Principal's Report

Open Night
Parents and students are invited to attend The Forest High School Open Night on Wednesday 9th March from 6:00pm to 8:00 pm. The evening includes: Principal’s and School Captains’ address, displays and activities in all faculty areas, faculty treasure hunt, school tours, music, dance and drama performances and teachers available to answer questions. 
Meet the Principal is scheduled for Monday 21st March from 9:00am to 10:00am for parents and students wishing to attend a school tour and ask questions during regular school hours.

GATS Testing
GATS testing for the 2017 Year 7 Gifted and Talented Class will be conducted in the school assembly hall on Saturday 12th March from 9:00am to 11:30am. The cost of the test is $40 payable on the day. To enrol for the test, contact the school on 9451 5111 to register and for more details. The reserve test session is on Monday 14th March from 4:00pm to 6:30pm.

Hospital Site Visit
On Friday 5th February a group of four Year 10 Engineering students, Jasper Schwarz, Andy Pataki, Sophie Jukes and Amy Sheppard, Stephen Davies, Head Teacher TAS and I visited the hospital site. Mike Baird, Jillian Skinner and Jonathan O’Dea were present along with Deborah Latta, the Healthscope Project Manager and Anthony Armstrong, Site Manager as well as other site officers and government officials. Sophie Jukes and I placed our hands in a wet cement plaque along with the Premier and the Ministers and Deborah Latta. The Plaque will be engraved with our names and will be in the hospital garden.
The Premier and Health Minister were very interested in our partnership with the new hospital. The students were extremely excited and asked quite astute questions.

RMS work on school and roads
Ferrovial York Joint Venture, the contractor who is doing the road works has commenced some work on school grounds. Our front fence was moved over the school holidays in alignment with the property adjustment and the work on that section of Frenchs Forest Road will commence shortly. Some of the work on the school grounds will commence in the next couple of months (the car park behind A Block and the new multi-purpose games court) and the improvements to the other two car parks (the front and western car parks) will commence in the December/January holidays at the end
of the year. With the assistance of RMS, we will be holding some safety talks with the students shortly.

**Assets update**
The new wet and dry science lab in A Block has been completed and the new senior classroom in the library is operational, although we are still waiting on some new technology and air conditioning.

**White Ribbon**
Kurt Neely has taken over as the White Ribbon Coordinator. Kurt and I attended the final training today and we are now officially a White Ribbon School. We are hoping to hold more information sessions for students, staff and the community soon and we will be investigating curriculum links. The wellbeing program that PD/H/PE ran for targeted students last year was evaluated as being quite successful and we are hoping to extend that program and investigate ways that aspects of it can be incorporated into the Year 8 curriculum. There will be a continuing focus on respectful relationships in 2016.

![Participants in White Ribbon Day](image)

**Staffing**
The Head Teacher Teaching and Learning position is currently being advertised and will close on Wednesday 24th of February. Once that position is filled we will be filling approximately four classroom teacher positions in several faculties.

**Enrolments**
The school now numbers 919 students.

*Rosemary McDowall, Principal*

**Deputy Principal's Report**

**Career Advisors Day**
On Friday 19th February Mr Chris Mansell, our Careers Adviser, and I were invited to attend the annual Careers Advisors Day at Sydney University. Each year Sydney University and other Universities in Sydney organise days so that they can let school communities know of new innovations in their organisation, new and re-designed courses as well as a range of opportunities for student admissions. This event was held in the brand new Nano-Science Building on the Sydney University campus, and is a building purpose-designed for research as well as education - state of the art in fact. Many faculties within the University were represented to deliver presentations or to involve the audience in Q & A sessions. Overall it was a worthwhile day. Students should speak to Mr Mansell if they have specific questions about courses available in 2017, entry requirements and the offering of scholarships to students.

*Cathy Thompson, Deputy Principal*
DEAR (Drop Everything and Read) Term 1 2016
Our reading/welfare program has started well for 2016. Year 7 are reading the book *Ugly*, which is an autobiography written by Robert Hoge, who was born with a significant health issue. His determination to overcome his obstacles and finally embrace his 'ugliness' is quite amazing. There is a great TED talk by him which I would encourage parents to watch. The link is [https://www.youtube.com/watch?v=QbxinUJcLGg](https://www.youtube.com/watch?v=QbxinUJcLGg)

Year 8 are reading *Fake Profile* which is about cyber bullying and other issues affecting young people today.

