



NEWSLETTER



Education

WEEK 10 TERM 4 2023



**Merry
Christmas!
Enjoy the
holidays!**



PRINCIPAL'S REPORT

Nathan Lawler
Principal

HSC RESULTS

Congratulations to our class of 2023 for their HSC results. Many courses were above the state average and some of the highlights include:

- Drama - 4.18% above the state average.
- Food Technology - 4.85% above the state average.
- Society and Culture - 6.03% above the state average.
- Mathematics Standard 1 - 7.49% above the state average.
- Textiles class - 11.19% above the state average.
This is an amazing result.

We had the following students placed on the distinguished achievers list. This was an increase of 10 students from 2022.

Davies, Sophie Textiles and Design

Ghachi, Aya- Music 1

Hemingway, Audrey - Society and Culture

Jessup, Ned - Japanese Extension

Jones, Charlotte - Music 1

Jones, Charlotte - Society and Culture

Ly, Jackson - Industrial Technology

Martin, Molly = Biology

Martin, Molly - Mathematics Standard 2

Martin, Molly - Personal Development, Health and Physical Education

McPherson, Isabel - Biology

McPherson, Isabel - Personal Development, Health and Physical Education

Mitchell, Cristian - Society and Culture

Sercombe, Holly - Drama

Sercombe, Holly - Mathematics Standard 2

Sercombe, Holly - Society and Culture

Steele, Erin - Music 1

Van Brugge, Scarlett - Society and Culture

A communication will be sent on Tuesday with a staff update for 2024.





DEPUTY PRINCIPAL'S REPORT

Kelly Johnson
Relieving Deputy Principal



As we prepare to wrap up an incredible year, I'm bursting with excitement to share some fantastic news about the amazing journey our students have had at The Forest High School in 2023. It's been a year of triumphs, personal growth, and setting the bar high!

Our students have been absolute rockstars in their studies! From acing exams to diving into cool projects and shining in after-school activities, our students have truly outdone themselves. Their hard work and dedication have made us super proud.

At The Forest, we're all about more than just books. Our students have grown not only academically but also personally. We've seen them stepping into leadership roles, making friends, and becoming responsible members of our awesome school community.

Our students didn't just meet expectations; they soared past them! Whether it was in the classroom, on the sports field, or in their clubs, their commitment to excellence has been nothing short of amazing.



One of the coolest things about The Forest is our diversity. This year, we've celebrated and embraced the incredible talents, backgrounds, and stories that each student brings. Our differences make us stronger, creating a school vibe that's as unique as each of our students.

Let's give a huge shout-out to our fantastic teachers, supportive parents, and, of course, our incredible students. Each of you has played a key role in making this year the success it's been.

As we get ready to wrap up the school year, let's keep The Forest spirit alive—where high expectations, awesome achievements, and a whole lot of fun make our school the fantastic place it is.

As I embark on a new chapter, please know that the bonds forged at The Forest High will always hold a special place in my heart. Thank you for the privilege of being part of the Forest family. Wishing each of you continued success, joy and fulfilment in the year to come.

KELLY JOHNSON
RELIEVING DEPUTY PRINCIPAL



PRESENTATION NIGHT



Our 2023 Presentation Night was held on Tuesday 12 December. We congratulate all our students who received academic, music, drama, literature sports and special awards and are very proud of all those who were recognised on the night. Here are just a selection of photos from the night - there are more on our school website - click [here](#)





In this edition of SchoolTV SURVIVING CHRISTMAS



SPECIAL REPORT

Surviving Christmas



Many people see Christmas as a wonderful time of celebration and an opportunity to spend time with family and friends. However, there are some that view it as a time of stress and hardship. This may be due to a combination of things: financial pressures, relationship issues and, quite often, loneliness, making it a very challenging time.

Often the true meaning of Christmas can be lost due to commercial exploitation, but there are a number of things you can do to create a magical Christmas, without the financial burden. Creating or maintaining traditions can contribute to a sense of comfort and belonging.

Unfortunately for some, there is also an ugly side to Christmas. Support organisations often report an increase in the number of calls from people seeking help due to their inability to cope during this time. If you, or a loved one, is finding that it is all too much, then it is important to reach out to a trusted friend, family member or medical professional.

In this Special Report, parents and care givers will be presented with a number of ideas on how to achieve a stress-free Christmas and where to seek help should you need it.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report:

https://schooltv.me/wellbeing_news/surviving-christmas-au

More knitted fidget sleeves have been delivered to The Northern Beaches Hospital this week. A big thank you to Mrs Coleman and Yarn Club for the sleeves.

Fidget sleeves are a sensory tool for the elderly experiencing dementia. The ability to fiddle with the range of items attached to the sleeve can calm people and alleviate stress. They have been shown to reduce the requirement for medication.





TEACHING AND LEARNING IN THE FOREST HIGH SCHOOL

If The Forest High School had to appropriate an iconic movie quote to best describe one of our most effective pedagogical practices, namely explicit teaching, it would be this one:

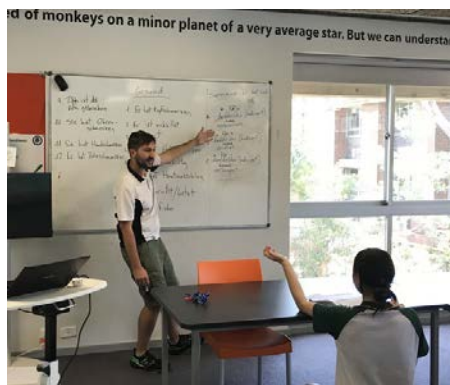
Explicit Teaching is “an energy field created by all” of us here. “It surrounds us and penetrates us; it binds the” school together. (misquoting Obi-Wan Kenobi of-course from Star Wars: A New Hope)

And just like Luke Skywalker who heeded the call and used the Force for success, we have definitely answered ours and are using one of the best evidenced-based practices to help our students significantly improve their performance.

