



NEWSLETTER



Education

WEEK 11 TERM 1 2024



PRINCIPAL'S REPORT

Nathan Lawler
Principal

We hope you enjoy reading our final newsletter of Term 1. In weeks 5 and 10 of each term, we issue a more extensive update that includes reports from across the school. As you can see there has been a huge amount of activity at the school over the last 5 weeks. Given the various in-class and extra-curricular activities you will read about it was only fitting that we would finish with another event today – our school cross country.

Over the holiday period our school Library will be open for senior students during Week 1 and Monday and Tuesday of Week 2. There will be an extensive range of teacher led HSC workshops taking place in classrooms and workshops across Weeks 1 and 2 of the break. I would like to thank those staff who are running these workshops. Your efforts are truly appreciated.

The Year 12 Autumn School Holiday Classes and School Library opening hours can be found on our school website:
https://theforest-h.schools.nsw.gov.au/content/dam/doi/sws/schools/t/theforest-h/general/2024/year-information/Year_12_School_Holiday_Classes_Term1_2_2024.pdf

100% ATTENDANCE

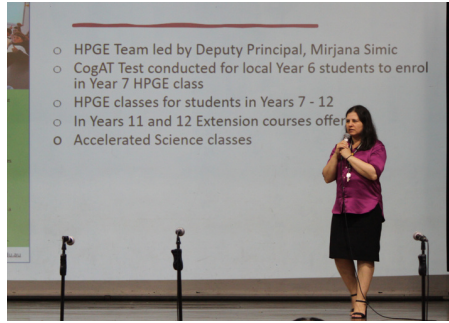
Congratulations to the students who had 100% attendance this term. To recognise this achievement they were rewarded with a jelly cup yesterday, generously provided by our P&C. Here are some of them pictured below.



We wish our students a safe and happy holiday and we look forward to them all returning on Tuesday 30 April.

Open Night

ON WEDNESDAY 6 MARCH WE HELD OUR OPEN NIGHT - THANK YOU TO EVERYONE WHO MADE IT SUCH A SUCCESS. IT WAS GREAT TO SEE SO MANY NEW FACES AND WE ALWAYS LOVE AN OPPORTUNITY TO SHOWCASE OUR WONDERFUL SCHOOL





WELLBEING REPORT

Leonie Crowe
Head Teacher Wellbeing

ATTENDANCE

Congratulations to all the students who attended school every day this term. Well done on your efforts. A reward coming your way this week. We continue to strive for a minimum of 90% attendance across the school. If your child is not attending, please make contact via text, email or parent portal to advise.

PARENT SEMINAR

A reminder about our "Let's Talk Mental Health" workshop on 5 June. Steve Gamble from Anchor Health will offer insight and solutions. Please put aside this date for an informative session on how best to support your child through the high school years and beyond. Thank you to Anchor Health and Steve Gamble who have supported our students this term.



THANK YOU!

A big thank you to the Learning Support team – teachers Kylie Coleman and Ben Woods and our SLSO team who consistently support students across all KLA's and year levels. We have been meeting with parents and students in recent weeks to review and update Individual Learning Plans (ILP).

A big thank you to the external services that have worked with our students this term. We value your support.

A big thank you to Ben Argue, our Student Support Officer (SSO) who has supported our students and included many initiatives this term that he tailors to large cohorts and small groups.

COOEEEE!!

is there anyone out there that has a skill set or experience they would like to share with our students and team?

We would love to hear from you. Please email me on:
Leonie.crowe@det.nsw.edu.au.

Wishing everyone a happy, healthy and safe holiday wherever you are.

Best wishes

LEONIE CROWE
HEAD TEACHER WELLBEING

The Forest High School

LET'S TALK MENTAL HEALTH

Presented by Steve Gamble founder of Anchor Health

Wednesday 5 June
7.00-8.30pm
in The Forest High School Hall

A presentation for parents to assist with supporting your children

No need to book - just come along

The Forest High School
<https://theforest-h.schools.nsw.gov.au/>
tel: 9451 5111

Running Club

Ms Chapman and Mrs Crowe welcome any students to come along and join in the fun at our Running Club which is held every Thursday morning at 7.30am in the gym. All welcome - walkers and runners!