Year 9 are bringing their own books to read this term. Parents are asked to check that their child has a book to read. They are not allowed to read from phones etc.

Please contact Denise Wright, Deputy Principal, if you have any questions about this program.

Year 7 Report
Welcome to all our new Forest families in Year 7! The Year 7 students have been busily settling into their high school routine and are doing so very quickly and with great enthusiasm. Year 7 have begun their Peer Support Program with their Year 10 Leaders, who have been a great help in assisting the Year 7 students to feel at home at TFHS. They have been covering a range of topics centered around Resilience. They have been discussing how to be supportive of one another, how to show empathy towards others, the importance of having an optimistic attitude, and how to persevere with difficult tasks and situations. These activities are designed to help the students transition into high school and deal with the challenges that can arise in a new environment with new relationships. It is a very beneficial process, and has already had some positive effects on how our students manage themselves and others.

A selection of our Year 7 students are responsible for raising and lowering the Aboriginal and Australian flags that are flown at the front of our school. This is a responsibility traditionally held by Year 7 students. This term our volunteers are Tia-Drew Kelso-Ferrier, Daniel Smith, Josh Fairbairn and Daniel Flewin. Thank you to these students for carrying our this important responsibility.

Our annual Year 7 camp will be taking place later this term in Week 10. Information will be heading home by the end of the week. This is a great opportunity for students to have a break from the normal school routine, develop new friendships and experience new (and sometimes scary!) activities.
and challenges. We encourage all students to attend and get involved in the events of the trip. It is a great experience, building wonderful memories of high school life. I will be attending, with a number of other teachers. We are all very excited about attending and expect the Year 7 students to be sharing in this excitement!!

Mrs Diggins’ Technology Mandatory class recently completed their first practical lesson in Food Technology. I observed part of this lesson and was very encouraged to see the students so engaged in their ‘food prac challenge’! They produced wonderful results, and were very proud of their efforts, as you can see below!

Amanda Walsh, Year 7 Adviser

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Year 8 Report
Welcome back to Year 8! We hope that you had a relaxing and enjoyable break. We have been hearing about some of your holiday adventures at our year assemblies as we are encouraging the students to take an active part. If your child is involved in any extra-curricular activities or events please encourage them to talk to us and we will arrange for them to talk or present at one of our meetings. It is fantastic to see our Year 8 students embracing the new year with enthusiasm and diligence!! As we visit roll calls it is great to see students focusing on their reading. Please continue to encourage them in this!

The whole school had an enjoyable day at the swimming carnival with some notable achievements from Year 8 students:

- **Sapphire Powley-Burnett - Age Champion Girls 13 years**
- **Carly Adams - Age Champion Girls 14 Years**
- **Lachlan Brown - Age Champion Boys 13 Years**
- **Riley Schwarz - Age Champion Boys 14 years**

Congratulations to these students and to all participants for making the day so enjoyable.

We are planning an event for Year 8 at the beginning of next term …… we will keep you posted !!! Thank you for all that you do in encouraging your child to achieve their best and embrace school life at The Forest High.

Sarah Hawling and Julian Floriano, Year 8 Advisers
**Year 9 Report**

It is lovely to see the Year 9 students settle back into the academic year. I would like to congratulate them for their continued effort to wear the correct school uniform with pride and their punctuality to lessons on time, prepared for learning.

At the year meeting last Tuesday, I spoke with the students in regard to time management and the importance of developing a regular homework/study plan for successful learning. All students should be referring to their Assessment Booklet to help them organise their time and school commitments. I reminded the students that “Beyond the Bell” is available on Wednesday afternoon to assist them in completing their tasks as well as the Maths Help Desk available Fridays at lunch time. Students should always seek assistance from their subject teachers if further explanation is required. I have a few additional copies of the Assessment Booklet if a replacement is needed.

Planning for the Year 9 Camp for next term is well underway - a written notification with costs and other requirements will be sent home shortly. Dates for the camp are 1st-3rd June 2016 (Term 2 Week 6) and the venue is the Sport and Recreation Myuna Bay camp. It is a different camp to the one we went to in Year 7 and I have heard excellent reports about the activities.

