

Message from the Principal



Year 8 had a fun day last Friday with a hands-on medieval experience when they were able to experience medieval armour and weaponry and use their creativity to construct model castles, with some outstanding results! More photos on our website



Year 7 and 11 Parent Teacher Interviews

Many thanks to all staff, parents and students who attended Tuesday evening's Parent-Teacher Night. These discussions are useful in providing an update as to how your child is progressing in each of their courses. At assemblies we regularly talk to students about focusing on the things within their control. It might be useful to loop back with your child and confirm what their next steps will be. Focusing on 1-2 behaviours that can then become a routine, should place them on the path of continual improvement.

Examples include:

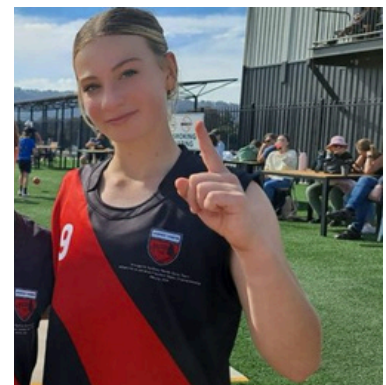
- Spending a specific amount of time each weekday afternoon revising what they learnt earlier in the day.
- Starting an assessment task when they first receive the notification and talking with their teacher the following day if anything is unclear.
- Coming to school each day with all required equipment.

- Staying back each Monday afternoon in the Library to work on assignments or to revise classwork.



Diversity and Inclusion Meeting

Thanks to Mrs Coleman, Mr Argue and the parents who joined Wednesday evening's meeting. Mrs Coleman led a session on C-Pens. Whether it is dyslexia, visual impairments, or anything else, a reading disability is challenging. C-Pens are designed to promote active independent reading, understanding, and learning. Students scan the text with the C-Pen through their headphones and can decipher sentences or individual words. With the support of the P&C we have a number of these devices that can be loaned by students with additional learning needs. Please reach out to Mrs Coleman if you have questions.



Freya's AFL success

Congratulations to Freya W. in Year 7 who competed in the Sydney North U15 Girls AFL side at the CHS carnival in Albury last week. The side went through undefeated scoring 185 points for and 16 against, winning the final against Hunter 7-6 in a hard fought win, becoming the CHS champions. After a strong carnival Freya was then selected in the NSW CHS side that will now compete at the NSW All Schools carnival in early June, again in Albury. As a 12 year old, Freya thoroughly enjoyed competing against the older girls, relishing the challenge and getting some great experience. Well done Freya! Selection in the NSW CHS side is an awesome achievement.

Messaging to students at Senior Assembly

At Tuesday's senior assembly, we spoke about students taking charge of their day. I provided different examples of how this might be done.

The first message is a Growth Coaching strategy which involves students plotting their confidence level on the scale for a particular course. If a student was to indicate that they are sitting on a 6 for Mathematics, they could ask themselves.

To move to a '7' what would be an action I would need to take?

Note that the focus is about moving one place at a time on the scale. Taking small steps overtime will lead to routines being established and maintained.



I also spoke with students about how they are planning their week. The simple task of spending time to plan the week ahead will hopefully mean that the most important and urgent activities are being met and cognitive load is reduced by allocating time and space for other tasks to be completed.



Students were also reminded that the section of their reports titled Behavioural Expectations – Social and Learning Skills is an area where their improved routines will be recognised. Students are at all different levels academically. What we all have in common is the ability to put in effort.

| Behavioural Expectations - Social & Learning Skills | | | | |
|---|---|---|---|---|
| Area | C | U | S | R |
| RESPECT : Works cooperatively with others | ✓ | | | |
| Area | C | U | S | R |
| RESPONSIBILITY : Takes responsibility for their own learning | ✓ | | | |
| Area | C | U | S | R |
| PERSONAL BEST : Completes all course work to the best of their ability | ✓ | | | |

C = Consistently, U = Usually, S = Sometimes, R = Rarely



Year 11 Excursion

Many thanks to Mr Mansell, Ms Simic, Mr Woods, Mr Connery and Ms Chapman for accompanying our Year 11 students to Macquarie University. Students had an opportunity to explore the campus and hear from guest lecturers. Chatting with students upon their return, it was evident that some are now feeling more motivated as they continue their senior school journey. We look forward to strengthening our ties with Macquarie University over the coming months.



Run Club & Friday Fitness

Another great turn out at Run Club yesterday morning and Friday Fitness today. We were thrilled to welcome back ex Forest High student Jacob H who graduated in 2020. Jacob is now a personal trainer and our students enjoyed the session he ran for them.





Year 12 Construction students on Work Placement

Our Year 12 Construction students have completed a week-long work placement this week, impressing employers with their skills and attitude. They showcased their dedication, teamwork, and problem-solving abilities. Congratulations to our students for their outstanding performance and representing our school with pride!

The Forest High School

LET'S TALK MENTAL HEALTH

Presented by Steve Gamble
founder of Anchor Health

A presentation for parents to assist with supporting your children

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

\$10 fee - please pay via our school website

1. Click on the Payments Tab on the green section bar in the middle of the home page
2. Scroll down to bottom of page and click on "Click here for non-student payments"
3. Click on Add Item
4. Select "Let's Talk Mental Health"

Upcoming Events

16 May – Athletics Carnival

21 May – Year 10 Science Taronga Zoo excursion

30 May – Zone Cross Country

3 June – Year 10 Minimum Standard Testing Week

5 June – Year 11 & 12 Minimum Standard Testing

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 – 9am in School Hall followed by morning tea

12 June – Diversity & Inclusion Meeting – 7pm

12 June – Year 11 & 12 Minimum Standard Testing

13 June – Year 8 Maths P+P+P+P

17 June – SRC Environment Week

19 June – P&C Committee Meeting – 7pm