FREE PARENT SEMINAR

Coaching to Connect



Responding to Big Emotions

This engaging and practical seminar is for parents to better understand and support your child to regulate through big emotions. This seminar will offer practical skills to begin emotion coaching and support connection with your teenager.

Centred on the evidence-based program 'Tuning in to Teens' by the University of Melbourne, this seminar will cover:

- The adolescent brain
- Emotional Intelligence and it's importance
- Emotion coaching in practice
- Strategies for connection

Where:
Online, Zoom

When:
Monday, 6th May

Time: 6:30pm -8pm
Cost: Free

Register:
Register
<https://forms.office.com/r/LYNWY2HA>



Contact:
Sally Hodges
e: sallyho@rnsww.org.au




CHARITY TRIVIA NIGHT

SO YOU THINK YOU'RE PRETTY SMART ??!

Gather friends and family for a night of trivia, competitions, auctions, games and lots of prizes.
This is your chance to show off your knowledge and have fun while helping raise funds for great causes.

\$25/ticket, \$160 table of 8 - Includes finger foods & desserts

KIDS WELCOME

SATURDAY APRIL 13, 2024

FORESTVILLE RSL 7:30PM

RAFFLES - DOOR PRIZES - AUCTIONS - GAMES

SPONSORED BY  **Rotary**
Club of Belrose

ALL PROFITS GO TO OUR CHARITY BENEFICIARIES

LIMITED SEATS
BUY TICKETS NOW!
@ bit.ly/BRCTrivia
or call 0402 938 870





International Women's Day Lunch

On Monday 4 March The Forest High School hosted a lunch for students and staff in support of International Women's Day. Guest speaker Jaimee Burke's message was "What I wish I was told in High School. Even in the face of adversity, women can do it all. Work hard, have a clear vision of what you want in life and never give up on your dreams."

Jaimee Burke grew up in Frenchs Forest. She completed a Bachelor of Law, was admitted as a lawyer and started her professional career at 22 years old. She has had a successful professional career in both private practice as a lawyer and also in-house at McDonald's Australia. She is now in a senior leadership and Department Head role at BAI Communications (formerly Broadcast Australia).

Jaimee talked about how she has had to overcome adversity and gender discrimination throughout her career. She believes in equality and that women can do whatever they dream of, both personally and professionally.

Jaimee also spoke of the challenges she has had in her personal circumstances along the way and how these experiences have shaped her today - it's important to acknowledge that things don't always come easy or go to plan in our lives.

We thank Jaimee for taking the time to come along and speak to our school community and also thank Mrs Crowe, Head Teacher Wellbeing for organising the lunch and the P&C for providing the delicious catering.



Mardi Gras Day

ON FRIDAY 1 MARCH WE CELEBRATED MARDI GRAS WITH GLITTER, FEATHERS, SPARKLES, FAIRY FLOSS AND MUSIC AT LUNCH. A FUN WAY TO FINISH THE WEEK AND TO CELEBRATE INCLUSIVITY IN OUR SCHOOL.

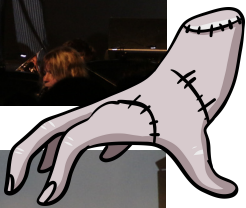




School Musical The Addams Family

What a fantastic production of *The Addams Family* our students put on from 3-5 April 2024. Audiences were treated to amazing performances by our wonderfully talented students and marvelled at the hard work and dedication put in by all involved in this show. Congratulations to everyone - students, staff, crew and ex-students - it was a highlight of the school calendar. There are lots more photos on our school website.