Practical and flexible in nature, explicit instruction is being used everywhere in our school. Classrooms, workshops, studios, kitchens, science labs, gym, oval and playground, explicit teaching without doubt is built in our teaching and culture.

As difficult as it is to capture how we truly deliver explicit teaching in our lessons in still photos, we have managed to curate a collection of our 2023 explicit teaching experiences in action to share with you. Enjoy!

The Forest High School Teachers





SILVER ASSEMBLY



On Tuesday 21 November we held our Silver Assembly to recognise those students who have accrued 50 green slip merits. Those students who had success in the Mathematics Competitions held earlier in the term were recognised aswell as our HSC music students who performed at the assembly. Our 2024 Student Representative Council (SRC) were also inducted.

Many thanks to our graduated Year 12 captains for giving up their morning and formally welcoming our new leaders and to those parents and grandparents who were able to attend. As always Mrs Gourlay (Head Teacher Mathematics) coordinated the Silver Assembly wonderfully and we thank her for this.







Christmas at The Forest

Celebrating the end of the school year with the annual Christmas Assembly which included some lovely musical numbers performed by students and the traditional Christmas wrapping of the teachers. Thank you to all who added a bit of Christmas cheer to their outfit - both teachers and students. Wishing everyone a safe and happy summer holiday - see you in 2024!







TAS



Library

Door decorating contest



The SRC wanted to give the school a festive look, whilst challenging everyone to a little friendly door decorating contest. The teachers and staff's creative talents were judged by the students. Congratulations to English, just reaching the top spot by just a few votes! Honourable mentions to Front Office, Maths and Science in the Faculty race. Favourite individual doors were Ms Nixon and Mr Goodwin, with the Nutcracker door an honourable mention. Thank you again to all who joined in the fun.



Languages



Science Store Room
(Mrs Musik)



Science
(Ms Roberts)



English



English
(Ms Li)



CAPA- Visual Arts



CAPA- Visual Arts



Languages



English



General Assistant Wes



English



School Office



English



English



Science
(Mr Goodwin)



English



English
(Ms Li)



Maths



Science



HSIE

CAPA

2023 Band Tour

Students from The Forest High Band Program celebrated a successful performance year with their annual band tour. This year, students travelled to the Bathurst region to share music with local primary schools, connect with musicians, and of course have some time to relax.



Mr Brendan McGrath and Ms Lemin Luu accompanied our band students on the 3-night tour. Students travelled to Bathurst and settled into rehearsals at our accommodation, once a historical WW2 army camp site and Australia's largest post war immigration camp, turned into a sheep and cattle drome. The band spent the following day relaxing and riding bikes around Dubbo Zoo. Day 3 was spent at The Orange Conservatorium in a workshop led by Dr Jay Byrnes combining with students from Orange High School. Our final day was the busiest with brilliant performances at Mount Victoria Public School and Leura Public School, before spotting the Three Sisters at Echo point and returning back to school.

The band students were exceptional representatives of the school, and the experience of tour has improved their performance skills and strengthened their ensemble skills.

LEMIN LUU BAND CONDUCTOR









Schools Spectacular

The Schools Spectacular is the largest variety event in the world and showcases the creative talents of NSW public education students. In 2023, we had 18 students in the secondary combined choir and 11 students in the Aboriginal Dance Ensemble. Mrs Stuart led the choir students right up until show week and we are all especially thankful to her for this incredible feat when she is about to go and have a baby. Ms Yea stepped in to assist during show week as did Ms Hanley on the Saturday. Ms Constantin led the rehearsals for our dancers who worked with professional choreographers from Bangarra Dance Theatre and performed with Indigenous students from across the state. What an incredible experience for our students to be involved with. The experience was certainly fabulous.

REBECCA CONSTANTIN
HEAD TEACHER CAPA



Year 10 Visual Arts

On Friday 1 December the Year 10 Visual Arts class went to the Art Gallery of NSW to see the Louise Bourgeois exhibition. This was a valuable and enjoyable day, exposing the students to the works of Louise Joséphine Bourgeois who was a French-American artist. Although she is best known for her large-scale sculpture and installation art, Bourgeois was also a prolific painter and printmaker.

JESSILA ROGERS
VISUAL ARTS TEACHER

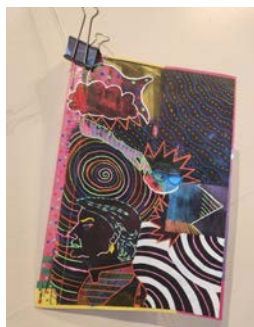
Visual Arts

YEAR 8 POP ART

Here are some of the pop art characters Year 8 have created this term using clay



AND YEAR 9 POP ART



ENGLISH

Tibetan Lunch



In Term 4, The Forest's Tibetan community came together in a celebration of food and culture. The star of the show was, of course, the momos - Tibetan dumplings. Several parents brought in handmade, fresh momos with a variety of fillings - beef, chicken and vegetables. These delicious momos were accompanied by homemade chilli oil that was rich in flavour and had many noses running. Another popular dish was Laphing - a traditional Tibetan and Nepalese dish made from potato starch that is left to firm up, then cut into noodle width strips. After this, it is soaked in homemade chilli oil and served cold - the perfect refreshing dish on a hot summer's day. Other notable mentions include spicy chicken wings and fresh salad. Domino's Pizza was also present - not traditionally Tibetan, but a popular choice for the

students! Parents, students and teachers gathered in the DBLC to share food and laughter as the school year approaches its end to reflect on the many events organised by our EAL/D coordinator Lauren Weatherall. The lunch was a great cross-cultural success and attracted many students beyond the EAL/D community who were interested in trying traditional Tibetan cuisine. Thank you to the tireless efforts of our Tibetan community and chefs who continue to deliver mouth-watering food to The Forest. And a big thank you to our Tibetan and EAL/D students who have made this year so enjoyable and filled with fun.

