



Message from the Principal



Year 7 Camp

Our Year 7 students will need some much needed rest this weekend after a fun filled camp. Many thanks to Ms Simic, Mrs Nestor, Mrs Crowe, Mrs Pomponio, Mr Argue, Mr Layton and Year Adviser Mr Hendy for supporting our students. I was fortunate enough to drop in for a short visit on Thursday evening and it was great to see lots of students tired after a day full of activities whilst running on very little sleep 😊 There will be lots more photos in next week's newsletter and on our school website next week.



Does your child need a little extra help with their literacy? (starting with Year 9)

Mrs Lepre and Ms Simic will be running a series of workshops for students after school on Monday afternoons from 3:10pm -4:00pm and Friday lunchbreaks in the Library. Both have extensive experience as English teachers and HSC markers. Please encourage your child to go along.



BYOD

There will be times in lessons where students will need to use a laptop. In these instances, it's always much quicker if students have their own laptop to use, rather than borrowing one for the lesson. Thus, if your child owns a laptop, please encourage them to bring this to school each day. If students do not want to carry around their laptop they should hire a locker.



DJ Wanted

If your child enjoys mixing and playing music, please encourage them to come and see me early next week. We are looking for a DJ to play each Friday morning for our Friday Fitness sessions.

Cerebral Palsy Alliance

Year 10 student, Ella R organised a meeting at the Cerebral Palsy Alliance headquarters in Allambie. Joining her was fellow interact members from Year 7 Daniel B and Jonathan M. Mr Argue and I were impressed with how well our students spoke about a future working relationship given we will be neighbours soon. Out of the meeting we will follow the lead of our Interact Club and take on the challenge of 10 000 steps in September. Further information to follow.

Open Night

Our Open night is on Wednesday 6 March from 5pm-7pm. Please spread the word and thank you in advance if your child is staying back to assist.

Run Club

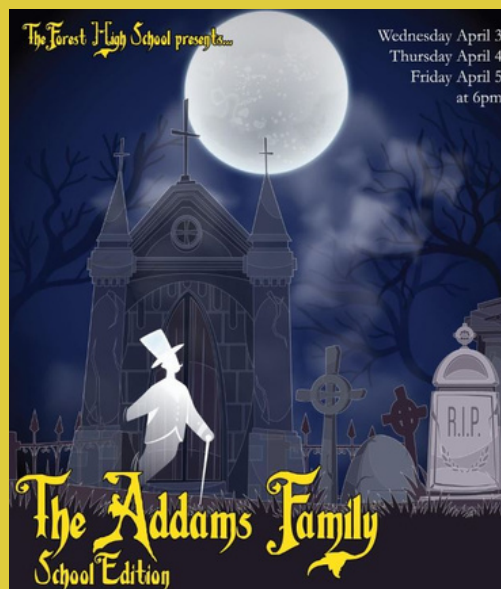
We are starting at Forest High School Run Club. All runners, joggers and walkers are welcome. Specific details will be communicated early next week.



Basketball – Knockout Sports Victory

On Monday 19 February, our Open Boys Basketball team won a hard fought match against Carlingford High School. The 40-34 victory came about on the back of an excellent team performance, which featured superb leadership from our experienced players, spectacular shooting from our marksmen and gritty defence from the whole squad. It was a well-rounded team effort to set up a huge second round clash against Randwick Boys. There has been lots of interest in knockout teams and we will be sure to celebrate the efforts of our students.

School Musical



Details on how to book seats will be available next week.

Preparations for our school musical are underway with students rehearsing after school. The Week 9 performances will come around fast and it has been great seeing the musical team come together and develop what will be an amazing rendition of The Addams Family.

Upcoming Events

6 March – Open Night 5–7pm

8 March – School Swimming Carnival

13–19 March – Naplan Testing

15 March – Zone Swimming Carnival

19 March – Years 10 & 12 Parent Teacher Interviews

22 March – School photos (Make-up Day 28 March)

29 March – Good Friday – school closed

1 April – Easter Monday – school closed

2 April – Years 8 & 9 Parent Teacher Interviews

2–5 April – School Musical – The Addams Family

7 April – Working Bee – 9am–1pm

12 April – School Cross Country
Last day of Term 1

29 April – School Development Day – staff only

30 April – First day of Term 2
– all students return



THE FOREST HIGH SCHOOL

**OPEN NIGHT 2024
WEDNESDAY
MARCH 6
5PM - 7PM**

- Join our tours in the afternoon
or pre-book your timed tour at
<https://www.picktime.com/TheForestOpenNight>
- Meet our students and staff
- Year 12 BBQ and treats from our Food Technology students
- Demonstrations and performances from our students



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



The Forest High School

High Potential & Gifted Education Test

Students wishing to be placed in our HPGE class for the intellectual domain in Year 7 2025 must first sit this test.

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

The Year 7 2025 HPGE class will be determined after close examination of the test results and the student's Year 5 NAPLAN results and Year 5 school report.



Wednesday 3 April 2024
Time: 8.45am - 12.45pm
Where: TFHS School Hall

- Call the School on 9451 5111 to register by Friday 15 March.
- Email a copy of your child's Year 5 NAPLAN results by Thursday 28 March to: theforest-h.school@det.nsw.edu.au
- Cost \$30 - please pay online by Thursday 28 March via our school website. Click on the "Payments" tab on the home page. Go to the bottom of this page and "Click here for non-student payments".
- Financial assistance for the cost of the test is available - please contact the school if required.

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

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

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



The Forest High School

Dear parents and carers

It's been great to have our students back in classrooms and settling into the school year. I know all our teachers are looking forward to a successful 2024 and are excited to work with you to make this a memorable year for your child.

The evidence is clear that consistent attendance is the essential first step for your child to have a positive experience at school.

Every day matters for your child's learning. In recent years we've seen too many students miss a day of school here and there. Missing school for students means missing assignments, time with friends, an important maths lesson or getting picked for a sports team. With days missed, years are lost.

Students are required to attend school every day, whether it's the first or last day of the term, Mondays, Fridays or days dedicated to sports carnivals, school excursions and incursions.

Help us make sure your child is achieving their best and stays ahead in their learning with regular school attendance. The more time your child attends school, the greater their opportunity to learn, make new friends and improve their wellbeing. Together, let's build positive attendance habits for a lifetime.

If your child is absent from school, please let us know why as soon as possible, even if it's just a few minutes at the start or end of the school day. Of course, there will be times when your child is unable to be at school (like when they are unwell). Medical appointments should take place outside school hours where possible and family holidays should be taken in term breaks.

If your child is feeling anxious about coming to school and you need support, please reach out to your child's teacher or me directly. Our staff are here to work with you and your child to help them attend school each and every day. There are also helpful resources for parents and carers on the [Every Day Matters website](#).

Thank you again for working with our teachers and support staff to make sure your child is at school, on time, every day. We all want to see our students learn, grow and belong in our equitable and outstanding education system.

Yours sincerely

Nathan Lawler

The Forest High School

education.nsw.gov.au

Every Day Matters

If your child misses
as little as

1 day
per fortnight

they will miss

4 weeks
of school
per year

which adds up
to over

1 year
missed over
their school life



Make sure your child doesn't miss out on the important things like:



Learning



Strengthening friendships



Emotional development



Scan the QR code
to learn more