Art Express at the AGNSW

On 27 March Year 11 and 12 Visual Arts students attended a study morning at the Art Gallery of NSW followed by a visit to the Art Express, permanent exhibits and the Louise Bourgeois exhibition. Students learnt about what is needed to succeed in the HSC Visual Arts course and had a great time exploring the exhibitions

BRENDAN MCGRATH
VISUAL ARTS TEACHER

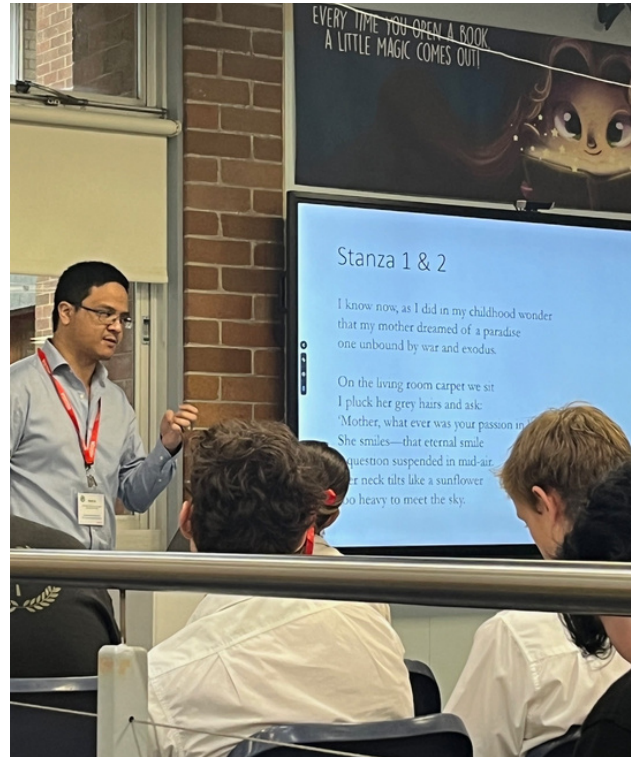


ENGLISH

Vuong Pham ‘ “Mother” Year 12 Standard English Poetry Lecture and Workshop

Year 12 Standard English students were blessed to have Vuong Pham, one of the poets set for study in Module A: Language, Identity and Culture, attend The Forest High School to deliver a 2 hour lecture and workshop. He deconstructed and discussed his set poem, "Mother," discussing his inspiration from his family's journey to Australia following the Vietnam War. He also included some insights into the creative process, and encouraged students to navigate creative writing tasks focused on developing character through figurative devices. Thanks to Vuong for making the journey to Sydney to present to our students - they are incredibly lucky to have had this opportunity, and this will no doubt be reflected in insightful, reflective writing about the poem in their assessments and HSC.

SARAH PEACHMAN
HEAD TEACHER ENGLISH



Bangalay Literary Festival

Students in Stage 4 and 5 who took up the wonderful opportunity to be part of the 2024 Bangalay Literary Festival had the first session of the year at Chatswood High School on Friday 5 April. They met their Author Mentors, Oliver Phommavanh for Stage 4 and Suzanne Garvey for Stage 5. They had the chance to read some of their author's work, workshop ideas for their creative submission, and collaborate with their peers from across the schools involved. Students are looking forward to meeting with their Author Mentors again in Term 2 to further refine their ideas. Pictured are Sophie and Inga from Year 7.



SARAH PEACHMAN
HEAD TEACHER ENGLISH

Term 2 2024 Events

- 29 April - Term 2 School Development Day - staff only
- 30 April - all students return
- 7 May - Years 7 & 11 Parent Teacher Interviews
- 8 May - Diversity & Inclusion Committee Meeting - 7pm
- 15 May - Grade Sport Trials
- 16 May - Athletics Carnival
- 22 May - Grade Sport starts
- 31 May - National Sorry Day
- 5 June - Let's Talk Mental Health Presentation - 7.00pm-8.30pm
- 6 June - Year 10 & 12 Careers Expo
- 7 June - Zone Athletics
- 8 June - Working Bee - 9am-1pm
- 10 June - King's Birthday Public Holiday
- 11 June - Silver Assembly
- 12 June - Diversity & Inclusion Committee Meeting - 7pm
- 13 June - Year 8 Maths P+P+P+P
- 17 June - SRC Environment Week
- 19 June - P&C Meeting - 7pm
- 20 June - Year 10 Science Expo - A Day of Change
- 21 June - Sydney North Cross Country
- 21 June - Stage 5 Music Night
- 24-28 June - Year 10 Work Experience
- 28 June - Year 7 Science Taronga Zoo
- 2 July - Year 8 & 10 Information Night
- 5 July - Linton/Townsend Cup Year 11 vs Year 12 - Last day of Term 2

