



PRINCIPAL'S REPORT

Nathan Lawler
R/Principal

Twice each term we produce a newsletter. The purpose of the newsletter is to showcase the many activities that have taken place over the last 5 weeks. Enjoy.

WORKSHOP FOR PRIMARY STUDENTS

Last week under the leadership of Ms Weatherall we had a group of Year 10 students deliver an imaginative writing workshop with students at North Balgowlah Public School. Andrew X, Charlie B, London H, Ty W and Jared F impressed all with their engaging approach. The gifted public speakers provided a warm and inspiring environment for the primary students to put their creative writing skills into action. Now in its third year, the highly acclaimed Kids Teaching Kids program offered a hands on and collaborative experience where all students were engaged in community learning that developed their writing and critical thinking skills.

YEAR 8 VALID - STRONG RESULTS

The VALID 8 results were distributed to students earlier this week. VALID 8 is an online assessment completed by students in Term 4 of Year 8 and assesses their understanding of the Science curriculum across Stage 4 (Year 7 and 8). Here are some of the highlights:



- 45.6% of our students were awarded the top two levels in VALID 8 (Level 5 and 6) compared to 30% of students across the state.
- 79.6% of our students achieved a Level 4 or above indicating they are achieving Stage 4 outcomes in the VALID 8 test. This is compared to 64% across the state.

VALID 10 is also completed by students in Year 10 at the end of Term 3 each year and allows us to track students' growth in Science understanding across Year 7-10. This year VALID 10 results for 2022 showed that 73.4% of students in this cohort made above expected growth in their Science understanding based on their results in VALID 8 and VALID 10. This is a continuing improvement from recent years as in 2019 and 2020 there were 59.6% and 70.4% of students gaining above expected growth respectively. VALID 10 was not completed in 2021 due to COVID lockdowns.

CANVAS AND SENTRAL

Canvas is our student learning platform where students can find assessment tasks, submit work and follow units of work. Sentral is our parent communication platform. Here parents can explain their child's absences, book parent teacher evenings, view the school calendar for whole school events and view their child's timetable. Homework is NOT posted on Sentral. If wanting to contact a teacher please email theforest-h.school@det.nsw.edu.au and clearly

state who you would like to direct the email to. Our communication flowchart is on the next page.

OPEN NIGHT - WEDNESDAY 1 MARCH 4-7PM

Open Night is next Wednesday evening. If you would like to come along as a parent helper please register using this link

<https://signup.com/go/dFNWXTX>

NATHAN LAWLER
R/PRINCIPAL

Staff Profiles



Genevieve Nestor
R/Head Teacher
Wellbeing

Where have you come from?

My substantive role is Assistant Principal at Arranounbai Special School. Prior to coming to this role, I worked for the Department as a Learning and Wellbeing Officer for Pittwater Network

Why The Forest High School?

I heard great things about the school, including its multiculturalism, diversity and inclusion and I wanted to be a part of that

What have you enjoyed since joining The Forest?

I've enjoyed meeting the students and teaching PDHPE

What would be your ideal holiday destination?

Greece or Italy



Amanda Liu
R/Head Teacher
English

Where have you come from?

Randwick Girls' High School

Why The Forest High School?

I wanted to build upon my teaching career by experiencing what life in a co-ed school would be like. I heard of the wonderful community spirit here and thought The Forest would be a great place to do so!

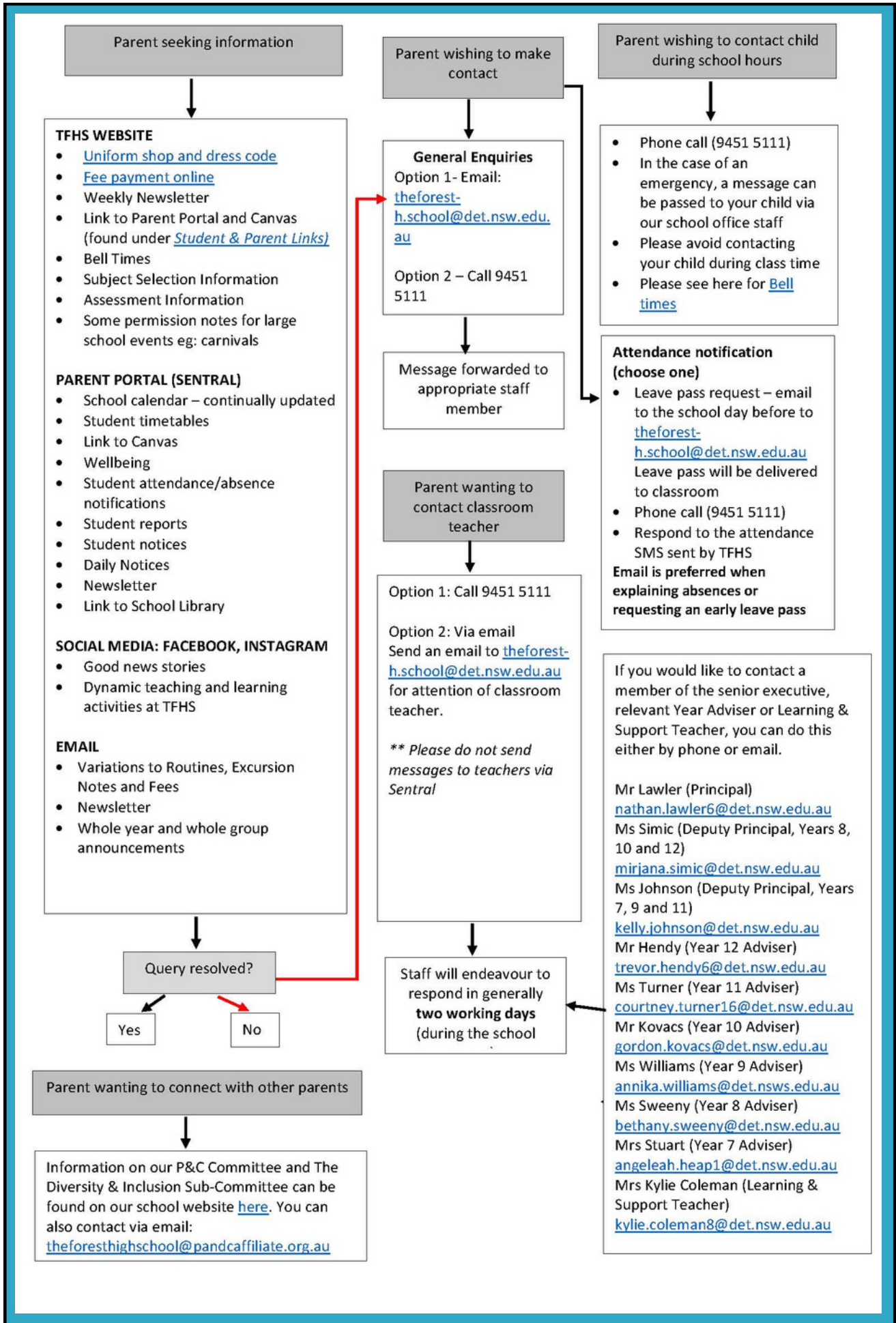
What have you enjoyed since joining The Forest?

