



Message from the Principal



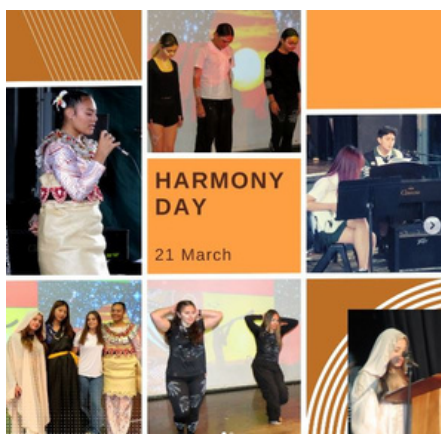
HARMONY WEEK

There has been so much happening for our Harmony Week celebrations this week.

Our Harmony Day Senior Assembly

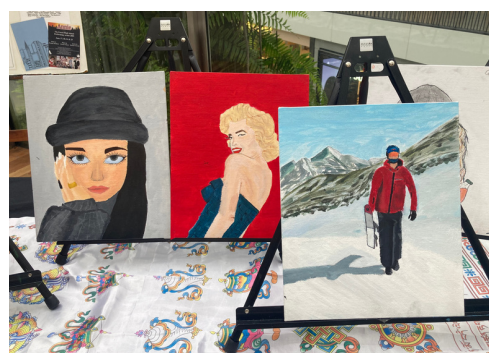
A huge thank you to all who performed and spoke such beautiful words about their family at our Harmony Day Senior Assembly on Tuesday. Ms Weatherall and her team did an amazing job! Also thank you to Bangarra Dance Theatre who worked with our students on their dance. These dancers have been selected to perform at the Northern Beaches Showcase tomorrow, Saturday 25 March and are one of only 5 organisations chosen by the Northern Beaches Council for this performance, which is a

great achievement and honour. Their dance celebrates their multiculturalism, talent and storytelling. They will be dancing at 12.50pm on the stage by the food court at Westfield Warringah Mall. If you are able to go along and watch their performance they would appreciate the support.



Year 10 Visual Arts Famous Faces

As part of the Harmony Week celebrations this week, we have an exhibition of portraits created by our current Year 10 Visual Arts students at Warringah Mall. The "Famous Faces" display also includes stories of migration by some of our senior students. The exhibit is near JD Sport/Myer and will be there until 30 March. Please go along and have a look.



The Forest High School



Turkish/Syrian Fundraiser Cake Stall and BBQ

At lunch time today we held a fundraiser cake stall and BBQ to raise money for the Turkish Consulate Disaster Relief. This was attended by The Consulate Turkish Minister for Education and Home Affairs Mr Cem Gençoğlu. A big thank you to Ms Weatherall and Mr Argue for leading the organisation of this event. Thank you also to those families who donated delicious baked goods and other goodies for the stall.



Another busy week at The Forest High School!

We have had a number of knockout teams competing across Sydney and on the Central Coast. Under the guidance of Mrs Trout, Ms Sweeny, Mr Fowler, Ms Turner and other staff, we are finding our teams are consistently representing the school with pride as they progress through the rounds.

Our superstar Girls Touch Football team were victors over The Cromer High School team and have progressed to the next round. This team is mostly made up of Year 9 girls and they are competing against girls who are 2-3 years older.

On Thursday, our Open Girls Basketball Team, made up of mostly Year 9 students went down to Kincumber High School. Also, on Thursday, our Open Boys Soccer team went down in a narrow defeat to Cromer HS.

Our Girls Open Soccer team is due to play Asquith HS this afternoon. Next Monday, our Open Girls Volleyball team will travel to Lisarow to play against Lisarow High School.

Thanks to all of our teachers who take on the role of coaches when leading these teams. There will be further knockout opportunities for students throughout the year.



Upcoming Events

Monday 27 March

Year 9 & 11 Parent Teacher Interviews
3.30pm – 7.15pm

Thursday 30 March

Twilight Athletics – 4pm

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

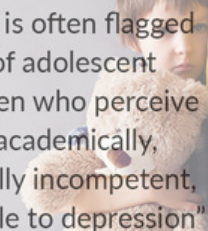
First day of Term 2 – all students return

Thursday 4 May

Year 8 & 10 Parent Teacher Interviews 3.30pm – 7.15pm

Friday 5 May

Cross Country



“Low self-esteem is often flagged as a predictor of adolescent depression. Children who perceive themselves as academically, socially or physically incompetent, are more vulnerable to depression”

DR MICHAEL CARR-GREGG

In this edition of SchoolTV Depression

When kids feel sad, irritable or anxious most of the time, this is not considered a ‘normal’ part of adolescence. Depression may be indicated by uncharacteristic behaviour such as social withdrawal, changes to academic performance, use of drugs or alcohol, or even engaging in risky behaviour. The symptoms and signs are a combination of what a parent can see externally, plus what a child is feeling internally.

Every child can feel sad or down in response to a particular situation. However, these feelings should only last a short time and should not interfere with a child’s day-to-day activities. Should the sadness continue for longer than two weeks, then your child could be at risk of depression. This is more

than just sadness, it is a serious health problem with no singular cause. Usually depression is the result of a combination of things.

In this edition of SchoolTV parents will learn how identify the signs of depression and what the effects are on their child’s wellbeing and overall health.

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 Depression edition of SchoolTV:

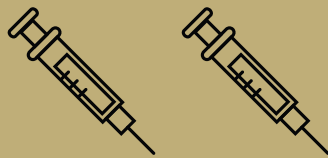
<https://theforest-h-schools.nsw.schooltv.me/newsletter/depression>





Forest Fitness

Remember that we hold our Friday Fitness sessions every Friday morning at 7.30am in the weights room or on the oval. Come along and join in the fun - no need to book - just turn up.



Year 7 Vaccinations

REMINDER:

Year 7 Vaccinations will be on Tuesday 28 March. Parents have been emailed details and instructions for online consent forms. If there are any queries, please contact Genevieve Nestor, Head Teacher Wellbeing.