**Clare Diggins, Year 9 Adviser**

**Year 10 Report**

Welcome back Year 10. I hope everyone had a wonderful break over the summer and is eager to learn. This is an important year for our cohort as they strive towards the completion of their ROSA (Record of School Achievement). In order for the students to achieve their ROSA an essential requirement is that all assessment tasks are completed and handed in on time.

To assist students with their study skills in the lead up to their HSC, Year 10 will be participating in a program called the Senior Preparation Program (SPP). The SPP will focus on skills such as note taking, goal setting, mind mapping and good study habits. The structure of the 3+3, expectations from the BOSTES and subject selection will also be discussed in the program.

Parent Teacher interviews will be held in Week 10 on Tuesday 29th March. Look forward to meeting you on this evening.

**Michelle Nunura, Year 10 Adviser**
Year 11 Report
The first few weeks of the new year have passed in a flash and we are now about half way through the Preliminary courses. This means that the HSC courses will be starting soon; in fact, at the start of next term!
It is important for parents and students to be aware of the importance of completing and submitting assessment tasks on time and to the best of the student’s ability. There have been a number of N-determination warnings issued already to Year 11 students and this is a major concern. Failure to submit tasks has consequences and students must work consistently using a study timetable and a diary to ensure all tasks are submitted on time.
Whether homework has been issued or not, students should be working hard each day on one or more of the following:

- Assessment tasks
- Outstanding homework
- Revising and summarising notes
- Creation of mind maps and other graphic organisers of information
- Preparing for the Preliminary exams which are only a few short weeks away (starting 29th March)

While we recognise that balance is important, it is clear that the students who perform best in the HSC are those who are organised and work consistently throughout their senior years rather than relying on cramming in the weeks leading up to the HSC. On a final note, parents should be aware that school photos will be taken on Thursday 10th March.

Jason Millar, Year 11 Adviser

Year 12 Report
Year 12 have settled in well to their subjects for their second year of the 3+3 – and final year of high school! I would encourage all students to take responsibility for their learning and achieving their personal best in all aspects of schooling this year.
The jerseys have arrived and the students look fabulous. It is lovely to see the cohort take such pride in their uniform! The Year 12 Formal Committee will be meeting throughout this term contributing their thoughts and suggestions in determining the venue and the fine details of the evening in late November.
The 3+3 Parent – Teacher interviews will be held on the 25th February from 3.45pm to 7.30pm. It is a great way to gauge how your child is progressing in each subject area. The Preliminary Yearly examinations are in Weeks 9 and 10 of this term. Every student should be engaged in a regular study regime in order to be prepared for these.
Karin Nixon, Year 12 Adviser

High Resolves
Year 7 High Resolves Leadership Program
All Year 7 students will be participating in the High Resolves Leadership Program beginning with the first session held on Tuesday 23rd February. During this time students completed activities on "What's my Cultural Lens?" and also worked with High Resolves facilitators on activities focusing on "Collective Identity".

Year 10 High Resolves Leadership Program
The Year 10 High Resolves team met on Friday 12th February for the day to organise and prepare for the year ahead. Sybylla Anderson is the High Resolves Facilitator for the year and she will be guiding the team through the process of developing a community action program. The next meeting will be held all day on Friday 11th March.
English Report
The English Department are moving through their engaging programs for 2016. Students are reminded to look at each assessment task as an opportunity to show their teacher a 'snapshot' of what they are capable of at the end of a unit. Assessments give teachers a good indication of how to help individual students make improvements in their understanding. In English, it is not only about understanding the work, but also the world around them. Give each task your personal best! If your child indicates to you at home that they would like a sample of their excellent efforts in English published in the school newsletter, or presented at assembly, please contact Mr Falkland.
Students should be reading widely in their spare time on a regular basis. Please encourage your child to read and discuss their novels with you. If your child struggles to find a book that they enjoy, their English teacher will be more than happy to make recommendations.

Competitions
Mr de Montfort is our Public Speaking Coordinator for 2016 and will be registering debating teams over the next term. We look forward to reporting on the progress of each team over the year. The English Department will be promoting several writing competitions this semester. Students can submit poems, narratives and films and a range of prizes can be won. The ‘Write4Fun’ competition is now open, which is designed to encourage creativity with literacy. If your child is interested in this competition or any other, they can visit the noticeboard outside the English staffroom or they can speak to their English teacher or Ms Nixon, who is the Competitions Coordinator for 2016.