HAYLEY MORT
ENGLISH TEACHER



EAL/D Year in Review



Another year in EAL/D packed with achievements, highlights, laughter and success for all. Students attended the weekly homework club in droves to both break bread and study as the supportive community they come to be. Alongside this was the inspirational termly Tibetan lunch where the students and their families bring delicious traditional dishes to share with great conversation and catching up on the important news of the term. Throughout the year we have also offered a number of successful EALD excursions including a day at the movies, a trip to The Maritime Museum and the forthcoming outing to 'Jumped'. The EAL/D team also helped raise funds for the recent earthquake in Turkey, raising an outstanding \$1000!

We were honoured to celebrate National Tongan Day and all the rich South Pacific Islander Communities of the school through a special celebration in Term 4. At a very special assembly, there was a showcase of songs and dances that are important parts of traditional Pacific ceremony and celebration, and speeches by some inspirational leaders in our community. Students also participated in an

inspirational day at Parliament House to address issues surrounding diversity and culture. In conjunction with this event the EAL/D team also co-ordinated a cross- cultural exchange with Chifley College as they visited us here at The Forest High School where they engaged in activities such as surfing and broke down cultural stereotypes

This year we are also celebrating the successes of our Tibetan athletes who achieved a commendable second place in the Tibetan National Soccer Tournament. And finally, huge congratulations to the current Year 12 EAL/D students on their graduation and successful completion of the HSC exams! Their families, friends and teachers are all so incredibly proud of their achievements. Last but by no means least is a big salute to EALD/ International Coordinator Lauren Weatherall for winning the 2023 International Student Support (NSW Government Schools)- well done all!

JACQUI RAFFERTY
ENGLISH TEACHER





EAL/D Excursion Jumping into 2024 with a bang!

What a springy end to 2023 it was for EAL/D students this week, as we celebrated a successful year of achievements at Jumpd Brookvale. The students shared in a variety of acrobatic, ninja, and dance activities as they flew like birds, bounced like bunnies, and twisted like tornados – sharing in laughs, secret handshakes and unforgettable memories. The students from years 7 to 12 were fortunate enough to come together on the last day of school to connect with one another and congratulate the EAL/D community on their unprecedented achievements in sports, music, wellbeing, and academics. At the end of the day we enjoyed a festive feast of pizzas and cold beverages thanks to our friends at Dominos Forestville and students praised one another for their friendship, kindness and support. Great work EAL/D – what a fantastic year it's been for us all.

Merry Christmas from your
EAL/D Team!



It's Back with a Gobbling Vengeance!

For the second year running we are proud to present our very own student made magazine! Supported and coordinated by our Principal Mr Lawler, English Head Teacher Ms Liu and English Teachers Mr West and Ms Weatherall, The Scrub Turkey engages in important teenage issues that are redefining the world in which we live. The action packed magazine provides a powerful platform for student voices to be heard by the Northern Beaches community, establishing a strong message of community pride and wellbeing.

This year's edition includes a compilation of riveting articles ranging from nuanced insights into global politics to engaging tips on how to stay healthy, and musings on the optimal cinema snack combinations. Additionally, the magazine features entertaining creative works written by students over the last 12 months. Under the guidance of Mr Jessop, Mr Saint Barry, Mr West, and Ms Weatherall, students learnt the craft of writing and gained valuable experience through tirelessly engaging in the editing and publication process of the magazine. In addition to our brilliant cohort of writers, we have been aided by the collaborative editorial expertise of students: Leah W, Jess D, Sophie B and Georgia W.



There has been a tremendous amount of effort that has gone into The Scrub Turkey this year, and it is a true showcase of teenage talent and an expression of young people's passion, intellect, and emotion. Thank you to President Kelly Barr-Jones at the Forest High School P&C for your unwavering support, the highly

professional team at Arcade Studios Manly, and the phenomenal Innovative Print Solutions for your exceptional publication of the magazine and promotional materials.

Copies of The Scrub Turkey have been delivered to local libraries, news agencies, and shopping centres across the Northern Beaches. Scrub Turkeys can be picked up free of charge at the following nesting sites:

- Forestway Shopping Centre
- Dee Why Library
- Manly Library
- Warringah Mall Library
- Forestville Library
- Glen Street Library, Frenchs Forest
- Balgowlah Heights Newsagency
- Humphreys Manly

D'ARCY JESSOP
SLSO ENGLISH FACULTY



Sound and Fury: Empowering Student Voice Through Shakespeare

This term, the English Department facilitated an exciting and innovative program of teaching the works of William Shakespeare for a number of enthusiastic Year 10 students. Conceived by the prestigious Bell Shakespeare Company, the program takes a drama-based approach and focuses on some of Shakespeare's most fascinating women characters to inspire

students' own voices in contemporary society. This feminist reading of Elizabethan verse drama allows all students to engage meaningfully with issues of gender and sexuality that adolescents consider today.

Each week of the course, we explored a different character, performing a close textual analysis of one of her scenes or monologues, and using her struggles and circumstances as a basis for discussion and creation. The plight of Juliet – urged by her parents to marry the unsuitable suitor Paris – prompted consideration of the expectations placed upon young people, especially young women, by their families and friends. Helena and Hermia of *A Midsummer Night's Dream* allowed us to consider men's interference in female friendships and the loyalty a woman may feel to her gender; while Lady Macbeth – a class favourite – inspired discussion of "bad" women – those who deliberately defy gender conventions, and are punished for it. Facilitators Ms Mort and Mr West are grateful to Bell Shakespeare for the opportunity to participate in this stimulating program and are immensely proud of the Year 10 students who involved themselves so wholeheartedly in the lessons. Educators from Bell Shakespeare who attended the Forest in the last week of the program were impressed with students' high level of understanding of the plays studied and enjoyed running a final workshop for the cohort. We know that students will continue to be inspired by Shakespeare throughout their further studies and beyond. After all, "*Ignorance is the curse of God; knowledge is the wing wherewith we fly to heaven.*"

LUKE WEST
ENGLISH TEACHER



Year 10 2023 Poetry Club: Star Poets Noah S, Rebecca A and Ethan R share their best memories, dreams, hopes and truths of 2023

Doors of the Present by Noah S

We all have our memories,
They make us who we are,
They influence what we do with
ourselves,
But they all had a story,
We tell these tales,
As we indulge ourselves,

The past may shackle us,
But if we let go,
The future may allow us to gain wings,
And that past that caged us,
Now allows us to fly forward,
For every baby bird, must leave its nest
eventually.