EAL/D

What a winner of a first term it was for EAL/D at The Forest High School

Our students have started this year with some epic triumphs, raising nearly \$600 for our community partners at Multicultural Services Northern Beaches. Thank you to all of our dedicated students and families who volunteered on the day - it was such an honour to have you there.



We were also honoured to welcome Tibetan friends and families, new and old into our community this term, with our first family lunch for the year. Thanks for keeping the Forest community spirit well and truly alive with delicious momos, laughter, and deep connections to a loving and proud culture that we can all feel a part of.

Similarly, EAL/D students were blown away by the genius and innovation of Lachy Nott and his digitised word games at ESL Club. Students were challenged by fun and engaging riddles that left them laughing and always wanting more. EAL/D experts D'Arcy Jessop and Mason Saint-Barry also worked with a fiery passion to deliver inspirational and motivational presentations about life, and the importance of never giving up. And lastly a mammoth thank you to our community partners at Forestway Shopping Centre, Forestway Woolworths, Glenrose Shopping Village and Westfield Warringah Mall; for your ongoing and genuine support, loyalty, care, and consideration for our EAL/D community. Stay tuned next term for our biggest Diversity Showcase yet - you won't want to miss out.



Love from your EAL/D Team



Harmony Day

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. On Thursday 21 March we celebrated Harmony Day by wearing orange to support inclusion and harmony in our school community. Thank you especially to our families who came along to support the students at lunch - bringing treats with them - and everyone who donated their mufti money this morning, or bought a treat from the bake stall. Proceeds will heading to the Northern Beaches Multicultural Centre to help community in need. Thank you also to our photographers Indi and Georgia.



As part of our Harmony Day celebrations we had displays at Glenrose Village, Forestway Shopping Centre, and Warringah Mall. What an incredible opportunity for our students' work to shine in the community and to showcase our school's diversity and inclusivity. Thank you to Ms Weatherall, Mr Jessop and the EAL/D team for your hard work on these displays.



HSIE

Year 11 Geography

As part of the new curriculum in Senior Geography, Mr Tesoriero took his Year 11 class snorkelling in Cabbage Tree Bay Aquatic Reserve in Manly. The students conducted their fieldwork above and below the water, as they studied biodiversity and natural processes that shape the land and water. The students were accompanied by a professional guide and experienced wonderful encounters with a diverse range of marine species, including sea turtles, eastern blue groper, eagle rays and wobbegongs. It was an amazing day!



LANGUAGES

Japanese



YEAR 7

Year 7s have completed their first Languages course this term studying Japanese. All had a great time not only learning greetings and numbers, but also a part of the culture. They will start a new language and culture next term.

YEAR 8

Year 8 students have been introduced to a Japanese classroom where writing has become an integral part as they start to study the first of the Japanese alphabet, Hiragana.

YEAR 9

Year 9s ended the first term with a speaking and writing exam which are the hardest of the four macro skills in languages. They have begun learning the second Japanese alphabet, Katakana, and expressing likes and dislikes. Some Year 9 students hosted a few of our Japanese sister school students and enjoyed having them included in our class, sharing their insight on the differences between Japanese and Australian school culture and home life.

YEAR 10

It was a harmonious scene integrating lessons with our Japanese sister school students for a week! It was very special to have all our Japanese visitors join us in our small and mighty Year 10 Japanese class. The students practised their Japanese speaking abilities which along with forming new friendships, also resulted in a notably improved fluency and confidence. We had a live demonstration of Kendama, which is a traditional Japanese wooden toy, similar to a yo-yo. Impressive tricks were shared and so the Year 10s will have some time to practise on their own with the class's set of Kendama. We work hard and play hard!