Meeting and greeting to know all the wonderful students and staff

What would be your ideal holiday destination?

Calgary, Alberta

Communication Flowchart





DEPUTY PRINCIPAL'S REPORT

Mirjana Simic
Deputy Principal

A WARM WELCOME BACK TO OUR FOREST HIGH COMMUNITY IN 2023

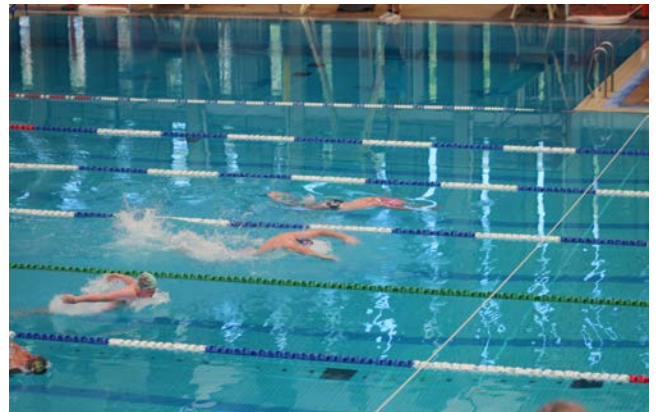
We welcome our Year 7 students and many new families who are joining our school community this year. Our Year 7 students have been settling well into high school life. They have been attending sessions with their Peer Support leaders and engaging in the numerous extra-curricular activities occurring within the school. We also had our Year 7 Parent Welcome Evening last Wednesday where it was lovely to meet so many parents and discuss how their child has been travelling since starting Year 7. We also had a Wellbeing Welcome for all of our new students who started at The Forest High School this year (Years 8-12). These students were invited to a luncheon where they socialised and talked to us about how they were settling into our school. We also celebrated the achievements of our HSC Class of 2022 at our Distinguished Achievers assembly early this year. We are proud of the achievements of several of our students gaining Band 6s and receiving ATARs over 90. Congratulations HSC Class of 2022!

EVENTS

It has been a busy start to the year with many events occurring. We have had our Swimming Carnival in our first week where many students enjoyed a fun-filled day in the water. We had a number of records broken and there was also time given for students to participate in a fun House Team race. The Year 12 versus Teacher Relay Race was extremely competitive. Congratulations to Year 12 who achieved a narrow victory.

Our Year 8 students enjoyed going on their camp last week. Ms Sweeny, their Year Adviser, organised two fun-filled days where students participated in several activities at Treetops, Aussie Gems, they went kayaking, swimming and walked to Manly Dam. They also got to camp out

in tents on the school oval. Students had a wonderful time. Thank you to all the teachers who assisted over the two days. Other camps which will be coming up are for Year 7 in Week 7 this term and Year 11 in Week 9 this term. We hope all of our students have an enjoyable time.



MOBILE PHONES

This year we have introduced our new mobile phone policy. This policy involves students in Years 7-10 not being on their phones during school hours. That is, as soon as students walk into our school gates until the end of the school day at 2.55pm. It has been great to see students more engaged in their learning and to see them get involved in the numerous extra-curricular activities that we offer at our school. A reminder that if students are seen on their phone, two steps are followed.