Gift wrapped with the surprise of the
present
We experience and we share, rejoice in
our bond
The mystery which brings anticipation
remarks our memories.
We choke down the regrets of the past
Which were glutinous enough to bring
hope for the future

When one door closes another opens,
We don't always want to close that
door,
As we want to cling to the sanctuary we
once cherished.
Now we can hold on to this past,
Letting it weigh us down,
Or we can shut that door and open that
new one,
Allowing that memory to guide us
through our future,
Only you can choose.

Children of The Forest by Rebecca A

Our lives are changing.
The leaves grow darker,
The foliage thicker,
The forest larger.
Soon we won't be able to see the path
From which we once came.

As time goes on,
Our minds grow,
Our memories glow.
The Forest is a place of change,
And as we flower within the canopy,
We realise there's only so much left,
So much we get to see.

One day we have to leave,
Run away from this place
Where we grew from children
To members of society.
It hurts
To leave the place where our friends lie
Where our memories were made to
glow.
But we must move on
As we walk away from The Forest.

But we will always have those
moments,
Like leaves in the wind,
Our pride and minds strong,
Because we became who we are
In the land of The Forest.



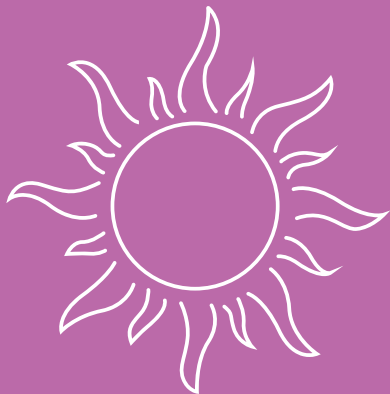
Solar Eclipse

by Ethan R

The sun has risen with a dawn of remembrance.
The breeze of a thousand winds brings me to my senses.
Jubilance is glazed in the most fragrant of daydreams,
Which were written in memoirs of old, and passages anew

We count the stars at the darkest of times;
When the fire has slept and the passion has been extinguished.
In pure boredom we reminisce in memories,
That are clouded by the cosmos

We bask in the light; to reassure ourselves,
We shape the clouds which shift to our likings.
Our futures depends on us,
And how we decide to shine on others



Flowers bloom in wealth of the sun
They photosynthesise and absorb the radiance

Glitter and gleam, a future in fruition.

We, like those before, bloom in wealth of the sun

The rays beam on me to enlighten my desire.

A spotlight on stage, to present a play,

For I'm only the cast of this show.
May this scene feel the warmth of which I radiate

Oh how I crave the sunlight,
Yet we must move on; to preserve its purpose.

May the moon dawn, and the daylight shun.

A new day, ahead of the last.

"The school has given me an immense amount of warmth throughout my years attending, I had hoped to repay this kindness by providing my own way of shining light. I used the emphasis of warmth, sunlight, heat and daydreams (etc) to provide the ethereal sense of radiance when in the grounds of this school. And when my time comes to leave, may the light shine on those hereafter."

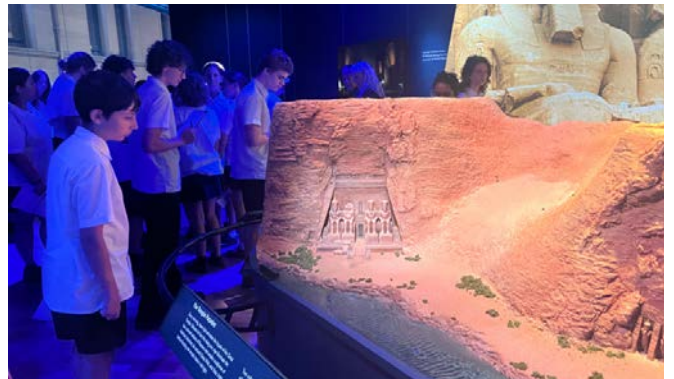
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HSIE

Year 7 History Australian Museum Visit

On Monday 11 December, Year 7, supervised by Ms Hanley, Dr Eriksson, Ms van der Veer and Mr Oldmeadow, visited the Australian Museum to visit the Ramses and the Gold of the Pharaohs. Students encountered rich multimedia experiences and heard from some of the world's leading experts on Ramses II's extraordinary life, and saw the artefacts such as the Head of Ramses, Treasures of the Tombs, the Valley of the Kings, the Battle of Kadesh and the Royal Cache. It was incredible to see such beautiful sites after studying ancient Egypt in HSIE.

CALYPSO HANLEY
HSIE TEACHER

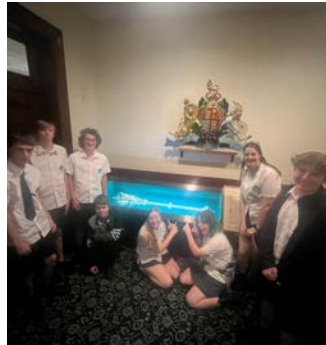


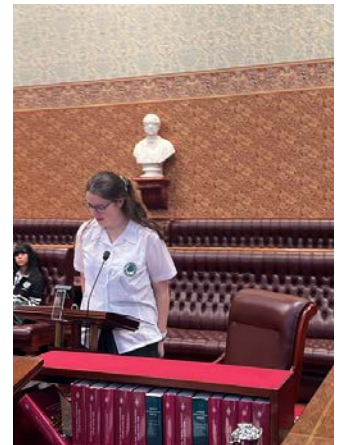


Year 12 Legal Studies

On Tuesday 12 December, Year 12 (and one Year 10 Commerce student), supervised by Ms Hanley, visited the NSW Parliament to sit in the historic Legislative Chambers and had an opportunity to participate in a role-play. The students had a wonderful time debating and passing a mock bill; it was an inspirational experience for all.