In addition to reading and writing Hiragana and Katakana characters, the students have been introduced to more Kanji, the third and most difficult of the Japanese writing system. It's been a fascinating learning progress, not only learning about stroke orders but also the meaning behind each character. Learning Kanji is a journey and we've only taken the first steps.

Chinese



Students studying Chinese had the opportunity to engage in activities throughout the term that further enhanced their ability to communicate in arguably the most difficult language on this planet. Year 8 students have learnt to talk about themselves and their family members (pets included) while Year 9 students learnt to discuss topics related to nationality and language capabilities, which may come in handy when they wish to express their linguistic prowess in the target language.

German

YEAR 12

Students in German have spent the term learning about a variety of topics, engaging in conversations with peers and building their confidence using the language. Year 12 students have also had the opportunity to use German while learning about Germany's recent history and how this has impacted the culture. They are looking forward to exploring this further with an upcoming excursion to the Sydney Jewish Museum.

YEAR 10

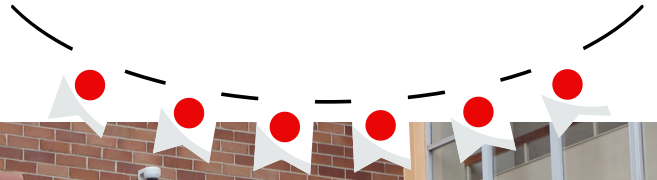
Year 10 German has also been focusing a bit on the culture of Germany while having ample opportunity to use the language. They have enjoyed learning about the differences youths experience in Germany versus here in Australia. Year 10 students will also soon have the chance to see what opportunities studying German can afford them by attending a university German open day.

JUNIOR CLASSES

Junior students of German have continued to demonstrate their growing confidence with the German language. Thus far, they have learned to talk about where they come from and what they like about school. Culturally, students have explored the differences between school in Germany and Australia and have even had the chance to discuss which school system they prefer. Junior German students will continue to build upon their language levels by discussing sports and family in the coming term.

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

Chiba Keiai High School Visit



Our sister school from Japan, Chiba Keiai, was finally able to visit us this year after a long hiatus due to the pandemic. From 11-18 March, visiting students had the wonderful opportunity to experience our school culture and the wide variety of subjects on offer here at The Forest High School. A huge thank you to the students from the Forest who graciously provided company and hospitality to our sister school's students during their stay. This could not have happened without your generous support.

LEO YE LANGUAGES FACULTY





LIBRARY



The Premier's Reading Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. It is open to all NSW students in Kindergarten to Year 10. To make sure you are reading the right books, please check the rules for your Challenge on the website: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Student Reading Records must be entered online. We have physical copies in the Library that students can complete and we can also enter for them. If you need more information, please go to the school library.

SRC

SRC and Musical cast members held a bake stall at The Northern Beaches Hospital on Friday 15 March to raise funds for the school musical *The Addams Family*. Thank you to all who baked the delicious goodies to support the school.



PDHPE

Term one has seen some excellent sportsmanship, competitive plays and victories for students at The Forest. We started off this year with some stellar performances from our Knockout teams including basketball, volleyball, soccer, netball, touch football and cricket.

Boys Basketball

Coached by Mr Fowles



The Boys Basketball team has done an incredible job this season. We had the home court advantage during the first game where we versed Carlingford High School.

Our next game was met with high anticipation as we had the home court advantage again. On days like this, the school is buzzing with excitement.

Round 3 saw the boys head to play at Cherrybrook Technology High School. At last, the boys experienced what it was like to not have the home court advantage. It was a rocky start for The Forest as CTHS scored a few three pointers to take the lead. The boys rallied and worked hard to come away with the win.

