



Message from the Principal



A Competitors Only Twilight Track and Field Carnival

As you know, due to weather, our School Athletics Carnival was cancelled. There were no other suitable dates for us to book another day during Term 1. The track at Narrabeen is undergoing a renovation during Term 2 so our options are limited. There is also a bus shortage across the Northern Beaches. This has meant that the option of booking another track across Sydney was not viable as many of the buses were not able to collect students until after 9:30am.

The PDHPE Department were keen for our competitors to have an opportunity to compete and go on to represent the school at the Zone Athletics Carnival. Therefore, we will be holding a Twilight Track and Field Carnival 😊

Details:

- **Twilight Carnival on Thursday 30 March from 4pm.**
- Students will make their way to and from the venue.
- Students will need to register their intention to compete on the noticeboard in the School Gym, under the age they turn in 2023. They will also need to collect their competitor number from the Gym. Numbers can also be looked up on Sentral notices.

Express Yourself 2023 Winner

Express Yourself is a significant annual exhibition that celebrates the talent and creativity of young artists from our local community. Now in its 29th year, the exhibition, held at Manly Art Gallery, presented the works of 50 emerging artists, selected from 20 secondary schools across the region. Students who excelled with their Year 12 Major Works were invited to have their works on display. The Theo Batten Bequest Youth Art Award, Friends of MAG&M



Youth Art Award, and the KALOF People's Choice Award were a feature of the exhibition.

We are pleased to announce that Hayley B from the HSC Class of 2022 was the joint winner of the Friends of MAG&M Award. This is truly a remarkable achievement, especially given the creative talent on display. Jesse M, Class of 2022, also had her work on display. Well done to their dedicated and very talented teacher Mr McGrath.





Diversity and Inclusion Sub Committee

Many thanks to the parents/carers, staff and student who attended our Diversity and Inclusion Sub Committee meeting. The focus of the session was on assessment design. The feedback was taken on board, and we will work towards all assessment tasks communicating a clear purpose in a format that is clear to follow.

School Relocation

Demolition work has started and is expected to be completed in mid-2023. This demolition work will include: securing the works area, demolition of the derelict buildings on the site (McLeod House and ancillary buildings), and remediation activities in works area. Following this, School Infrastructure NSW will finalise the detailed design of the school and a building contractor will be engaged for the main construction works. A tender has been released and the contract is due to be awarded in mid-2023. Once planning consent is granted, construction of the new high school will start following the awarding of the construction contract.

International Women's Day

On Wednesday morning, we held our very first International Women's Day celebration. Ms Harper (Head Teacher Administration) and Ms Nestor (Head Teacher Wellbeing) coordinated a morning breakfast and Q&A with an esteemed panel.

On the panel we were lucky to have:

Ms Tanya Rose, Director Educational Leadership for the Beaches Network

Margaret Thanos, Director of Theatre and Film

Rachael Jackson, 2023 Northern Beaches Citizen of the Year

Our School Captain, Erin Steele, led the question and answer session. The audience of students, staff and parents thoroughly enjoyed the celebration.

Many thanks to all of those who brought breakfast treats to share.

Attendance letters

There are several letters coming to families over the coming days. Do not be alarmed. Essentially, we are wanting to work together to ensure we have students at school, learning in classrooms as much as possible. If you have any questions or concerns, you can make contact: Nathan.lawler6@det.nsw.edu.au



Girls in Stem

Many thanks to Mrs Williams and Mrs Walsh for organising Tuesday's Girls in Stem excursion to The Powerhouse Museum. Students discovered how they can use their Maths, Science and technical knowledge combined with their creativity and communication skills to solve set tasks and problems. The activities are devised by Engineering Universities and delivered by current Engineering students. From all reports the students had a great time.



In this edition of SchoolTV – Drug & Alcohol Use

Many parents are concerned about the use of alcohol, as well as other drugs, as their children grow up. For kids, a one time or infrequent use of alcohol or drugs can unfortunately result in tragedy such as unintentional injuries, homicide or even suicide. Young people who use alcohol and drugs before their brain is fully developed, are often at greater risk of future addiction.

Research has shown that a young person's brain keeps developing until they are in their mid-twenties, making alcohol more harmful than previously thought. Even the casual use of certain drugs can cause severe health problems, such as an overdose or brain damage. Parents will often feel overwhelmed when having to deal with substance abuse issues. However, they are encouraged to lead by example and set behavioural boundaries for their kids.

In this edition of SchoolTV parents will learn how to deal with the issues surrounding drug and alcohol use and the impact it can have on a child's development. Alcohol and drug use can lead to serious problems such as poor academic performance, loss of friends, behavioural issues and even lasting legal problems.

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 Drug & Alcohol Use edition of SchoolTV

<https://theforest-h-schools.nsw.schooltv.me/newsletter/drug-alcohol-use>

The Forest High School



Year 7 Camp

Since Wednesday, our Year 7 students have been on camp. Camp is an opportunity for students to strengthen connections and take on challenges. Unfortunately, Ms Stuart (Year 7 Adviser) was unable to attend due to illness. Leading into the camp she had completed a huge amount of preparation: arranging notes, activities, and transport. Many thanks to those staff who were able to attend, and we hope that students catch up on some sleep this weekend 😊



Upcoming Events

Tuesday 14 March
Year 7 & 12 Parent Teacher Interviews
3.30pm – 7.15pm

Wednesday 15 March
P&C Meeting – 7pm in the School Library or via Zoom

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


High Potential & Gifted Education (HPGE) Test

Students wishing to be placed in our HPGE class for the intellectual domain in Year 7 2024 must first sit this test.


The HPGE Test is for local (in area) enrolments only.

Tuesday 4 April 2023
Time: 8.45am – 12.45pm
Where: TFHS School Hall

Full details of the test format and how to register and pay for the test can be found on our school website [here](#):



The Forest High School



High Potential & Gifted Education Test

Students wishing to be placed in our HPGE class for the intellectual domain in Year 7 2024 must first sit this test.

The HPGE Test is for local (in area) enrolments only.

The Year 7 2024 HPGE class will be determined after close examination of the test results and the students' Year 5 NAPLAN results.

Tuesday 4 April 2023
Time: 8.45am - 12.45pm
Where: TFHS School Hall

- Call the School on 9451 5111 to register by Thursday 16 March.
- Email a copy of your child's Year 5 NAPLAN results by Friday 31 March to: theforest-h.school@det.nsw.edu.au
- Cost \$20 - please pay online by Friday 31 March via our school website. Click on the "Payments" tab on the home page. Go to the bottom of this page and "Click here for non-student payments".
- Financial assistance for the cost of the test is available - please contact the school if required.

The Cognitive Abilities Test (CogAT) Test consists of three parts:

- **The verbal section** measures a child's ability to remember and transform sequences of English words, to understand them and to make inferences and judgments about them.
- **The quantitative section** measures a child's understanding of basic quantitative concepts and relationships.
- **The non-verbal section** measures reasoning using pictures and geometric shapes. This section reduces the impact of language on a student's score.
- **The composite score** is a total score for all three batteries.

For further details, visit our school website www.theforest-h.schools.nsw.edu.au