CALYPSO HANLEY
HSIE TEACHER

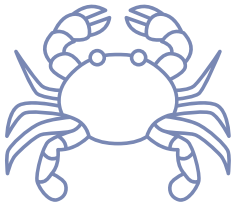




Year 12 Geography



On Wednesday Year 12 Geography students enjoyed a fieldwork excursion to the Careel Bay Wetlands. They were able to explore and conduct research within the 'Ecosystem at Risk' they are studying for their HSC course. Students took measurements in the mangrove and saltmarsh environments and observed council management strategies to protect the biodiversity.



SCOTT TESORIERIO
HEAD TEACHER HSIE



LANGUAGES



The end of Term 4 is not only a time of celebration, but also the time for us to take a breather and look back on the term with a great deal of satisfaction. Assessment time that included preparation, revision and testing was intense and seemed to dominate the narrative of this term with all our language classes. Despite this, our consistent effort to encourage language proficiency and development was, as always, met by our students' eagerness and motivation to succeed. Indeed, we are living every teacher's dream here at The Forest High School. Nevertheless, there has been little time to reflect and rest on our laurels as we have been swept up in the momentum of our classes being hungry for more language build-up and culture.

YEAR 7

The Year 7 students have had a playful yet productive end of term as they continue to learn the basics of German, Chinese and Japanese. Their enthusiasm to experience both the linguistic and cultural aspect of each language has been infectious, and we look forward to their performance next year.

YEAR 8

Our energetic Year 8 students have been outstandingly keen learners in their respective languages this semester and with four elective language classes being formed next year, it is undoubtedly the greatest number of students electing to take a language in Years 9 & 10 in the history of TFHS. This term our Year 8 Japanese students have developed a genuine interest in the

paperfolding art of Origami and a whole new appreciation for the Japanese culture. The students' many fantastic creations are now being proudly displayed on the wall in their classroom.

YEAR 9 JAPANESE

Our Year 9 Japanese students have been practising their Japanese handwriting in creative ways for their writing exam this term, and in the process have developed a strong taste for team collaboration and competition as we played Japanese-based games, involving not only translations and lesson content, but also specific grammar rules and cultural aspects of Japanese student life. Students were all actively engaged together resulting in an energetic classroom fuelled by the mutual passion for Japanese.

YEAR 9 GERMAN

Students in Year 9 German spent the term further expanding their understanding of and appetite for German food before using that knowledge to practise ordering food in a German-speaking restaurant/café. Students also enjoyed learning about how Germans view the world of health and wellness before designing a brochure advertising their very own well-being retreat.

YEAR 10

Year 10 students have been busy progressing through the content of the course in preparation for the Stage 6 course next year. In addition, they have

engaged actively with the fortnightly cultural lessons, where they learnt about the quirky side of Japan and drew parallels between the foreign culture and their own. They have worked productively and enthusiastically throughout the semester, and we thoroughly look forward to their continued excellence next year.

YEAR 11 GERMAN

Students in Year 11 German Beginners have continued to excel right up until the end of the year, moving seamlessly into the HSC course. Their enthusiasm for and success in learning the German language and culture has been nothing short of inspirational. We hope that their drive to learn continues in the new year and we wish them the best over the summer break.

And to top it all off, next year we will be welcoming back students from our sister school in Japan, Chiba Keiai - a relationship we have fostered and

maintained even through the tumultuous pandemic period. Students at The Forest High School will finally get the chance to utilise their Japanese knowledge and skills with a native speaker, face-to-face.

The Languages faculty wishes everyone a...

メリークリスマス 🎅

圣诞快乐 🎄

Fröhliche Weihnachten & einen guten Rutsch ins Neue Jahr!

KAREN DEAN, TOM GOLANOSKI, HELEN LEPRE & LEO YE
LANGUAGES FACULTY





Year 7 Swim School

On Friday 1 and Monday 4 December we held our Year 7 Swim School at Manly Pool. Our students had a great time participating in a program of intensive swimming and lifesaving skills and also undertook the Royal Life Saving Society's Swim and Survive Awards. At the beach on Monday they completed the surf awareness and surf skills program. Thank you to the Year 9 students who did a great job assisting with the program over these two days.



Finley wins big in the pool

CONGRATULATIONS TO FINLEY D IN YEAR 11 WHO WAS SELECTED TO PLAY FOR THE SYDNEY NORTH OPEN BOYS WATER POLO TEAM IN THE NSW COMBINED HIGH SCHOOLS WATER POLO CHAMPIONSHIPS. THE TEAM WAS INCREDIBLY SUCCESSFUL AND WITH FINLEY'S HELP WON THE CHAMPIONSHIPS OUTRIGHT.



