



Message from the Principal



The School Office is looking very festive. One more week till the holidays!

Cultural Sharing

The second phase of our recently formed partnership with Chifley College (Mount Druitt) took place on Tuesday. This program is the brainchild of Ms Weatherall and intended to combat racism and strengthen community ties between students from different cultural backgrounds. Earlier this year our students travelled out to Chifley College so this time it was our students chance to share what life is like on the northern beaches. What better way to do this than to surf waves at the beach. As you can see from the pictures, fun was had by all, and most importantly new friendships were formed.



Building Works

Approval for building works to begin at the new site have been given. This is an exciting next step! Click on this [link](#) to read an article on the new school project in the Northern Beaches Advocate. Images: Northern Beaches Advocate





Presentation Night

Presentation night is next Tuesday 12 December.

It starts at 7pm but students and parents are asked to arrive at 6:45pm to be seated.

Students receiving awards would have received an invite. They have been asked to return the slip by Friday to the front office or Mrs Gourlay.

Forest Green Basketball

Congratulations to the Year 9 boys in the Forest Green Basketball team who won their Grand Final last Thursday. There was a great turn-out from Forest High students to cheer the team on. It was a nail-biter game against St Luke's but Forest Green managed to hold them off 29-25 to secure victory.



Upcoming Events

12 December
Presentation Night
6.45pm for 7pm start

15 December
Christmas Assembly
Last day of Term 4 for students

18 December
School Development Day – staff only

19 December
School Development Day – staff only

Term 1 2024

30 & 31 January
School Development Days – staff only

1 February
Years 7, 11, 12 and Peer Support return

2 February
Years 8, 9 and 10 return

5 February
Year 7 Wellbeing Day

7 February
Recreational Sport Selections

14 February
Year 7 Welcome Night

21-23 February
Year 7 Camp



Year 10 Workshops

This week, Year 10 students, have been involved in a range of activities across the school.

On Monday, students learnt about car maintenance. The basics were covered such as what to do if you have a flat tyre, how to change the oil and there were other safety tips for students. For some students this will have been the first time they have looked closely under the bonnet of a car. Also on Monday, Ms Lockett ran a financial literacy workshop for students. Ms Lockett shared her industry experience and students were given some useful tips that will help them as they start to earn money through employment.

On Wednesday morning, students rotated through 3 workshops: Research and Library skills with Ms Murray, Organisation and Study Skills with Mr Woods and Mrs Coleman and Wellbeing (cognitive, emotional, physical, social and spiritual) with Ms Nestor. Each of the workshops were carefully planned with the needs of the Year 10 group in mind.

On Thursday morning students heard from an external presenter 'The Careers Guy' before choosing to hear from Macquarie University staff or Mrs Williams our Careers Advisor who shared her knowledge around alternative pathways for students post school. In the afternoon, students

benefited from a financial literacy workshop and a virtual work experience.

The workshops continued today (Friday) with sessions on Stress Management, Relationships and other team building activities.

There has been a huge amount of work that has gone into this. Many thanks to Ms Simic for leading the organisation and to all of our presenters who created workshops for our students.



In this edition of School TV SAFE PARTYING



Teenage gatherings provide young people with important opportunities to interact and build on their social skills and experiences. Celebrations, partying and socialising are a fundamental rite of passage and one of the most important aspects of a young person's life. However, it is possible for the best young person to get carried away by their peers and the euphoria of the moment.

For parents and caregivers, keeping your young person safe can at times feel daunting and is often a compromise and a challenge. Most teenagers try to do the right thing most of the time, but your leadership as a role model is crucial. Your child may appear to be physically large and mature, but this is not necessarily matched by their emotional maturity and responsibility in behaviour.

Every party has the potential to get out-of-hand as sometimes it's hard for young partygoers to make good decisions. Communication and regular discussions are vital, particularly because young people

are often faced with peer pressure to do things they prefer not to engage in. Hosting a celebration at home or at a venue can be a fun and memorable event but it is important to agree on the ground rules well before your event is announced to ensure there are no misunderstandings later on.

If hosting an event, you owe your guests a 'duty-of-care' and should ensure all reasonable steps are taken to keep partygoers safe. This Special Report provides caregivers with list of things to consider when planning a celebration.

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/special-report-guide-safe-partying





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](#)