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

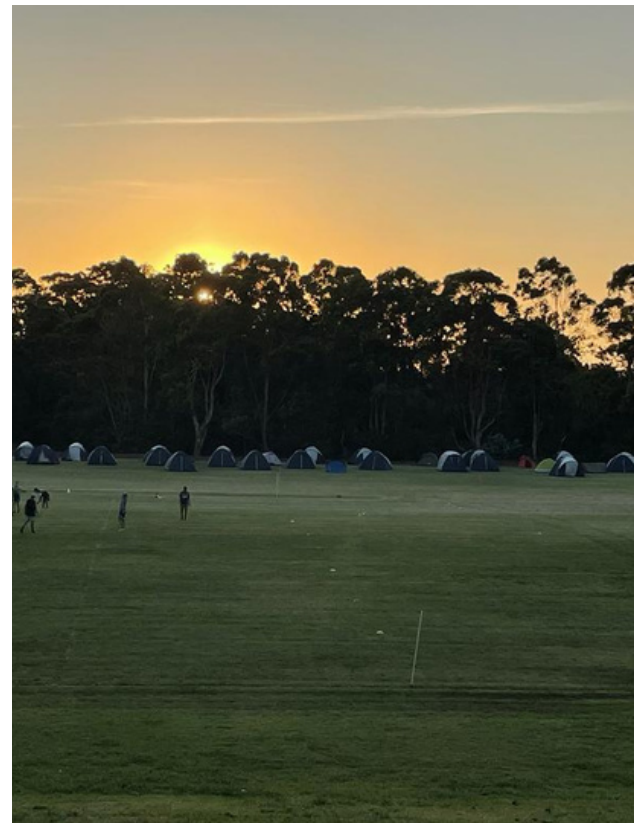
Step 2 – The phone will be collected by a member of the senior executive and parent contacted to come and collect the phone at a time that is mutually convenient.

UNIFORM

Students are expected to be in full school uniform, and it has been great to see so many students wear their uniform with pride. A reminder that students need to be in full school uniform and wear black leather shoes. Our sports uniform is to be worn only during PE lessons and during Sport. Students are to come to school in their uniform and then change in their sports uniform for PE lessons. Students who are out of uniform will need to see their Deputy (myself – Years 8, 10 & 12) and Ms Johnson (Years 7, 9 & 11) for a note. If students are out of uniform without a reason, they will attend a detention. We look forward to seeing students continue to take pride in wearing their uniform.

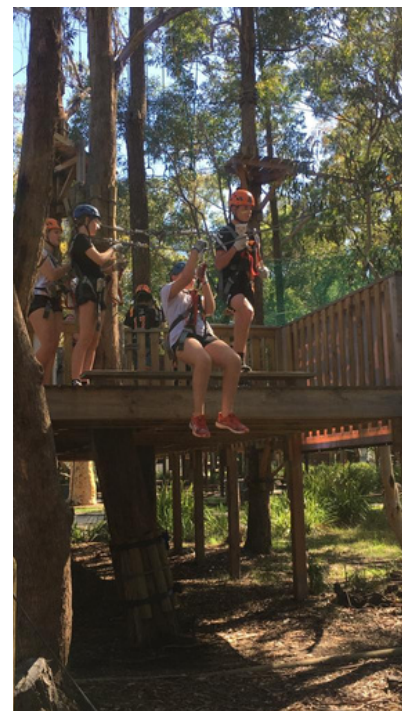
As we start 2023, it has been lovely to see our students settle well into their classes. They are working hard to complete the work set for them by their teachers. We wish them a great year ahead.

**MIRJANA SIMIC
DEPUTY PRINCIPAL**





Year 8 Camp





WELLBEING REPORT

Genevieve Nestor
R/Head Teacher Wellbeing

I would like to introduce myself; my name is Ms Genevieve Nestor and I have taken on the role of Relieving Head Teacher Wellbeing this year. I am very excited to be here at The Forest High school in supporting our students in achieving their personal best.

There has been a lot happening in the Wellbeing space already this year. Here's an update on what is happening this term.



A big 'Welcome!' to the new students who have joined us this year! 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 - Mrs Angeleah Stuart
- Year 8 - Ms Beth Sweeny
- Year 9 - Mrs Annika Williams/Mr Alastair Goodison
- Year 10 - Mr Gordon Kovacs
- Year 11 - Ms Courtney Turner
- Year 12 - Mr Trevor Hendy
- R/Head Teacher Wellbeing - Ms Genevieve Nestor



We have started our subscription to School TV which will provide our school community with videos on areas such as, School Transitions, Surviving Final Year, School Refusal and Managing Screen Time. More details to follow very soon!

YEAR 7 VACCINATIONS

NSW Health will be running the Year 7 Vaccination clinic on Tuesday 28 March at school. Information has been emailed to all parents of students involved. This year, they have an online registration system through the NSW Service app. If you are having any issues accessing the online form, they have suggested using the Microsoft Edge Internet browser. If you have any further questions or concerns, please feel free to contact me.

PARENT VOLUNTEERS

We are in need of some parent volunteers to support our Year 12 students in completing their HSC exams. The volunteers will be supporting by reading or scribing for some of our students with special provisions. If this sounds like something you would be interested in doing, please contact the school office as soon as possible.

GENEVIEVE NESTOR

R/ HEAD TEACHER WELLBEING



GO Scholarship Winners!

Congratulations to our 2023 Adam Goodes GO Scholarship winners Paige, Indianna and Keazia. Mark from the Foundation GO came into the school to present the girls with their scholarship funds and gifts. In conjunction with the Public Education Foundation, the GO Foundation offers scholarships to Indigenous high school students. Scholarships include access to GO Foundation cultural mentoring and aspiration days and opportunities including internships and work experience.

