

Message from the Principal



After school support

We are entering the part of the term where students in all years will begin to have an increase in the number of assessment tasks. Each Monday afternoon in the Library, we have our Trailblazers (past high achieving students) on hand to support students until 5pm. Many of our Trailblazers are teachers in training. This is proving to be a nice way of countering the teacher shortage across the state. Our 2018 School captain Zali Van der Veer has nearly finished her Bachelor of Education degree, majoring in English and Society and Culture. Whilst studying Zali has been working 2 days a week at the school as a Trailblazer. We are excited that she will very soon graduate from university and will immediately join our teaching staff.



International Visit

Last Friday we had a delegation of visitors from across the world who are visiting schools to check on the opportunities and supports for international students. Ms Weatherall coordinated a range of experiences that showcased our diverse and unique school community. The delegation heard from our students (both International and in-area), listened to music performances from two very talented Year 12 artists Christian and Stella and then went on to see an Aboriginal dance which featured some of our female and male Aboriginal students. The final part saw the delegation move across the school spending time in classrooms.

Our school, with its inclusive culture, is in demand for international student placements. We take a small number of international students each year as we need to hold enough places for local students. We currently have 4 international students who will complete their HSC at The Forest High School this year.

Explicit Teaching

At the beginning of the year, we moved towards a consistent Explicit Teaching approach across the school. Explicit Teaching involves teachers clearly explaining to students why they are learning something, how it connects to what they already know, what they are expected to do, how to do it and what it looks like when they have succeeded. Explicit teaching recognises that learning is a cumulative and systematic process.

From the start of the year, each Monday morning from 8:00am, we have been running weekly Explicit Teaching Breakfast professional learning sessions. This week, HSIE teacher, Ms Harper, presented her strategies when guiding students through personal interest projects in the senior Society and Culture course. Ms Harper follows a systematic approach of providing clear direction, step by step skill building and opportunities for students to submit drafts and receive meaningful feedback.

Later this week, I had the opportunity to sit in on Ms Hanley's Legal Studies class and Mr Hendy's Year 9 History class. Ms Hanley's students were drafting a practice essay in preparation for their upcoming assessment. She follows the "I Do, We Do, You Do" process when supporting students with their writing. The written language of students in Year 12 is expected to be of a high standard and to support students to reach this standard Ms Hanley and the class worked together when drafting the opening paragraph. Once the standard was established, students were then challenged to write their own paragraph while keeping to the success criteria.

Mr Hendy took a similar approach with his Year 9 History class. The students benefitted from his scaffold, clear instructions and warm encouragement. By the end of the lesson each student had produced a quality piece of writing.

In each of our Executive meetings throughout Term 2 our Head Teachers are sharing their practice with the team. It has been great hearing about how our teachers and school leaders are providing clear direction, guidance and opportunities for students to achieve a sense of completion and success each lesson.

Phone Pouches

There has been a delay on the rollout of the phone pouches due to some damage to locking/unlocking stations that were situated on the external fence lining of Frenchs Forest Road. We are hoping to roll out the pouches next week, starting with Year 7.

Zone Cross Country

The Zone Cross Country is next Thursday. In preparation for this, we had 40 students come along this morning for a training session. The idea of the session wasn't to build any great levels of fitness, but to rather build the sense of a team. Well done to everyone who braved the cold.

Silver Assembly coming up - Tuesday 6 June

The Silver Assembly recognises students who have received 50 merit slips. This is a nice opportunity for parents to come into the school, hear our school band, watch their child receive an award and chat with other parents.

Welcome Mr Ben Wood

Mr Ben Wood joins our Learning and Support team. Before joining us, Mr Woods was a Head Teacher of English at an international school in Shanghai. He brings a wealth of experience both in the classroom and when leading teams. Mr Woods has already been warmly received by students and he will be an upcoming presenter at our Monday morning Explicit Teaching breakfast professional learning sessions.



Year 12 Engineering

Yesterday Year 12 Engineering Studies visited the Optus Satellite Facility at Belrose. They took a tour of their facility and heard from a range of staff explaining the different types of satellites, how they work, and how they are managed and controlled by the facility. They also had some time to try some hands-on demonstrations helping to explain some of the features of satellites, like gyroscopes and how satellites transfer signals from one side of the earth to the other. Hearing from these industry experts, and seeing the different areas of the facility, was a great way to introduce the HSC Telecommunications module to the students. Many thanks to Ms Walsh for organising this excursion.

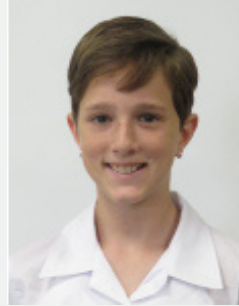




Basketball

A special mention to our Year 10 Boys basketball team who play each Thursday evening at the Northern Beaches Indoor Sports Centre. Ms Sweeny was asked by the boys to coach the team and she provides them guidance and support each Thursday evening. Hearing the calm, clear and informed direction Ms Sweeny gave to the players it is no surprise that they have a huge amount of respect for her. On Thursday, the boys went down in a narrow loss to competition leaders Mosman. With no substitutes the team should be commended on an excellent performance.