Excursion
On Friday 26th February selected students from the Preliminary HSC cohort will be attending an HSC Paper 1 Student Day at Sydney University. These students will listen to a range of lectures that provide them with information and resources relating to their HSC coursework. These students will be sharing their acquired knowledge and resources with their classes when they return to school.

Alex Castle, English Department

Mathematics Report
Welcome back to 2016. Term 1 has seen classes settle back into routine. All students should now have a calculator, work book and a text book on loan for the year. We have encouraged students to use the online version of the textbook at home and leave the textbooks in class. Students in Years 7 to 10 have been issued passwords for mathletics and mathsonline and we encourage them to use these programs on a regular basis. The mathematics teachers are recording homework using Sentral. Parents and students may check this in the Parent/Student Portal. The Mathematics staff also run a help desk every Friday at lunchtime in A12 for any students requiring some extra assistance.

Mathematics Olympiad – Students in 7W, and our top 2 Year 8 classes 8A and 8D, have been given a note about the Mathematics Olympiad. This is a 5 week competition run through Terms 2 and 3 testing students' problem-solving skills. Students are asked to return the note and $5 to the Mathematics staffroom. Any Year 7 students not in 7W but who would like to join the Olympiad team need to come to the Mathematics Staffroom before the end of week 6 to collect a note.

Mathematics Competition – notes will soon be issued for the Mathematics Competition. This will be held on the 28th of July, however, notes and money need to be in by the end of the term. There are 3 competitions - Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12). Students who enjoy problem-solving and wish to challenge their mathematical ability should enter.

Important Dates Term 1:
Year 7  
Assessment Test 1- Week 9  
Assignment 1- Number Systems – Issued in Week 8  
Naplan Practice Test – Week 11
Year 8  
Assessment Test 1 – Week 10  
Assignment 1 – Famous Mathematicians – Issued Week 3

Year 9  
Assessment Test 1 – Week 9  
Assignment 1 – Earning Money – Issued Week 10  
Naplan Practice Test – Week 11

Year 10  
Assessment Test 1 – Week 10  
Assignment 1 – Spreadsheets – Issued Week 5

Senior Students – Assessment exams in Weeks 6 and 10

We ask all parents to assist by ensuring students have the equipment required each lesson. Students often need a few reminders. Please look through their workbooks on a weekly basis. Ask questions about the work being done and praise neat and completed work. It is important all students have a solid grasp of their times tables and basic number facts and use mathematics on a daily basis, not only at school. Discuss the use of mathematics in your job and in daily life. Please contact your student's class teacher if you have any concerns during the year. For those who attempted the Santa question at the end of last year the answer is that Santa is 199 years old. You could use trial and error or simultaneous equations.

Karen Gourlay, Head Teacher Mathematics

Swimming Carnival Sports Report

The 2016 annual Forest High swimming carnival was a great success - seeing all the amazing talents in the pool was unbelievable. The enthusiasm from each and every swimmer was something that was shown to all teachers, parents and students throughout the day. The atmosphere encouraged students to participate and "have a go".

Swimming carnivals allow students to collect points for their house, reach individual goals or reach higher levels, swim at the best of their ability and, most importantly, to have a go. Collecting house points has an impact on the audience's encouragement! The support of the house captains, fellow senior students and, of course, the crowd encouraged each student who was competing and also brightened up the mood in the stands. The Year 12s started a Mexican wave - it did take a few rounds to get everyone motivated and in the mood but by the end it had increased the chants and cheering up in the stands. The line ‘Doddsy’ was used multiple times. The seniors, dressed in fluoro colours and dress ups, waited patiently all day for the 50m butterfly muck up race which took place at the end of the carnival.

A big mention to the house captains who were a great help in organising their houses, the relays and supporting the students to cheer and swim. James Surace and Ashley Pierce encouraging Zeus, Caitlyn Callaghan and Jeremy Leface supporting Ares, Saxon Illingworth and Lachlan Hill taking on Poseidon and Darcy Bornstein and Rachelle Tacadena for Athena.

James Surace, Zeus captain, said “The Zeus house showed leadership and unity. Although they didn’t perform the best out of all four houses in the house points they showed leadership and encouragement and were very supportive not only towards Zeus but also to the other houses to do their best in each event. There was not one moment where Zeus sat in silence and not one moment where I saw a frown on any competitor's face. The Zeus house acted as a family, keeping our area clean and encouraging one another to compete in the events to come. I, as a captain, could not be more proud of how each competitor performed and I urge them to keep it up in the future carnivals of 2016”.