The boys played on Wednesday 10 April up on the Central Coast. Sadly they lost both games to finish 7/8th. The boys played well but were unfortunately beaten by much taller and skilful opponents. Nonetheless, it was a great day to see the standard the boys need to be at for next year and a great achievement making it this far - something that hasn't been achieved in a long time.



Boys Volleyball

Coached by Mr Garratt

The boys started off strong with their game against Davidson High School leading the first two sets. When it came to the third set, DHS lifted their game and took the win. The boys continued to work hard to try and overcome the other team but unfortunately the win was not on the cards for our team. Well done to the boys for their efforts and we look forward to coming back stronger next year.

Elite Athletes Program

We are in the process of developing an Elite Athletes Program here at The Forest High School. This program will be a part of the High Potential Gifted Education initiative. In the coming weeks we will share further information with students and families around the selection process for this. If your child is engaged in elite sports please consider requesting a letter of recommendation from their club over the holiday period.

Boys Cricket

Coached by Mr Higginson

It was an overcast start to the day as the Forest boys took to the field and St Ives (Mr Lawler's old stomping ground), went into bat after winning the toss. It was a slow start for the batting team with a few early wickets taken by Kashan A. before the St Ives middle order settled in. The runs stacked up as the overs ticked by and St Ives finished with a final score of 154. A good number to chase, the Forest needed 3.85 runs an over to win. We lost a few early wickets, but Ben H. held strong going on to score a top of 19 after being given a few lifelines by the fielding team. The middle order came and went for a few runs off the back of some incredible bowling and the tail end held their own scoring some quick runs. After a valiant effort fielding all morning and batting in the midday heat, the Forest were all out for 65. We congratulated St Ives on their win and celebrated the end of the match together. Whilst we lost this game, the Forest boys communicated well, cheered each other on and worked together as a team. A great foundation as we build into the year!



Girls Volleyball

Coached by Mr Garratt & Mr Higginson

It was a two hour commute for our opponents on Friday 15 March but Macarthur Girls High School showed up excited and ready to play. After a strong opening set from the Forest Girls, winning 21 to 11, the Macarthur Girls came back in the second set to win 21 to 16. This meant one extra set. Going point for point, both teams were chasing the win. It all came down to a final play for the Forest Girls to win 25 to 23. Great sportsmanship played by both teams and players connecting after the game. The girls will be off to play Round 3 at the beginning of next term.



Girls Soccer

Coached by Mr Higginson

The girls played their first game of the knockout round against Willoughby Girls High School on Thursday 21 March. Prior to playing the game, the team put in the work and completed a few training sessions with Mr Higginson and Ms Foster. Their training paid off as they held the score line up until half time. Willoughby Girls snuck in a couple of quick goals to take the lead. The Forest didn't give up and continued to hustle right until the final whistle. It was a delight to see some of our Year 12 students take the field for the final time for The Forest.

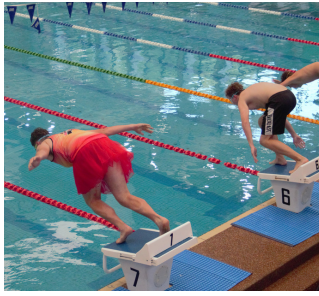
We would like to mention the other teams that played representing The Forest High School including

- Girls Basketball - coached by Mr Fowles
- Girls Cricket - coached by Mr Higginson
- Boys Soccer - coached by Mr Higginson
- Touch Football - Boys and Girls coached by Mr Bailey
- Girls Netball - coached by Miss Turner

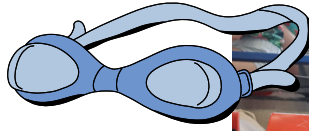
I would like to give a huge thank you to all the PDHPE faculty and sporting coaches for their time, energy and effort they invested into supporting these teams. The dedication and passion shown by our staff in supporting students to engage in sports is second to none.