OPEN NIGHT



INTERESTED IN ENROLING AT THE FOREST HIGH SCHOOL - COME TO OUR OPEN NIGHT AND SPEAK TO STAFF AND STUDENTS ABOUT OUR SCHOOL

4 - 7PM

Book your guided tour here:

<https://www.picktime.com/TheForestOpenNight>

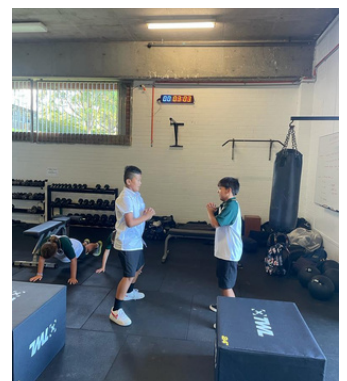
**MARCH 1
2023**





Forest Fitness

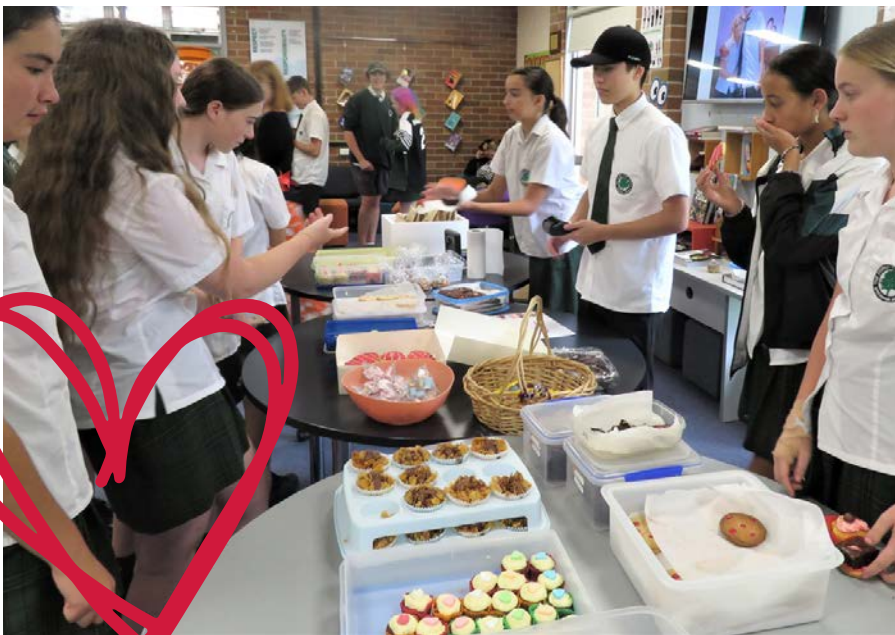
OUR FRIDAY MORNING WORKOUT SESSIONS WITH MR LAWLER CONTINUE THIS YEAR COME ALONG AND JOIN IN THE FUN EVERY FRIDAY MORNING IN THE WEIGHTS ROOM. 7.30AM - ALL WELCOME!





Valentine's Day at The Forest High School





ENGLISH

EAL/D 2023 - Our Best Year Yet!

This year we look forward to an exciting and action-packed calendar in the EAL/D space with the continuation of the award-winning Conversation Club, Tibetan Luncheon, EAL/D Homework Club and the International and local ESL family BBQ. Our enrolments of International, Exchange and Study Abroad students continues to grow in 2023, and we are thrilled to welcome lots of new friends into TFHS community. Our local Tibetan community has also expanded with many new Year 7 students, and we are honoured to have such a supportive Tibetan family community –and we look forward to celebrating Losar New Year with you all this month. As always, we will be hosting our bi-annual Explore and Belong excursions to the city and we will also be holding a school BBQ to raise money for the Turkey/Syria relief fund with the Turkish Consulate. Your gold coin donation on this day would be highly appreciated – with all funds going to families of those affected by the disaster.

Thank you again everyone – from your EAL/D Team



International Student of the Month



Name of student: Marcus Wong

Languages spoken: Cantonese, English and Mandarin

Current Year: Year 11

Favourite subject and why:
Maths because I felt like solving difficult equations like escaping from a maze. After I solved it there is a huge satisfaction

Interesting fact about your culture:
Hong Kong is a city with a fast life and have the highest working hours in the world

EAL/D Student of the Month



Name of student: Tenzin Shungsang

Languages spoken: English and Tibetan

Current Year: Year 7

Favourite subject and why:
History because I know a lot about Greek mythology

Interesting fact about your culture:
Our food is all natural and has a lot of meaning. Yesterday we drank "goodook" prophecy soup, as it was a special day. We drink prophecy soup at the beach or camping or home, for blessings.

Kids Teaching Kids - A Showstopper of a Presentation



It was showtime again at North Balgowlah Public School for our 2023 student mentors - Andrew Xu, Charlie Berry, London Hicks, Ty Wheatley and Jared Frew. The gifted public speakers captured to hearts and minds of our local Stage 3 primary school students and presented an outstanding workshop on imaginative thinking and sensory writing. Now in its third year, the highly acclaimed Kids Teaching Kids program offered an exciting hands on and collaborative experience where all students were thoroughly engaged in community learning that developed their writing and critical thinking skills - in inspiring, fun and personalised ways.

As Charlie Berry exclaims “the best part of the day was building the confidence of the younger generation. It has truly been a fantastic opportunity”.

London Hicks further adds “The Creative Writing Workshop has been a very rewarding and fulfilling experience.”

And Ty Wheatley states “This has been unforgettable for me. Increasing my confidence in public speaking. I enjoyed being able to inspire new ways of creative thinking in the kids, while seeing them have loads of fun.”

North Balgowlah Deputy Principal Rachel Ridley also stated, “The kids and teachers raved about the performance! The Forest students were exceptional!”.