From Ares' perspective Caitlyn’s report was very positive. “This year Ares performed to a high standard with the junior years putting in the effort to get our house the most points as possible. The
senior years also gave many different races a go and that was extremely pleasing to see. All this effort from the individual students who represented Ares assisted in getting our house to finish second place. Well done to everyone who participated.”

The house captain of Athena, Darcy Bornstein wrote “Athena had a pretty decent turnout, consisting of more junior years competing to the best of their ability. The enthusiasm was good especially when we got the Mexican wave going. I had heaps of fun running Athena but I definitely need to work on my motivational skills for upcoming carnivals to get more students to participate and have a go”.

The house captain of Poseidon, Saxon Illingworth, had seen great enthusiasm in the pool. “Today was yet another successful carnival for Poseidon. The day started slow as people were nervous about their first race of the day. As the day’s progression unfolded, so did Poseidon’s enthusiasm, with our house creating multiple Mexican waves and house chants for all swimmers. Overall Poseidon had a successful day and it was great to see so much involvement by not only the seniors but also the juniors.”

We would also like to give a big congratulations to all competitors and participants, those who are going to zone carnivals and also the age champions of 2016! Also a big thank you to all the teachers for their time and help throughout the day. We all really appreciate the hard work and encouragement that has all been put into make this swimming carnival a great day. Thank you!

Indiana Brown and Sateki Latu
Sports Captains, 2016
SOCCER TOURNAMENT KICKS OFF!
On 15th December last year, Ms Power’s Year 10 Fitness Leader class held a soccer tournament as part of our Event Management topic. Within the space of just four weeks, many meetings were organised to decide how the tournament was to be run. A Board Meeting was held where roles were assigned to students such as public relations officer, sports board members, referees, captains and coaches. The students established six teams for a round robin tournament with a knock-out for the semi-finals and finals. They also decided on the layout of the fields on the oval, the winner’s prize, funds needed, team names, team slogans, the draw, rules and equipment required. The winning team would receive a soccer ball spray-painted gold and two individuals, selected by the referees for playing to their personal best, would receive a gold boot. To fund these prizes, every student in the class contributed 50 cents. The rules were slight modified including only four players on the field plus a goalie. On the tournament day, everyone was assigned a role to ensure the day ran smoothly. On the tournament day a few students were away meaning some teams were down a player but with a bit of reorganisation the games got underway. After each game the students would complete a peer support assessment on their opposition and had a chance to sit down, have a drink and rehydrate. When the Grand Final came, it came down to the Third Team and The Dream Team. The Dream Team was in the lead up to the final 10 seconds of the game, when the Third Team was awarded a penalty - they scored and drew level as the bell rang for the end of the lesson, so it was decided to call it a draw and both teams were joint winners. The day was a fun way to spend a lesson and we hope to do this again maybe in a different sport.

Michelle Hutchings, Year 10

Trophy winners of the Event Management unit for Year 10 Fitness Leader
L-R Adam T, Matt S, Blake B
Positive Behaviour for Learning (PBL)
The Forest High School aims to develop in students an acceptance of responsibility for their own behaviours through Positive Behaviour for Learning (PBL). The core values of Respect, Responsibility and Personal Best, are reinforced consistently in a positive manner in all aspects of school life.
Respect includes being respectful of yourself by dressing appropriately and taking pride in yourself and your abilities. Respect also extends to others by being polite, using manners and good language as well as celebrating differences. Being respectful of the environment you are in comprises tidying up after yourself and looking after the equipment, both your own and those belonging to others. Students need to take responsibility for themselves and their actions by keeping themselves safe at all times and being responsible for their equipment. Individually students must also be prepared and on time for lessons and other commitments such as their sports and performing arts extra-curricular activities. Aside from being responsible for themselves, students should be a positive member of The Forest High School community and care for, and assist, others where possible including showing courtesy to the general public. Responsibility also extends to being environmentally aware.
Personal Best means that students give their best effort at all times; academically, on the sporting field, in the performing arts and by being a positive role model. Students should always make good choices and endeavour to accept challenges and opportunities while being resilient. When all students are doing their personal best there will be many successes to celebrate, both their own and of others.
The PBL program inspires students to make good choices regarding their own individual behaviours, which are important within the social context of respecting others, taking responsibility for oneself and one’s actions while being your best self.
Georgia Yam, PBL Team