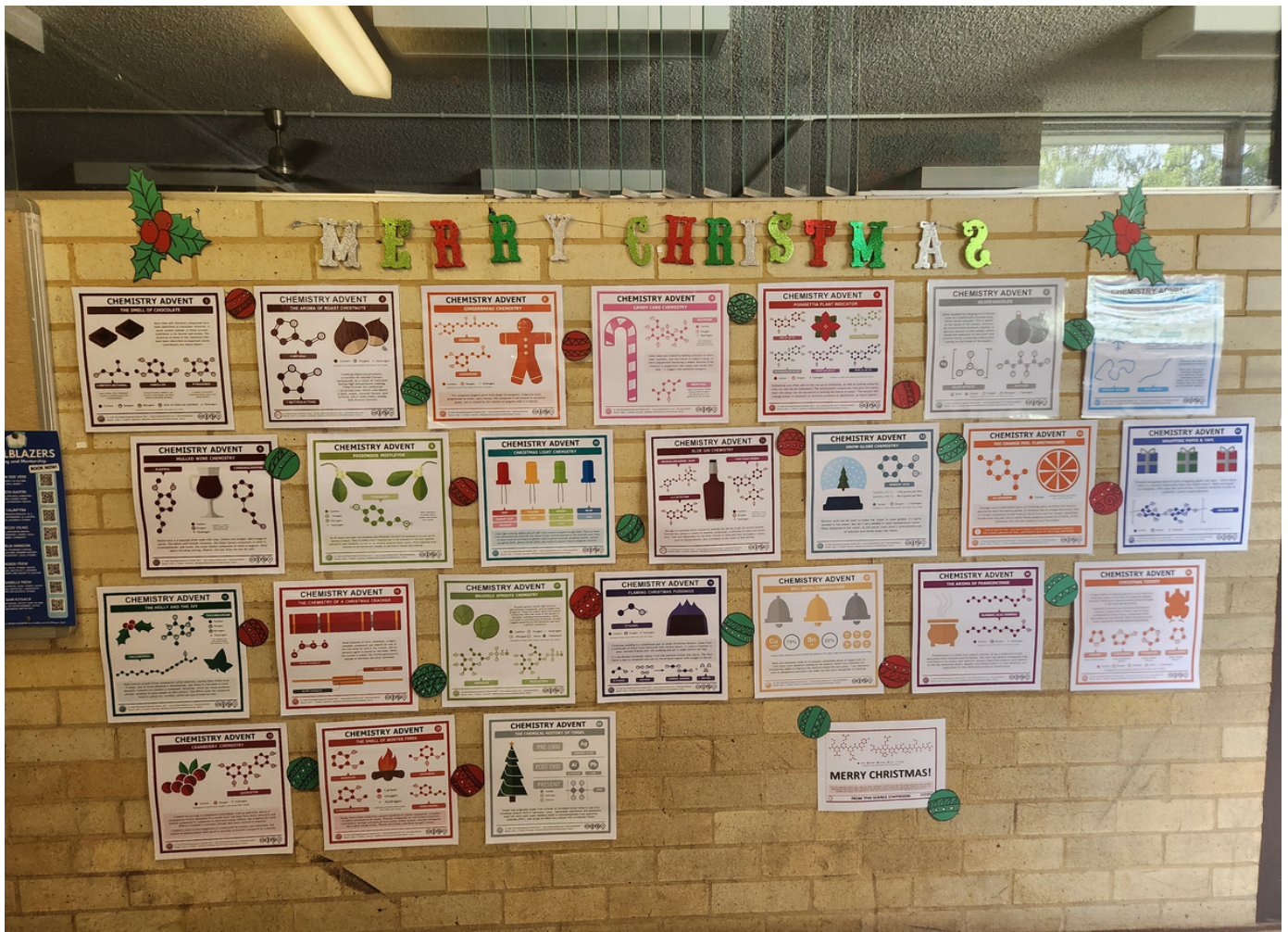
U15 Cricket Gala Day Fun

Well done to our U15 Cricket team for their participation in the U15 Cricket Gala Day on Tuesday 28 November at Nolan's Reserve. The unfavourable wet weather made for difficult conditions and although they they were not winners on the day they displayed great sportsmanship and enjoyed the experience. Cricket was the winner!

Team members:

Stanley G (Year 7), Benjamin H (Year 8), Kashan A (Year 9), Oli B (Year 9), James D (Year 9), Miguel H (Year 9), Wesley H (Year 9), Sean M (Year 9), Evan P (Year 9) and Zane C (Year 10)





SCIENCE

Mrs Musik, our lovely Science Assistant, has been getting creative with her decorating in G Block. Here are the Science Advent Calendar, DNA Snowflakes and DNA Christmas Tree she made



SUPPORT UNIT



The students in our Support Unit have been busy making these beautiful soy candles, bath scrubs and soaps to raise money for their Support Unit activities. Thank you to Mrs Paris and the Support Unit staff who have helped the students make these lovely Christmas gifts.



Here are Forest High School students Toby J (Year 8), Jamie S (Year 8), Kai K (Year 8) and Bruno J (Year 10) looking very professional with our Relieving HT PDHPE Ms Chaloner at the Dee Why 201 Army Cadet passing out parade on Saturday 25 November.

Congratulations to them all!



FAREWELL

As we approach the conclusion of 2023, we bid farewell and extend our best wishes to Mr Peter Moore, our esteemed Timber and Design & Technology teacher. Mr. Moore has been an integral part of our TAS family, and his departure leaves a void that will be felt by both colleagues and students alike. We thank him for his years of service at The Forest High and wish him all the best in his future endeavours, confident that his expertise will continue to inspire many more TAS students.

We would also like to say goodbye and thank you to Mr. Zoltan Peter for his contributions to the TAS department this year. This year, Mr Peter came to us in Term 2 to assist us in Stage 5 Food Technology. We appreciate your support and commitment to our students' learning experiences. Thank you.

STUDENT ACHIEVEMENT

This year has been marked by the remarkable achievements of our students, who have embraced the opportunities for learning and growth provided by our dedicated TAS teachers. Our students have acquired new practical skills and crafted outstanding products that showcase their creativity and dedication. From innovative designs to functional prototypes, teachers' and students' hard work and commitment have produced exceptional work.

SUPPORT UNIT

Mrs Hawling and Ms MacManus have worked with the students in the Support Unit to develop skills in planning, designing, and constructing textile items this term. The students purchased fabric to meet their design requirements and worked carefully to produce their summer pyjamas. We are very proud of the student's skills and final product quality. Well done!



YEAR 10 MULTIMEDIA

This semester Mrs Christiansen's Year 10 Multimedia class accepted the challenge of designing and creating their video games and have produced some exceptional designs, focusing on developing skills in game mechanics, strategy and aesthetics.

