



# Message from the Principal



## Report Distribution and Goal Setting

This week our Year 12 and Year 11 students received their reports. Our awesome Year Advisers Ms Turner (Yr 12) and Mr Woods (Yr 11) put in a huge effort when putting together a summary of their collective progress.

Following the presentations from Year Advisers, throughout the day, students in small groups met with a staff member and planned their next steps. This year, we have made some changes to the goal setting process, in the hope that students walk away from the session with greater clarity around what they will specifically focus on. Next week, we are also planning to email home the goal setting sheet for each Year 11 student who indicated that they were happy for it to be shared with their parent. It is hoped that this will lead to conversations about learning growth.

Many thanks to our small group coaches and Deputy Principals Ms Simic and Mr Bailey for leading the organisation.

## Multicultural Showcase - Round 2

This was a highlight of the year so far. To see our First Nations, Pacifica and Tibetan groups share traditional dances was amazing to see. The audience of students, staff, parents, siblings and grandparents gave a warm round of applause to our performers.

All of our performers, whether they danced, read poetry or told stories about their culture, were thanked and commended for their bravery. Taking the stage is never easy.

These students were well prepared and supported by Ms Weatherall who leading up to the performances spent countless hours after school supporting the students. There are more photos of these wonderful performances on our school website.

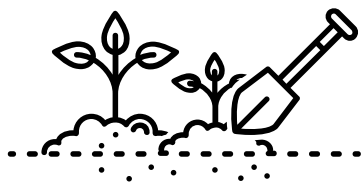


## Let's Talk Mental Health

Many thanks to Steve Gamble from Anchor Health who led an interactive workshop for parents. He was able to provide practical ways of starting a conversation with young people and he assured parents that it is more about leaning in than knowing exactly what to say. Steve will continue to work alongside our students throughout the remainder of the year. Many thanks to Mrs Crowe for arranging this worthwhile opportunity.

## Minimum Standards

To meet the HSC minimum standard, students need to achieve Level 3 or 4 in short online numeracy, reading and writing tests. Students in Year 10 have sat each of the minimum tests this week. Students who do not pass the assessment will have further opportunities to sit the assessment later in the year. A huge thank you to Mrs Gourlay for her smooth organisation.



## Working Bee

Just a reminder that we are having a Working Bee tomorrow, Saturday 8 June from 9am to 1pm. If you are able to come along and help, even for an hour or so, it would be much appreciated. We are hoping to give the school grounds a winter make-over. We thank you for your support.

## Forest Fitness

We were excited to welcome back past student Zac to our Forest Fitness session this morning. Zac is now a personal trainer and we appreciate him sharing his knowledge and experience with our students.



## Year 11 Camp

On 26 June - 27 June we will be running a Year 11 'Life Ready' camp at Collaroy. This is an opportunity for students to undertake the mandatory Life Ready course in a block, rather than taking time out of classes throughout the year. On Monday the online content and payment link was communicated to parents. Mr Woods and Ms Simic have been working hard to design a program that aligns with the program whilst also providing an opportunity for students to connect and learn skills for the future. A full list of what students need to bring and itinerary will be communicated next week. Students can take their mobile phones to camp; however, these will need to be in phone pouches. There are some workshops where students can use their phone to access particular apps. Students who do not have a phone pouch will hand their phone to a staff member at the beginning of the camp.





## Running on the Roof of the World

On Friday 31 May 7ENGA celebrated finishing their set novel, *Running on the Roof of the World*, with an immersive Tibetan feast. Set up like Masterchef, we had some incredible student cooks bring in momos, thukpa, and samosas to be tasted by our judges Samdhrup and Ms Aroyan. Ultimately Chiara A won for her incredible thukpa, a warming Tibetan soup with homemade dumplings and homegrown shallots! The novel is about Tash, who journeys through Tibet to India in search of her parents after they are captured by the Chinese government. This is a great text to provide our Forest High students with an understanding of our Tibetan community, who are so important to our school culture. Huge thank you to the many Tibetan parents who visited us to share their wonderful cooking and participate in this event with us.

SARAH PEACHMAN  
HEAD TEACHER ENGLISH



Congratulations to Freya W. in Year 7 performed strongly for the CHS U15 Girls at the NSW All Schools AFL Championships in Albury this week. The team played a series of games against Combined Independent Schools (CIS) & Combined Catholic Colleges (CCC) coming away with a Silver medal after being narrowly edged out by the previously undefeated CCC. Playing as a defender in the backline, Freya had a standout performance in the Final taking multiple intercept marks, tackling ferociously and saving a number of goals, helping the side to Draw with their highly fancied opponents. While she missed out on selection in the NSW All Schools side, she will be back for the next two years to try and go one better after receiving wonderful feedback from the coaches.





## Year 10 & 12 Careers Expo

Welcome to your future! That was the theme of the morning for Year 10 and 12 students on Thursday, as they had an unforgettable experience at Miramare Gardens Belrose, Career Expo 2024. Students began the session with a valuable presentation on the intricate workings of ATAR scaling and UAC admissions from leading specialists. For many, it was a powerful reminder that every assessment counts, and that when it comes to the HSC, the standards across the state are undoubtedly high - so let's ensure we bring our A-game next term Year 12;) Students were then welcomed by leading industry professionals across a range of tertiary institutions, youth service providers, disability enterprises, small business owners, and NGO's. The wide array of engaging exhibitions were the perfect taste tester for our students and allowed them to consider new possibilities and career opportunities for the next stage of their lives. Exhibitor feedback was incredible, with hosts praising both the behaviour and level of engagement of all students - well done Forest High for asking the tough questions and getting serious about your academic and professional futures. A big thank you to Mr Bailey for organising such a fun and rewarding experience for everyone.

LAUREN WEATHERALL  
EAL/D COORDINATOR  
ENGLISH TEACHER



"The Careers Expo was very insightful with lots of useful information about life after high school; including information about university, TAFE apprenticeships and GAP years. There is a little something for everyone, and you just can't miss out on the freebies. Overall, I would recommend the experience to others who are struggling to figure out what they would like to do after high school."

Isla J, Year 10





## LIVING WORKS

### Suicide Prevention Course for Parents & Caregivers – free until the end of June 2024

LivingWorks is a leading suicide prevention and intervention training company with a focus on empowering everyone to play a role. in helping to make communities everywhere safer from suicide.

Until the end of June 2024 they are offering a suicide first-aid training program free to all NSW communities including parents and caregivers. The online course takes approx. 90 minutes and provides links to help and resources you can access in your local area.

Click on the link below for more information on the courses they offer.  
<https://livingworks.com.au/nsw-funded-training/>

**Please note the courses are free only until the end of June.  
After that there is a fee for the courses.**

## Upcoming Events

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

20 June – Year 10 Science Expo – A Day of Change

21 June – Stage 5 Music Night

21 June – Sydney North Cross Country

24–28 June – Year 10 Work Experience

26–27 June – Year 11 Camp

27 June – Sydney North Dance Festival

28 June – Year 7 Science Taronga Zoo

1 July – Zone Athletics

2 July – Year 8 & 10 Information Night

5 July – Linton/Townsend Cup Y11 vs Y12  
Last day of Term 2