Australian Gymnastics success for Anique



Congratulations to Anique S. in Year 7 who competed in the Australian Gymnastics Championships. Anique had a great week, finishing in the Top 10 in both her events - 7th in Level 5 DMT (double mini trampoline) and 9th in Level 5 Tumbling. She came 2nd in the NSW team for both events. Well done Anique on this great achievement.

Upcoming Events

Monday 22 May
Year 10 Science Zoo Excursion

Thursday 25 May
Zone Cross Country

Friday 26 May
National Sorry Day

Thursday 1 June
Year 10 Vaccinations

Friday 2 June
The Festival of Lights
Year 7 Science Zoo Excursion

Tuesday 6 June
Silver Assembly

Monday 12 June
King's Birthday Public Holiday -
school closed

Thursday 15 June
Year 8 Maths P+P+P+P
Sydney North Cross Country

Friday 16 June
Year 10 Science Expo
Stage 5 Music Night

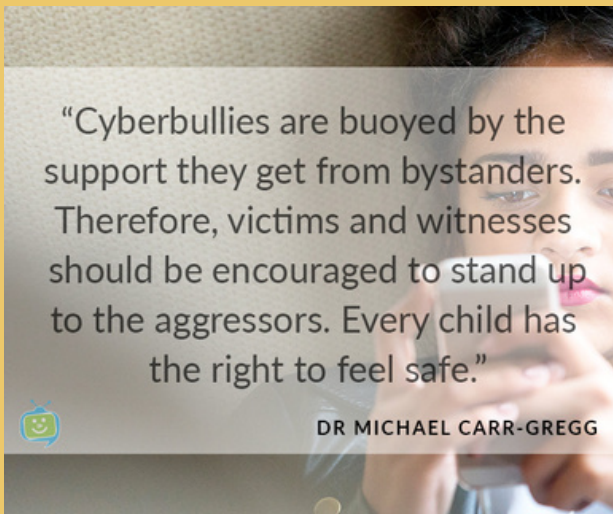
19-23 June
Year 10 Work Experience

Wednesday 21 June
P&C Meeting - 7pm

Thursday 22 June
Zone Athletics Carnival

Friday 30 June
Linton/Townsend Cup Yr 11 vs Yr 12
Last day of Term 2

In this edition of SchoolTV Cyberbullying



With the advent of the internet, smart phones and tablets, there is now a whole new digital dimension added to traditional schoolyard bullying. There was once a time when bullying victims were given some respite outside of school hours, but sadly these days, online bullying can occur 24/7. In today's world, teaching your child about online and cyber safety, is as important as learning to swim or cross the road!

Cyberbullying can be identified as being the repeated behaviour by an aggressor with the intent to harm or embarrass. Technology enables these aggressors to share information widely and quickly, making this form of bullying extremely dangerous and harmful. However, the answer is not to shun the internet nor social media. Instead, parents are encouraged to embrace it and instil a family internet policy to protect their children without limiting the freedom to learn, explore and communicate online.

In this edition of SchoolTV, parents are provided with useful guidelines and advice on how to minimise the risks. Children have the right to feel safe, regardless of whether it is in the schoolyard or online.

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 Cyberbullying edition of SchoolTV
<https://theforest-h-schools.nsw.schooltv.me/newsletter/cyber-bullying>



The Forest High School Rewards System

Our Wellbeing Team under the leadership of Ms Simic and Ms Nestor along with Mrs Gourlay have been working on an updated rewards system. Essentially, we are wanting to show students that they are seen and their efforts are not unnoticed. The following tables highlight the various ways that students can be rewarded in 2023. The introduction of the Year Adviser, Deputy Principal and Principal awards will hopefully show students that we are committed to seeing them continually improve. Our Rewards System can be found on our school website [here](#) or click on this link: <https://theforest-h.schools.nsw.gov.au/supporting-our-students/rewards-system.html>



THE FOREST HIGH SCHOOL REWARDS SYSTEM

MERIT SYSTEM

10 Green Merit Slips = 1 achievement award
 5 achievement awards = 1 Silver award (Silver assembly)
 5 Silver awards = Gold award

DISTINGUISHED AWARDS

Award	Criteria	Commendation
Year Adviser Award (Each term)	Year Adviser Visits Students who are meeting our school values of respect and responsibility	Year Adviser Award Presented at the junior/senior assemblies at the end of each term
Deputy Principal's Award (Semester 1 & 2)	Achievement + Behaviour + extra-curricular	Deputy Principal Award Presented at the junior/senior assemblies at the end of Term 2 & 4 Voucher
Principal's Award (Semester 2 - by application)	Achievement + extra-curricular + 3 school values + school community services Students need to complete an application	Principal's Award Presented at presentation night at the end of the year Student selected reward