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON THURSDAY 10th MARCH
School photographs are scheduled to be taken by advancedlife Photography on Thursday 10th March. Whilst an envelope and flyer will be distributed, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.
Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit Online Order Code - GNR Z77 9NB. Portrait and group package orders are due by photography day. Should you wish to purchase a sibling photography online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed. Should you have any queries concerning school photographs or online ordering, please email direct to enquiries@advancedlife.com.au

SCHOOL PAYMENTS
School payments can be made online via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school's website by selecting $Make a Payment

When you access the $Make a Payment you must enter:

- the student's name, and
- class and reference number OR
- the student's name, and
- date of birth
- a description of the payment eg: ski trip
Payments can also now be made via mobile phone via [https://quickweb.westpac.com.au](https://quickweb.westpac.com.au)
For any enquiries regarding the Online Payment process please contact the School Administration Office on 9451 5111.

**Term 1 2016 Events**

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<td>Clean Up Australia Day</td>
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<td>Tues 8&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>International Women’s Day Breakfast</td>
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<td>Wed 9&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Zone Swimming</td>
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<td>Open Night 6pm</td>
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<td>Thurs 10&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>School Photographs</td>
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<td>Fri 11 March</td>
<td>Shave for a Cure</td>
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<td>Sat 12 March</td>
<td>Year 7 GATS Entry Test 9-11.30am</td>
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<td>Mon 14 March</td>
<td>Year 7 GATS Entry Test 4-6.30pm</td>
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<td>Wed 16&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Vaccinations Visit 1</td>
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<td>School Council 6pm</td>
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<td>P&amp;C Meeting 7pm</td>
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<td>Thurs 17&lt;sup&gt;th&lt;/sup&gt; to Wed 23&lt;sup&gt;rd&lt;/sup&gt; March</td>
<td>Chiba Keiai visit</td>
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<td>Thurs 17&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Area Swimming Carnival</td>
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<td>Fri 18&lt;sup&gt;th&lt;/sup&gt; March</td>
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<td>Meet The Principal 9am</td>
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<td>Tues 29&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Years 7-10 Parent Teacher Interviews</td>
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<td>Mon 4&lt;sup&gt;th&lt;/sup&gt; – Tues 5&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>CHS Swimming</td>
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<td><strong>Year 11 &amp; 12</strong></td>
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NSW SCHOOL VACCINATION PROGRAM
Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the School Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Thanks to all the new parents that came to our first P&C meeting this year after enjoying the school band play and a sausage sandwich in the courtyard. It was great to see new faces and we enjoyed having additional participation on discussions topics.

The P&C is proud of the smooth transition made last year with the canteen. Executive worked very hard during the selection and handover processes and appreciate the School Executive providing our feedback on minor adjustments that were made during the early weeks.

We are also pleased that the second 21st Century Learning Space became a reality as a result of the funds that we could provide throughout the year. We are confident that students will enjoy learning in such rich environments.
The request for contributions to the P&C Levy will be provided soon and we encourage parents to make these contributions with an understanding that we avoid other time-consuming fundraising activities throughout the year.

Our next meeting is on 16th March in the Library at 7pm. The AGM will kick off the evening and we will then have our standard meeting with the new Executive Team. We would like to thank Colleen Tobler for all her hard work as Treasurer over recent years and her ongoing participation as a member of the P&C as she has done for many years. Throughout the year we will host guest speakers that can provide in-depth information about the programs running in the school as well as insights into the great relationships and opportunities that are coming out of The Northern Beaches Hospital. These will be announced in the School Newsletter in advance.

