boys 200m Freestyle Relay – 1st

- Finley Davison
- Josh Wilson
- Dylan Kane
- James Brown

17 Years Boys 200m Freestyle Relay – 2nd

- Tobias Twidale
- Toby Jacobs
- Sydney Slater
- Tom Poole

17 Years Boys Medley – 2nd

- James Brown
- Jai Jacobs
- Tobias Twidale
- Tyler Johnson

Congratulations to other place getters!

Tyler Johnson

- 3rd- 17 Boys 100m Butterfly

Finley Davison

- 3rd 16 Boys 100m Breaststroke

Josh Wilson

- 3rd – 15 Boys 50m Freestyle
- 3rd – 15 Boys 100m Freestyle
- 3rd- 15 Boys 100m Backstroke
- 3rd – 15 Boys 200m Freestyle

Lola Jacob

- 3rd –15 Girls 200m Freestyle
- 3rd- Intermediate 200 IM

Sean Mallinson

- 3rd – 13 Boys 200m Freestyle
- 3rd- 13 Boys 100m Breaststroke

Emma Windsham

- 3rd – 13 Girls 50m Freestyle

13 Years Girls 200m Freestyle Relay – 3rd

- Lani Davison
- Lola Jacobs
- Ashleigh Miller
- Lola Jacobs

Upcoming Events

20-26 March
Harmony Week

Friday 24 March
School Photographs

Monday 27 March
Year 9 & 11 Parent Teacher
Interviews
3.30pm – 7.15pm

Thursday 6 April
Last day of Term 1

Friday 7 April
Good Friday – School Closed

Monday 24 April
School Development Day

Tuesday 25 April
Anzac Day – school closed

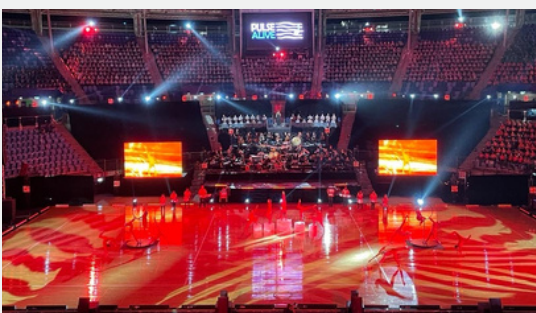
Wednesday 26 April
First day of Term 2 – all
students return



Pulse Alive 2023

Sabrina Domiciano Benetti in Year 10 was selected to be part of this year's principal choir for Pulse Alive 2023. Pulse Alive is a performing arts event run by the NSW Department of Education Arts Unit, in which students across NSW audition to be involved in a large-scale performance at Sydney Olympic Park. Here is what Sabrina had to say about her experience over the past few months.

"Pulse Alive 2023 was an absolutely amazing and unique experience full of possibilities and excitement. During Pulse Alive I was part of the Principal choir and we actually got to go into a recording studio where multiple artists have recorded music, such as, Avril Lavigne, Vance Joy, Lady Gaga and a bunch more. The rehearsals were really fun and were all at the Arts Unit in Lewisham. It allowed me to be more comfortable with harmonies and working with other people. This year the theme of Pulse Alive was Australian music and I was extremely impressed with the variety of genres I was introduced to. We actually got to perform in the Ken Rosewall Arena in Olympic Park and got to work with important people that are actually part



of the music world, which was probably the coolest part. The auditions were one of the most nerve racking experiences I've ever been in, but it was worth all the nerves for sure. I am absolutely amazed by the amount of opportunity, friendship and fun that Pulse Alive gave me, I would be part of it again any day, any time."



CONNECT • PARTICIPATE • CELEBRATE

Youth Week

Youth Week is an annual event, celebrating young people across Australia.

Youth Week is organised by young people for young people. It provides an opportunity for you to share ideas, attend live events, have your voices heard on issues of concern to you and showcase your talents.

Celebrate your contribution to the community and take part in competitions. Most of all, have fun!

Check out the list of Youth Week activities on the Northern Beaches [here](#)



P&C Cake Stalls

Our P&C are looking for volunteers to contribute baked goods to the following cake stalls:

Harmony Week Cake Stall - Tuesday 21 March

sign up here: <https://signup.com/go/hYqWSSY>

Teachers Thank You Morning Tea - Friday 31 March

sign up here: <https://signup.com/go/cFEdydx>

We appreciate any contributions you can give. Thank you.

TFHS P&C Committee



In this edition of SchoolTV Suicide and Self-Harm

Young people today face a multitude of stresses in many areas of their life. Some of these stresses are the result of negative experiences. Unfortunately, as a coping mechanism, some young people resort to self-harm. The reason for this behaviour will vary for each individual, but generally, those that self-harm do not necessarily wish to commit suicide.

Tragically, suicide is the biggest killer of Australian youth and the statistics are alarming. Studies have shown that nearly 1 in 5, Year 12 students, have considered suicide or self-harm, because of exam and homework pressures. Self-harm in girls has increased by 200% over the last decade, and suicide calls to Kids Helpline have increased by 22%.

In this edition of SchoolTV, parents will learn to understand and recognise warning signs in order to prevent the unthinkable from happening. The focus for parents should always be on identifying the underlying difficulty the child may be facing and be proactive in finding the best preventative measure.

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 Suicide & Self-harm edition of SchoolTV:

<https://theforest-h-schools.nsw.schooltv.me/newsletter/suicide-self-harm>