SCHOOL REPORTS

Award	Criteria	Commendation
Semester 1 & 2 Top Achiever (recognising student academic achievement) Excellent attitudes (recognising students who work consistently)	GPA - 5.5 & above 'Consistently' for all 3 attitudes	Letter to student Distinguished Achievers Luncheon Achievement Award
Semester 2 Most improved - academic and attitudes (recognising students who improved over the year)	Increase in GPA - at least 0.5 marked increase in number of 'consistently' in attitudes	



THE FOREST HIGH SCHOOL REWARDS SYSTEM

SCHOOL CULTURE

Award	Criteria	Commendation
Semester 1 & 2 Attendance (recognising excellent student attendance)	98% and above	Achievement Award Hot Chocolate (Semester 1) BBQ (Semester 2)
Throughout the year Uniform (recognising students displaying respect & responsibility)	Uniform blitz	Green Merit Slip Super Duper
Student Green Slips Only Year 7 & 8 students Students recognising other students displaying respect, responsibility & personal best	YA to create Google Form for students to complete OR YA has a box - students to put slips in the box	Green Merit Slip Notice on Group Canvas

SCHOOL SPIRIT

Award	Criteria	Commendation
House Cup House Group Winner for the year	Swimming carnival, athletics carnival, cross country carnival, activities throughout the year, green slips	Assembly - House Cup Luncheon

TFHS Alumni Profile

Isabelle Frew



Cohort:

2016-2021

HSC Subjects:

English Advanced, Mathematics Extension 1, Mathematics Advanced, Business Studies, Legal Studies, Geography, PDHPE

Extracurricular Involvement:

Knockout sport teams (softball, netball and basketball), World Challenge to Nepal, Zone Athletics

What are you doing now alongside Forest?

I am studying a Bachelor of Law with a Bachelor of Arts, majoring in Criminology and minoring in International Relations. I am currently in my second year at Macquarie University,

What is a fond memory you have of Forest?

One of my favourite memories of Forest was the Year 10 Ski Camp in 2019 that was part of the Fitness Leader program. We went to Thredbo for three days, which was incredibly fun, especially as most of us had not skied before. Some of the best things about Ski Camp was spending time with my friends and laughing about all the epic falls we had and saw.

Describe your ongoing relationship with the school

I began working as a Trailblazer at the school in 2022 and have worked here for the last year. I

work on day a week, currently on Thursdays for this semester, which involves specifically working with senior students and in senior classes. I work in the School Library on Monday afternoons helping with homework and assessments, which is open to all students to attend. I also stay connected to the school through attending events, such as the school musical, Trivia Night and Festival of Lights.



TFHS Alumni Profile

Max Talintyre



Cohort:

2013–2018

HSC Subjects:

English Advanced, English Extension 1 + 2, Mathematics Advanced, Mathematics 1 + 2, Physics, Economics, Preliminary Business Studies

Extracurricular Involvement:

School Concert Band, School Jazz Ensemble, Musical Ensembles, Debating (Year 8 and 9)

What are you doing now alongside Forest?

Studying as a full-time student at the University of Sydney. I am in my third year of a double degree that I began in 2021 – Bachelor of Secondary Education (Mathematics/English) and Bachelor of Science. In 2020, I spend a year studying a Bachelor of Economics at the Australian national University of Canberra. I took a gap year in 2019 where I chose to work full-time as a tutor at Forest and as an operations supervisor at a local grocery store.

What is a fond memory you have of Forest?

Many of my memories at Forest are associated with the school's band program, specifically in relation to the band's annual tours around Australia. My favourite of these tours was a week long trip to Tasmania, where we played at different places such as Port Arthur. I also have great memories in my Physics and Maths classes where we would have to collaboratively

solve complex problems and actively test our ideas (shout-out to Mr Goodwin and Mrs Gourlay). In my humanities courses, I particularly enjoyed analysing different texts and case studies. It would not have been uncommon for me to annoy my teachers with essay drafts and one-too-many questions towards the end of my HSC.

Describe your ongoing relationship with the school

Today, I am working two days per week as an onsite tutor and mentor for our senior students at Forest alongside my university commitments. I also provide in-class assistance in the Mathematics faculty and plan on completing an internship at Forest in 2025 before I become an accredited high school Mathematics teacher. I am also currently working with the Learning Support faculty to assist our students with Personal Learning Pathways in achieving their numeracy goals, ensuring that they attain the life skills needed to become active members of our society. I have close relationships with many of my former teachers who still work at Forest and plan to continue working within the Forest community once I have completed my education degree. Forest High has become a second home for me and I am incredibly grateful for the opportunities that the community has afforded to me.