ANNUAL GENERAL MEETING (AGM) P&C and School Council
It is now time to consider nominations of Parent Representatives to the 2016 P&C and School Council. The AGM of the School Council will be held in the School Library on Wednesday 16th March 2016 commencing at 6.00pm. The AGM of the P&C will be held on the same evening in the Library commencing at 7.00pm. The aim of the parent organisations is to engage the community in the governance of The Forest High School and foster a partnership to promote high educational standards.
We strongly encourage parents to take this opportunity to become involved in one or both of these organisations. Both School Council and P&C allow parents to actively contribute to school programs and to upgrading school facilities and your parental support helps to ensure that the students and the community have a voice within the Department of Education and Communities.
An Information Sheet on School Council membership and a School Council Parent Representative Form can be downloaded from the school website or are available from the School Office
Nominations close on Friday 4th March 2016

UNIFORM SHOP NEW OPENING TIMES
Please note the uniform shop will now be open on the following days:
Monday 8am to 10am
Tuesday 8am to 10am
Thursday 2pm to 4pm
Uniform order forms and policy can be found on our school website http://www.theforest-h.schools.nsw.edu.au/our-school/uniform-shop
The Uniform Shop can also be contacted on tfhsuniforms@gmail.com
THE FOREST HIGH SCHOOL
INTERNATIONAL WOMEN’S DAY BREAKFAST
TUESDAY 8th MARCH 7am-8.30am

Parents, staff and students are invited to an International Women’s Day breakfast to be held to celebrate the successes of women past and present and to make a commitment to eliminate violence against women.

By attending and making a donation, people will be supporting the United Nations Women’s work to transform the lives of women and children.

We are pleased to announce that our guest speaker is Krystal Barter, who set up the Pink Hope website to help families affected by genetic cancer. Krystal is a local woman and her published book, “The Lucky Ones” was promoted by a Forest Coach Lines bus being painted pink.

Cost is $5.00 and payment may be made to Denise Wright, Deputy Principal. Phone 9451 5111. The event is limited to 100 people so book early.
Installation of new power poles and tree clearing from Monday 29 February

The NSW Government is upgrading roads around the new Northern Beaches Hospital with work proposed to be completed in time for the hospital opening in 2018.

Roads and Maritime Services will install new power poles and street lighting from Monday 29 February.

The work will be carried out along Frenchs Forest Road East and West, and on the corners of the side streets, as well as Naree Road, Forest Way, Allambie Road and Wakehurst Parkway.

The work will involve:
- Establishing traffic controls on the road
- Digging holes and trenches
- Installing new power poles, street lighting and powerlines
- Removing existing power poles.

This work will be carried out from Monday 29 February until late August, weather permitting. This work will be carried out during our standard construction hours of 7am to 6pm on weekdays and 8am to 1pm on Saturdays.

Night work

There will also be nine shifts of night work between Monday 29 February and Monday 14 March from 6pm to 7am and one shift of day work on Sunday 6 March from 8am to 5pm, weather permitting.

The work will be carried out:
- Along Frenchs Forest Road East, between Skyline Shops and Warringah Road
- Around the KFC on the corner of Frenchs Forest Road East and Allambie Road
- Along Warringah Road, between Parkview Hotel and Allambie Road
- Along Wakehurst Parkway, approximately 200 metres north of Frenchs Forest Road.

The work will involve:
- Establishing traffic controls
- Removing trees and vegetation including felling and mulching.

Further night work will be required to complete the project, and residents and businesses will be notified before any night work starts. All night work will be carried out in accordance with the Project's conditions of approval and environmental licenses, which are available on our website at www.rms.nsw.gov.au/projects/sydney-north/northern-beaches-hospital.
How will the work affect you?

Day work – There will be some noise and disruption associated with this work including large vehicles to deliver, install and remove the power poles. The project team will make every effort to minimise impact to the local community.

Night work – There will be some lighting and noise associated with this work. We will make every effort to minimise noise by using flexible noise shields to dampen noise, monitoring noise and working in shifts so you will not be affected for more than three consecutive nights per week. Lighting towers will be directed away from residential properties.

There will be no impact to power supply during this work.

Traffic changes

There will be some temporary traffic changes to ensure the work zone is safe. Lane closures will be in place and may affect travel times. Please keep to speed limits and follow the direction of traffic controllers and signs. For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW App.

Contact

The project team will be distributing a weekly email traffic update. To receive this update, please subscribe through the project team.

We are committed to minimising the impact of construction on the community and will continue to keep you informed as the project progresses. If you have any questions, would like to register for project updates or have any feedback, please contact Ferrovial York Joint Venture.