This project has allowed students to explore an area of multimedia they had yet to work with. It has enabled them to develop a new range of practical skills and experience a sense of achievement from trying new and challenging tasks. We're impressed with their game designs and look forward to testing them!

The TAS Faculty wish you all a restful holiday season and look forward to another year of growth, collaboration, and successful TAS projects in 2024!

AMANDA WALSH

RELIEVING HEAD TEACHER TAS

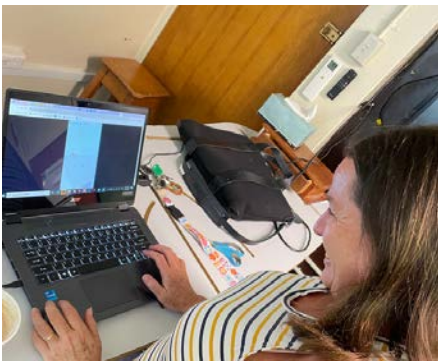


TAS PROJECTS

Here are some of our TAS students finishing off their projects for the year. They have produced some excellent work.

YEAR 10 MULTIMEDIA

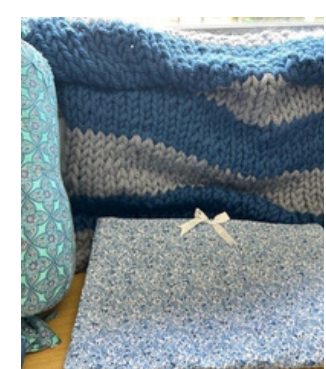
Teachers and Year 10 students were invited to test the games and challenge each other for the highest score. Mr Lawler joined us to play the games and awarded Ben C with the 'Most Entertaining Game' award, and Conall Q with 'Most Challenging Game'. Brandon L was awarded the 'Peoples Choice Award' by students who played his game. Below are some photos of the class in action.



TEXTILES TECHNOLOGY - YEAR 9

Project work is an essential part of textiles. Students work in one of the five focus areas when completing project work. The year's final project, "The Inside Story," focuses on furnishing. Students had to design and produce at least three textile furnishing items for an interior space. The textile items had to be made from woven fabrics and include at least three forms of decoration and colouration. The items had to show a clear link to their source of inspiration. One of the items had to include a zipper as a form of closure. The textile items had to be made to a high standard and presented professionally with a swing tag.

Here are some of the items:





SRC Leadership Retreat



On Monday 20 November our 2024 SRC Leadership team spent the day at Oxford Falls Peace Park working on team-building and planning for the upcoming year. The morning saw a general meeting to discuss school issues and events to organise, followed by committee meetings. After lunch we had a Wacky Olympics to help them feel more connected as a team, and to be able to collaborate more effectively in the year ahead.





Alumni Book Success

We are so proud of Class of 2010 graduate Megan Gilbert (nee O'Flaherty) on the publication of her first novel Princess of Dawn. Megan dropped in yesterday to gift the Library two signed copies of the first book of the Crystal Crown Trilogy.

Our very own avid fantasy reader HSIE teacher, Miss Hanley, is looking forward to reading this exciting new author from her favourite genre.

Congratulations Megan.

Term 1 2024 Events

30 January - School Development Day - staff only
 31 January - School Development Day - staff only
 1 February - Years 7, 11 and 12 return
 2 February - Years 8, 9 and 10 return

5 February - Year 7 Wellbeing Day
 13 February - 2023 Distinguished Achievers Assembly
 14 February - Year 7 Welcome Night
 21-23 February - Year 7 Camp

Open Night - Wednesday 6 March 2024

8 March - Swimming Carnival
 15 March - Zone Swimming Carnival
 19 March - Years 10 and 12 Parent Teacher Interviews
 22 March - School Photos
 28 March - School Photos (Make Up Day)
 29 March - Good Friday - school closed
 1 April - Easter Monday - school closed
 2 April - Years 8 and 9 Parent Teacher Interviews
 9-11 April - School Musical "The Addams Family"
 12 April - Cross Country Carnival
 12 April - last day of Term 1



P&C NEWS

As we reach the end of 2023, it's a great time to reflect on the remarkable achievements of our Parent and Community throughout this year. It has been a year filled with dedication, hard work, and support for our school, its staff, and students.

One of the highlights of our achievements this year has been our commitment to fostering a sense of community among our school's staff. We have organised staff morning teas each term, providing a valuable opportunity for teachers and staff to come together and for us to show our appreciation.



Our dedication to the well-being and success of our students has also shone brightly in 2023. We've supported our year 12 students with their major works, recognising the significance of this milestone in their academic journey.

Year 9 and 10 students, too, have received our special attention this year through well-being days. These events have provided a safe and supportive space for students to discuss important topics, develop coping skills, and strengthen their mental and emotional well-being. We believe that a holistic approach to education involves nurturing not just academic excellence but also our young learners' overall growth and well-being.

We organised a memorable Year 12 Picnic Day. This day allowed our graduating students to celebrate their achievements, share memories, and create bonds that will last a lifetime. These moments of joy and connection are invaluable, and we are proud to have been a part of them.



Additional Uniform Shop Hours over January:

Saturday 20 January 2024 - 9am - 3pm

Saturday 27 January 2024 - 9am - 3pm

**** No Bookings Required for any additional uniform shop opening days**



We also understand the importance of equipping our students with the right tools for success. That's why we allocated funding for 30 C-pens, providing support to students. This investment in their education ensures that no student is left behind and that they have access to the resources they require to excel.

This term, we held a successful Working Bee, and we are filled with immense gratitude and pride in our school community.

A special thank you to Gav Nagle for his exceptional coordination and leadership in organising this event. Gav's dedication and hard work were the backbone of our successful day, ensuring everything ran smoothly and efficiently.

To all the parents and families who attended, your participation was invaluable. Whether planting, moving rocks, spreading wood chips, trimming hedges, or any of the numerous tasks, your contribution made a significant difference. It's heartwarming to see our community come together, working hand in hand for a common goal - to enhance the environment of our school.