With feature stories in the local press about the show stopping performance, and requests for more shows, it has truly been a proud day for TFHS. Thank you again to our talented team of students and a special thank you to Mr West, Ms Liu and Ms Simic for helping make the day such a success.

LAUREN WEATHERALL
ENGLISH & EAL/D TEACHER



MATHS

Welcome back to 2023. The Mathematics staff said goodbye to Mrs O'Donnell who retired at the end of last year but are very excited to welcome our new staff member Mrs Andresakis.

Term 1 has seen classes settle back into routine. All students should now have a calculator, work book and a textbook on loan for the year. We have encouraged students to use the online version of the textbook at home and leave the textbooks in class. Students in Years 7 to 10 have started using Mathspace and Mathsonline and we encourage them to use these programs on a regular basis. Homework is recorded in Canvas for students and parents to check. The Mathematics staff run a Help Desk every Monday at lunchtime in E1007 for any students requiring some extra assistance with classwork or homework.

CALCULATORS

Please remind students to bring a calculator every lesson. We use the Casio fx-82AU-PLUSII second edition. These are available for \$30 at school with complimentary engraving. Please pay via the school website.

MATHEMATICS OLYMPIAD

Students in 7D, and 8A and 8B will soon be given a note about the Mathematics Olympiad. This is a 5 week competition run through Terms 2 and 3, testing students' problem solving skills. Any Year 7 students not in 7D but who would like to join the Olympiad team need to come to the Mathematics Staffroom to collect a note.

MATHEMATICS COMPETITION

Notes are also available for the Mathematics Competition. This will be held in Term 3. There are 3 competitions - Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). Students who enjoy problem solving and wish to challenge their mathematical ability should ask their Mathematics teacher for a note.

QUICKSMART

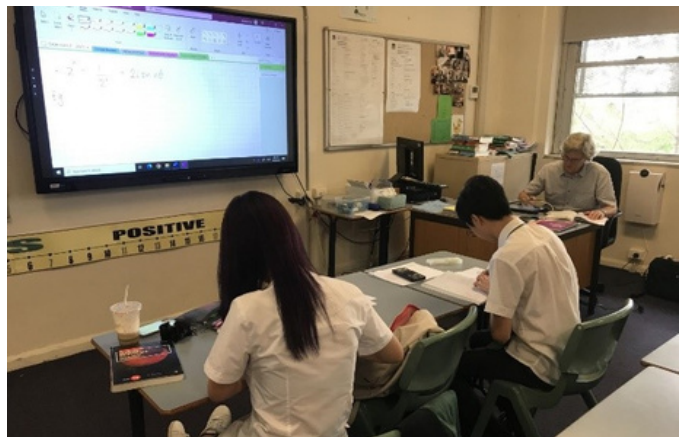
Our first round of students in Year 8 have started the Quicksmart program. This program focuses on building confidence with basic



number facts such as the timestables and general classroom skills such as setting out. There is a different group of students chosen each term.

NAPLAN

NAPLAN tests for Years 7 and 9 will be online again this year and will run in Weeks 8 and 9 of Term 1. The students will do revision in their Mathematics class to assist in their preparation for these tests. We will also do a more formal practice test with Year 7 and 9 in Week 6 this term. If any parents would also like to assist with preparation there are revision books available at most newsagents or I would recommend utilising Mathspace and Mathsonline for revision.



We ask all parents to assist by ensuring students have the equipment required each lesson. Students often need a few reminders. Please look through their workbooks on a weekly basis. Ask questions about the work being done and praise neat and completed work. Discuss the use of Mathematics in your job and in daily life. Please contact your student's class teacher if you have any concerns during the year.

MRS KAREN GOURLAY
HEAD TEACHER MATHEMATICS

PDHPE



Swimming Carnival

What a great day at the pool last Friday when we held our annual Swimming Carnival at Warringah Aquatic Centre. It was great to see everyone getting involved in the pool or supporting from the stands and well done to Zeus who were the winning house.

A special mention to our record breaking students:

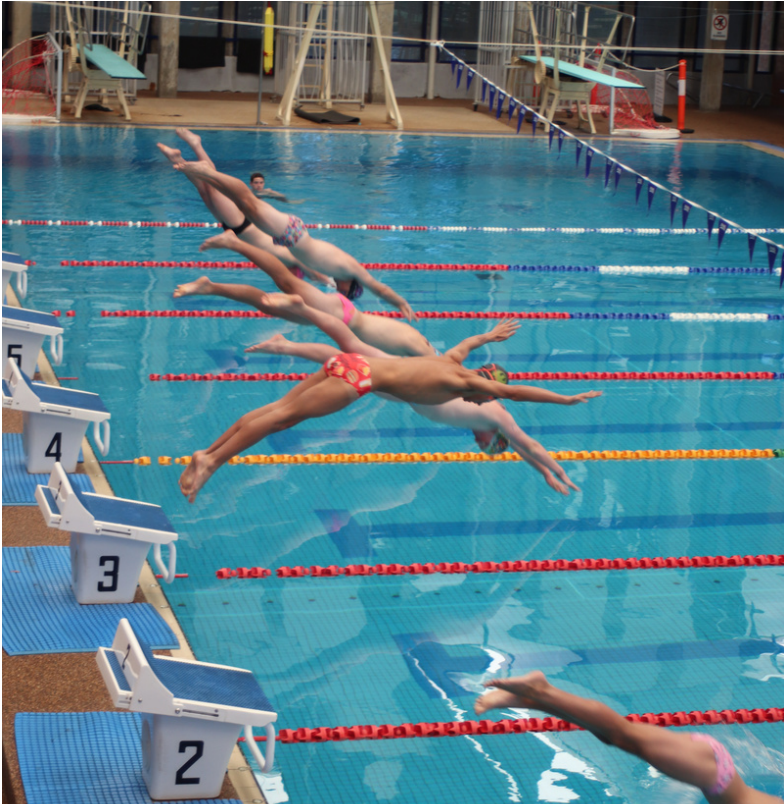
- James B. - Boys 100m Backstroke
- Tyler J. - Boys 17-19 100m Backstroke
- Toby J. - Boys 17-19 50m Backstroke
- Joshua W. - Boys 15 50m and 100m Butterfly