GENEVIEVE NESTOR RELIEVING HEAD TEACHER PDHPE

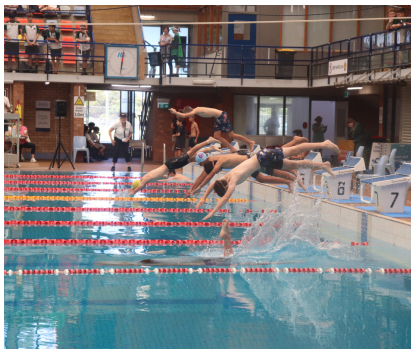
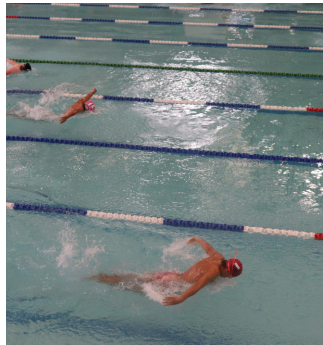


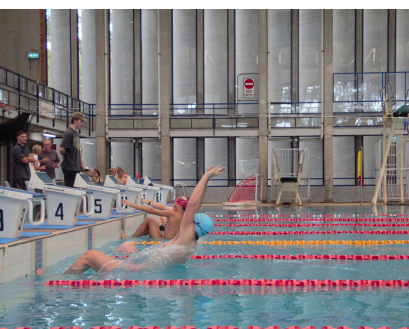


Swimming Carnival



Students took the pool by storm this year, with a huge increase in students participating in races across the day. We had our Year 12's wearing their lovely Hawaiian themed outfits which added an extra layer of fun to the day. Our Sports Captains, Keira and Fin, did an excellent job at supporting the House Captains in leading the House Spirit for the day. There was close competition at the start of the day between all the houses but it wasn't long before Ares took out in front and the gap could not be closed. There were many events in the day which saw a huge amount of school spirit where students were cheering from the balconies for students who were giving it their absolute best in the pool. It was a magnificent atmosphere that made you proud to be a part of The Forest High School community.





Friday Fitness

Thank you to Ms Turley, who is one of our teachers in the TAS faculty, for leading a martial arts session at Friday Fitness in Week 7. The students really enjoyed learning these new skills.



Congratulations To Meile A. in Year 9 who last weekend competed in the Women's Artistic Gymnastics NSW State Championships. Meile competed in the Junior Division of the National Level 10 (the last of National Levels), and she qualified to represent NSW in the upcoming 2024 Australian Gymnastics Championships, which will be held in May in the Gold Coast.

This is very exciting for Meile as last year she missed qualification to Nationals by just 0.2 points!

TAS



Barista Training

Here are our new Cafe de Forest baristas being trained in coffee making on Thursday 7 March at Little Italy Coffee Roasters. We are now enjoying their cappuccinos and lattes on a Friday!



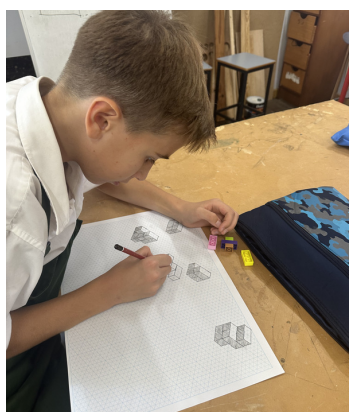
Year 11 Hospitality

Year 11 Hospitality students have now received their new uniforms - here they are hard at work in some of their first lessons



Technology Mandatory

Year 7 students studying Engineered Systems have been busily working on completing their introduction to the timber workshop practical project and learning various communication methods, including producing two-dimensional hand-drawn orthographic drawings and converting those to 3D models. These classes equip students with technical skills and foster a collaborative and problem-solving mindset. They have picked up these skills very quickly and have been eager to help each other tackle challenges as they arise. Seeing students sharing problem-solving methods and producing quality products has been wonderful. These skills will prepare them for success when they begin their racer designs next term.