Additionally, we recognised the importance of having our school library open during school holidays. We provided funding to cover staff costs, ensuring that students who wish to continue their studies over the holidays had a place to do so.



Last but certainly not least, we would like to take a moment to express our deepest gratitude to all of you. None of these achievements would have been possible without the tireless efforts, dedication, and support of our members, parents, teachers, and the wider community.

As we look back on the year 2023, let us not only celebrate these achievements but also use them as inspiration for the future. Together, we can continue to make a positive difference in the lives of our students and strengthen our school community. Thank you for your dedication, your passion, and support. Here's to another year of success and growth in 2024.

KELLY BARR-JONES
P&C PRESIDENT





WORKING BEE

A huge shout out to all our students, parents and staff who turned out on a wet Saturday to help out at our Working Bee on 28 November 2023. The gardens and grounds are looking fantastic - thank you so much!





The Forest High School relocation

Project update | November 2023

Investing in our schools

As part of the NSW Government's plan to rebuild essential services, the 2023-24 Budget is delivering a record \$8.8 billion for new and upgraded schools. This targeted investment in growing communities will ensure working families get access to a world class public education.

Project overview

The Forest High School is part of the re-zoning and planning framework for Frenchs Forest to create a new town centre for the community. The Forest High School will be relocated to a portion of 187 Allambie Road, Allambie Heights. This is located within the current intake area for The Forest High School. Student learning will continue at the current school site until the new facilities are built.

The Forest High School relocation project will include modern flexible classrooms for up to 1500 students; a new library, canteen and administration spaces; a multi-purpose sports and performance hall; new outdoor sports courts and landscaped recreation and outdoor learning spaces.

Progress summary

Site establishment has started on the construction site, and main works construction will soon be ready to start.

The main works contractor ADCO are finalising detailed designs of the school in collaboration with key stakeholders from the Department of Education and The Forest High School.

The Department of Planning and Environment has approved the State Significant Development Application and awarded conditions of consent.

Managing construction impacts: your feedback

Conditions of consent require School Infrastructure NSW and our contractor to prepare a Construction Environmental Management Plan (CEMP). The CEMP will include a number of sub-plans, including a

School Infrastructure NSW
Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au



Construction Noise and Vibration Management Sub-Plan (CNVMSP) that will outline how construction noise and vibration impacts to nearby local residents will be managed.

You can contribute to the development of management strategies within the sub-plans. Your feedback is sought by Friday 8 December 2023 on construction issues such as managing high noise generating activities and equipment, as well as vibration measures. You can provide your feedback by emailing schoolinfrastructure@det.nsw.edu.au or calling 1300 482 651.

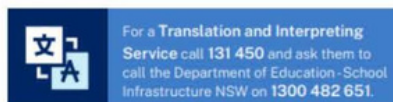
Mitigation measure	Description
Community notification	<ul style="list-style-type: none"> Notification of all residents (via project webpage) and the closest affected residential/commercial receivers surrounding the site (via letterbox drop) shall be undertaken prior to commencement of works. Notification should advise of anticipated date and duration of high impact works.
Provide respite periods	<ul style="list-style-type: none"> Rock breaking, rock hammering, sheet piling, pile driving and other similar activities should be addressed via respite periods, typically limiting operation to: <ul style="list-style-type: none"> 9 am – 12 pm and 2 pm to 5 pm, Monday to Friday 9 am to 12 pm, Saturday.
Vibration activities	<ul style="list-style-type: none"> No vibration monitoring for standard earthworks and construction works. Where vibration intensive activities are to be carried out within 20 metres of Arranounbai School, only vibratory rollers of up to 4 tonnes, and small or medium hydraulic hammers can be used. Vibratory compactors must not be used closer than 30 metres from residential buildings unless vibration monitoring confirms compliance with the vibration criteria specified in the consent conditions.
Noise monitoring	<ul style="list-style-type: none"> There is to be noise monitoring along the northern boundary of the Arranounbai School during the construction works.
Quiet work methods/ technologies	<ul style="list-style-type: none"> Noisy activities (exceeding the Rating Background Level (RBL) by more than 5 dB(A)) should not be carried out after 1pm Saturdays. School Infrastructure NSW must implement, where practicable and without compromising the safety of construction staff or members of the public, the use of 'quackers' (a type of alarm) to ensure noise impacts on surrounding noise sensitive receivers are minimised. A Driver Code of Conduct must be prepared and communicated by School Infrastructure NSW to heavy vehicle drivers and must address methods to minimise road traffic noise. School Infrastructure NSW must ensure construction vehicles do not arrive at the site or surrounding residential precincts outside of the construction hours of work.

You can view the consent conditions, including those required for managing construction impacts via the Department of Planning and Environment's project webpage at <https://www.planningportal.nsw.gov.au/major-projects/projects/new-forest-high-school>.

The CEMP and sub-plans will be available on School Infrastructure NSW's project webpage before main works construction activities begin.

Next steps

Main works construction is expected to begin in the near future. We will update the community with more information on the main works construction soon.



School Infrastructure NSW
Email: schoolinfrastructure@det.nsw.edu.au
Phone: 1300 482 651
www.schoolinfrastructure.nsw.gov.au





The Forest High School

NSW public schools open these holidays!

We're proudly sharing our space with the local community.



The Forest High School will again be participating in the Share our Space program in the Christmas holidays

Our school oval (not our basketball courts) will be available every day from the first Saturday until the last Sunday of the school holidays from 8am until 5pm, including public holidays

Unfortunately the oval is not available on Tuesday 9 January

If you wish to provide feedback, an online form can be found [here](#)



**You'd make
a great mentor**

Check out

raise.org.au

The power of showing up



8 great reasons to volunteer with Raise



Improved
listening skills



New
parenting skills



Leadership
skills



Improved mental
health literacy



Networking
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**Help teens build
resilience and hope**

Volunteer to mentor

raise.org.au

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