Also, congratulations to our Age Champions:

- Girls 12 - Anique S., Boys 12 - Santiago P.
- Girls 13 - Emma W., Boys 13 - Sean M.
- Girls 14 - Sophie H., Boys 14 - Jakob B.
- Girls 15 - Lola J., Boys 15 - Joshua W.
- Girls 16 - Scarlett J., Boys - James B.
- Girls 17+ - Charlotte J., Boys - Tyler J.

LEE CHALONER
HEAD TEACHER PDHPE





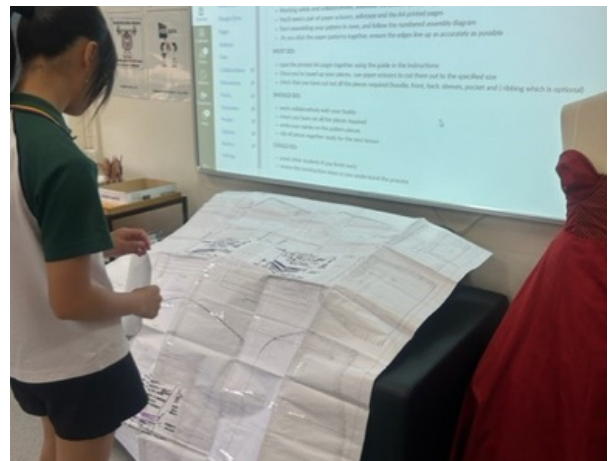
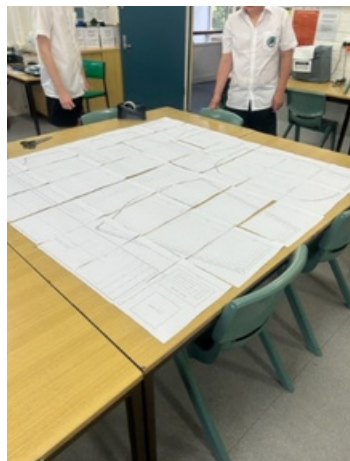
TAS

TAS FACULTY UPDATE

This year TAS has welcomed a new staff member - Mrs Amanda Christiansen. Mrs Christiansen comes with a wealth of knowledge and skill from her industry background in graphic design, which she is keen to impart to her students. Mrs Christiansen will be teaching Year 10 Multimedia and the Stage 5 Graphics & Multimedia courses, as well as Stage 4 Technology Mandatory. We also welcome back Mrs Sarah Hawling this year, after her leave. It's lovely to have her back at school. And finally, Mr Stephen Davies, Head Teacher TAS, has taken leave this year and Mrs Amanda Walsh has stepped in while he takes a very well-earned break.

TECHNOLOGY MANDATORY (TEXTILES)

Students recently completed their Ongoing Safety Training Units (an online safety teaching, learning & training program) used at The Forest High School. As a result, they have safely started their textile project 'In the Hood'. Students worked collaboratively in small teams with PDF patterns to assemble pieces creating templates for their textile project. Using their numeracy skills, students could correctly measure and solve problems to finalise their patterns, ready for production.



TEXTILES WORKSHOP

Every Tuesday lunchtime we run workshops for students in Years 7-12 to work on textile projects. From the absolute beginner to the highly skilled we welcome you to learn new skills, gain insight into the creative process and make exciting textile items.



TEXTILES & DESIGN YEAR 12

Year 12 students have had a strong start in developing their Major Textiles Project. They have created and modified their patterns and are currently experimenting with various techniques and slowly assembling pieces. The items are creative and of high quality.