Holiday Workshops

As the holidays approach, many Year 12 students will prepare to seize the opportunity to delve into their practical projects with uninterrupted focus. Members of the TAS staff will offer intensive holiday workshops, providing a conducive environment for concentrated work. These workshops offer access to necessary resources and foster collaboration and mentorship, preparing them well for the busy period ahead in their SHC courses. Through these workshops, students can make good progress in their projects and recap the coursework so far, honing their study and exam techniques in these workshops. Thank you to Mr Davies and Mrs Aroyan for working with their classes this holiday.

Holiday workshop dates:

- **Design & Technology with Mr Davies - Mon 15/4, Tues 16/4, Wed 17/4**
- **Textiles and Design with Mrs Aroyan - Mon 15/4, Fri 19/4**
- **Multimedia with Mrs Walsh - Mon 22/4**
- **Engineering Studies with Mrs Walsh - Wed 24/4**

Year 9 Timber

Miss Scott's Year 9 Timber Technology students have completed a term of upskilling in the timber workshops. They have learned various joint types and the value of careful and accurate marking and measuring when producing quality projects. We are very proud of how they have committed to quickly developing their range of skills. They have set a great foundation for the remainder of the Stage 5 course.



TexStyle Excursion

The Year 12 Textiles and Design class recently attended an exhibition featuring exemplary major projects from 2023. Included in the exhibition was the work of one of our students - Sophie Davies. The students attended a seminar where they heard about the best practices for compiling their project folios and completing their practical pieces, equipping them with valuable insights and strategies. Students left the exhibition energised and determined to infuse their work with the newfound inspiration and knowledge from the event. Thank you, Mrs Aroyan, for coordinating this valuable experience.



VET Work Placement

Year 12 VET Hospitality students are currently on their final work placement. Year 12 Construction students have been preparing to head out to the site early next term. Workplace learning provides opportunities for students to explore the world of work, gain job-ready skills and knowledge, practice general and industry-specific skills, identify career options and pathways, and be inspired by new work opportunities. In the past, many students have completed their final work placement with offers for apprenticeships after school. It's a wonderful opportunity for these students, and we look forward to hearing stories from their week.



Year 9 Food Technology

Year 9 Food Technology students have been studying nutrition and health and justifying the selection of food products for specific health needs this term. Students honed their abilities in designing and producing quality food, learning the art of presentation and the importance of attention to detail. As they tested their dishes in the school kitchens, students refined their cooking techniques and cultivated an appreciation for considering the nutrition and creative and scientific aspects of food preparation.

AMANDA WALSH
HEAD TEACHER TAS



P&C NEWS

As we approach the upcoming holiday break, it's important to take a moment and reflect on the incredible support and achievements within our school community. Your dedication and enthusiasm have made a significant difference, and we couldn't be more grateful.

During this term, our P&C has contributed in various ways, such as providing Zooper Doopers on scorching 44-degree days, organising guest speakers for International Women's Day, supplying breakfast for our running club each Thursday, paying for the delivery of a fridge for our breakfast club now stored in the Learning Hub, baked items to support Harmony day cake stall, and partnered with the school to ensure our library is open for our students to receive one-on-one tuition from our Trailblazers. Additionally, we would like to express our gratitude to those who baked and supplied delicious treats for our staff at the end of term staff thank you morning tea.

Although we had to postpone our Working Bee, we are already gearing up for our rescheduled date on Sunday 8 June. Your willingness to pitch in and help maintain our school grounds is truly appreciated and we can't wait to see the transformation we'll achieve together.

As we say goodbye to Term 1 and embark on the holiday break, let's carry this spirit of support and accomplishment into Term 2. Together, there's no limit to what we can achieve, and we're looking forward to seeing what the future holds for our vibrant community.

We wish you all a wonderful holiday filled with joy, relaxation, and cherished moments with your loved ones.

TFHS P&C





Dates for your diary:



2024 Working Bees - sign up [Here](#)

Please meet at bottom carpark 9am - 1pm

- Saturday 8 June
- Saturday 14 September
- Saturday 26 October



Diversity and Inclusion Meeting

Wednesday 8 May 7-8pm

P&C Meeting - Wednesday 19 June 7-8pm