AMANDA WALSH
RELIEVING HEAD TEACHER TAS

Term 1 2023 Events

1 March - Open Night - 4-7pm

2 March - Year 7 Clean Up (Period 4)

6 March - Meet the Principal - 9am

7 March - Girls in Stem Day - Powerhouse Museum

8-10 March - Year 7 Camp

8 March - Diversity & Inclusion Meeting - 7pm

9 March - Year 11 & 12 Art Express/AGNSW Excursion

14 March - Years 7 & 12 Parent Teacher Interviews

15 March Years 7 & 9 NAPLAN (Writing)

15 March - P&C Meeting - 7pm; Zone Swimming

16 March - Years 7 & 9 NAPLAN (Reading)

20 March - Years 7 & 9 NAPLAN (Language Conventions)

20 March - Meet the Principal - 9am

21 March - Years 7 & 9 NAPLAN (Numeracy)

24 March - School Photographs

27 March - Years 9 & 11 Parent Teacher Interviews

28 March - Year 7 Vaccinations

29 March - Year 11 GP Visits

30 March - School Photographs Make Up Day

3 April - Sydney North Swimming

6 April - Last Day of Term 1

7 April - Good Friday Public Holiday - School Closed

24 April - School Development Day

25 April - ANZAC DAY - School Closed

26 April - First day of Term 2 - all students return

SCHOOL PHOTO DAY

The Forest High School

Day of Photography

24/03/2023

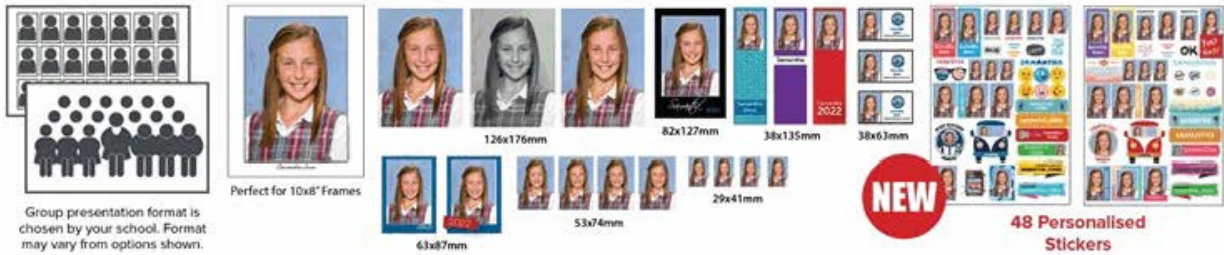
1. Please wear your full school uniform
2. Please place your order online before the day of photography
- Go to **www.advancedlife.com.au** and enter this code:
GNR Z77 9NB
3. Payment can be made using Visa, Mastercard, PayPal or Latitude Pay
4. If you are unable to order online, please hand your completed order envelope directly to the photographers on the day of photography

If you have any queries concerning school photographs and ordering, please contact **advancedlife** directly:

www.advancedlife.com.au/contact

advancedlife
school photography & print specialists

school photographs are coming up soon



Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

GNR Z77 9NB
in the 'order and download' box.
This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography.

Please note this delivery timeframe is dependant on proofing and additional photography days at your school.

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact

advancedlife
school photography & print specialists

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

MTG Club

8 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



P&C NEWS

Welcome back to another school year. We would like to welcome all our new families that we believe have made an excellent choice on choosing The Forest High for their children's learning journey.

Here at the Forest, we pride ourselves with community spirit, and encourage parents and carers to be involved in their student's learning. When parents are involved in their children's education it will help the teachers and school generally, as well, in raising responsible minds who respect the value of education.

Please find below activities and events that you can sign up for if you would like to get involved and to support our school.

ELECTION DAY BBQ

<https://signup.zone/dxdB5TcrrCXJWJ5cf>

TFHS P&C CANTEN COMITTEE

<https://signup.com/go/oOjEgFo>

TFHS STAFF THANK YOU MORNING TEA 31 MARCH

<https://signup.com/go/cFEdydx>

UNIFORM SHOP

We have had a busy start to the year in our Uniform Shop, with many families using their back-to-school voucher. We can accept the vouchers over the counter. You have until 30 June 2023 to use them.
<https://www.service.nsw.gov.au/back-to-school-vouchers>

The Uniform Shop is open on:

- Mondays 8am - 9.30am
- Thursdays 1pm - 2.30pm

All profit made from the Uniform Shop goes back to our school to purchase items. In 2022 we were able to provide our school with over \$120,000 to purchase equipment to support our students and our school community.



DIVERSITY AND INCLUSION SUB-COMMITTEE

Early this month we held our first Diversity and Inclusion meeting for 2023. We had over 20 parents, staff, and students attend. Thank you to Ms Weatherall, for organising Sonam our translator for provide the opportunity for all parents to be involved. At our meeting we had a conversation about dyslexia and ways our school can provide support. Ms Turner and Mr Argue shared the importance of celebrating Pride Day, with a letter from an ex-student.

'Hello Ms, I had a look at the Mardi Gras celebration you organised this Friday. Though I didn't participate in the face paint and hairspray, I wanted to send you this email. I hope you understand how important teachers like you are and how you make school a much better experience for the kids that celebrated today. I struggled for a long time with my gender and sexuality, It would have been nice to have a teacher that understood and wanted to help me while I went through that. I think a younger me would have loved today and to know that I wasn't alone and there was nothing wrong with me. Seeing all the younger kids proudly wear their flags on their cheeks, it made me so happy to know that they can be proud of who they are and that the school and teachers accept them. I felt seen for once, and even if it's my last year at this school and I won't get to experience future pride celebrations here, it feels good to know that younger LGBT students can celebrate who they are on days like this. So, thank you very much Ms Turner and the other staff who were in charge of the event. It was so good'.

Wishing all our school community a wonderful 2023, Please reach out to us if you have any questions or ideas on ways we can support our school.

theforesthighschool@pandcaffiliate.org.au

THE P&C EXECUTIVE TEAM

Call for Volunteer Parent Helpers!

If you are able to help out please sign up at the links below:

Open Night 1st March 4-7 pm

<https://signup.com/go/dFNWXTX>

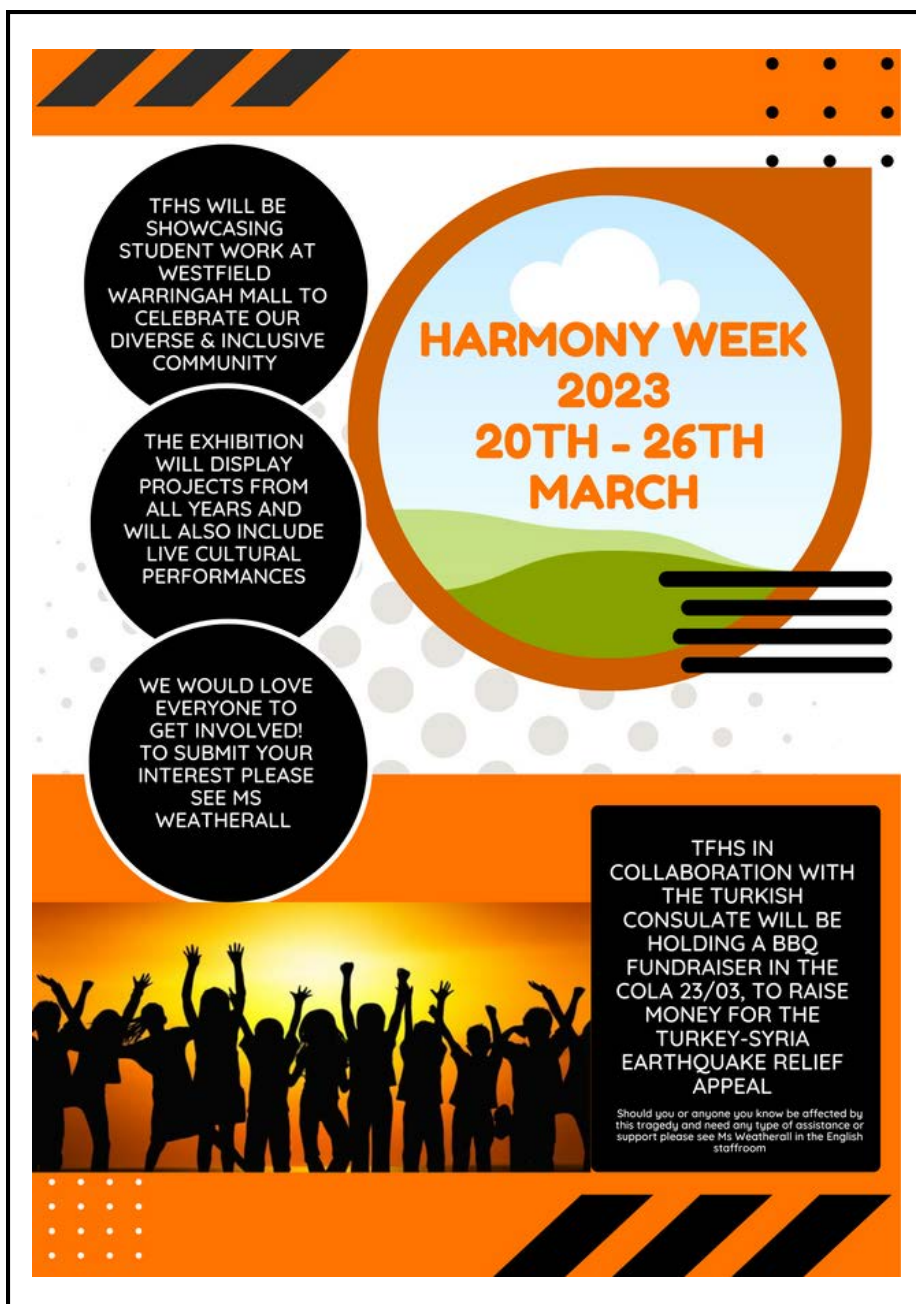
Uniform Review

<https://signup.com/go/JVqnPuc>

TFHS will be holding an exhibition stall at Westfield from 21-26 March and a BBQ with the Turkish Consulate for Turkish/Syria Relief

Sign up here:

<https://signup.com/go/hYqWSSY>



**HARMONY WEEK
2023
20TH - 26TH
MARCH**

TFHS WILL BE SHOWCASING STUDENT WORK AT WESTFIELD WARRINGAH MALL TO CELEBRATE OUR DIVERSE & INCLUSIVE COMMUNITY

THE EXHIBITION WILL DISPLAY PROJECTS FROM ALL YEARS AND WILL ALSO INCLUDE LIVE CULTURAL PERFORMANCES


WE WOULD LOVE EVERYONE TO GET INVOLVED! TO SUBMIT YOUR INTEREST PLEASE SEE MS WEATHERALL

TFHS IN COLLABORATION WITH THE TURKISH CONSULATE WILL BE HOLDING A BBQ FUNDRAISER IN THE COLA 23/03, TO RAISE MONEY FOR THE TURKEY-SYRIA EARTHQUAKE RELIEF APPEAL

Should you or anyone you know be affected by this tragedy and need any type of assistance or support please see Ms Weatherall in the English staffroom



More than 7.5 million people have migrated to Australia since 1945



We identify with around 300 ancestries



Over the past 70 years, more than seven and a half million migrants have made Australia home

COMMUNITY NOTICES



Sexual and Gender Diversity

Webinar for parents and carers

Thursday 2 March, 7 - 8.30pm

Being a parent, grandparent, or primary carer of a LGBTQIA+ young person can be wonderful and enriching but can also seem overwhelming and confusing at times. Join us as we provide information that can make a difference to the young person in your life.



Online, Free
Bookings essential
Suitable for parents and carers of 10 - 24 year olds
Scan to book





Navigating uncertainty and change

Date: 28 February 2023
Time: 6:00 - 7:15pm AEDT
Location: Online webinar
Registration: bit.ly/3ZGv410

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people

For more information: Contact us at programsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

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