Call: 1800 014 307 (free call 24/7)
Email: nbbcommunity@ferrovialwork.com.au
Write: PO Box 6040, Frenchs Forest NSW 2086
Visit: Community Information Centre, Cnr Wakehurst Parkway and Warringah Road (north eastern corner), Frenchs Forest NSW 2086, Open 9am – 5pm, Monday to Friday

Thank you for your patience during this important work.
ROTARY YOUTH EXCHANGE
INFORMATION NIGHT

THE OPPORTUNITY OF A LIFETIME
FOR YOUNG AUSTRALIANS CURRENTLY IN YEAR 9, 10 or 11

Come along to meet current and former exchange students, host families and participating Rotary Clubs, and find out more about Rotary Youth Exchange.

WEDNESDAY 9th MARCH
7:00PM
DAVIDSON HIGH SCHOOL
MIMOSA STREET
FRENCHS FOREST

For more information contact:
secretary@ryep.org
www.rotaryyouthexchange.net.au

EXPAND YOUR HORIZONS WITH A YEAR ON ROTARY EXCHANGE
Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

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<tr>
<th>TIME &amp; DATE:</th>
<th>VENUE:</th>
<th>BOOK NOW ON:</th>
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<tbody>
<tr>
<td>9 Mar 2016</td>
<td>Warringah Council Civic Centre</td>
<td>9942 2447 or <a href="mailto:roadsafety@warringah.nsw.gov.au">roadsafety@warringah.nsw.gov.au</a></td>
</tr>
<tr>
<td>6 - 8pm</td>
<td>725 Pittwater Rd, Dee Why</td>
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Helping learner drivers become safe drivers

Do you want to make a difference in the life of a child?

Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required. Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 9765 5000 or email fosteringwithfacs@facs.nsw.gov.au
BRIGHTEN AN OLDER PERSON'S DAY!

ALL YOU NEED IS AN HOUR A FORTNIGHT. THE COMMUNITY VISITORS SCHEME IS A PROGRAM THAT MATCHES FRIENDLY, CARING VOLUNTEERS WITH OLDER RESIDENTS LIVING IN LOCAL NURSING HOMES AND HOSTELS.

YOU CAN MAKE A DIFFERENCE TO THEIR DAY BY VISITING AND SHARING A CHAT AND A CUPPA.

CALL ROSEMARY 8968 5100 ORIENTATION AND SUPPORT PROVIDED

THIS INITIATIVE IS FUNDED BY THE AUSTRALIAN GOVERNMENT DEPARTMENT OF SOCIAL SERVICES
The Chiropractors’ Association of Australia (CAA) is a not-for-profit organization committed to supporting the health and wellbeing of all Australians. Below is some advice on how to maintain students’ optimum health through good posture and correctly fitted school packs, to help prevent spinal damage. Heavy weight carried in backpacks may cause muscle strain, irritation, negative postural changes and injury, which can lead to adult back pain and spinal disorders, particularly after carrying a heavily loaded backpack for twelve years of more of schooling.

Here are some suggestions on how you could reduce this risk for students:

1. Backpacks should be ideally no heavier than 10% of a student’s weight when packed
2. Make sure the backpack is sturdy and appropriately sized - no wider than the student’s chest
3. Put comfort and fit at the top of the priority list, rather than good looks
4. Choose a backpack with broad, padded shoulder straps
5. Use both shoulder straps - never sling the pack over one shoulder
6. Use waist strips to bring weight close to the body so it is supported by the trunk not the shoulders
7. Do not wear the backpack any lower than the hollow of the lower back
8. Do not overload the backpack - use school lockers and plan homework well in advance
9. Place all heavy items at the base of the pack, close to the spine, for a better weight distribution

These tips are part of the Back to School campaign - www.chiropractors.asn.au/backtoschool. Resources you can use with this campaign can be found at http://bit.ly/CAABackToSchoolCampaign

Brochure can also be accessed at http://bit.ly/CAABrochure or you can call 02 8844 0416 or email
Join our team – we’re hiring!

August 9 is Census night and the Australian Bureau of Statistics is looking for 2,500 motivated and community minded Area Supervisors to join our team across Australia.

Area Supervisors:
- Are temporary casual jobs, with flexible working hours
- Will recruit, train and lead a small team of field staff to help deliver the 2016 Census
- Will earn $34.74 per hour (inclusive of 39% loading)

Applications open: 1 February 2016. Apply online at abs.gov.au/careers

Make a difference in your community and help shape its future.
Want to be a youth mentor?

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, is conducting training courses in early 2016 on mentoring young people, and applications are now open. Raise improves the lives of young people at risk of social disengagement through our Ismo and Youth Frontiers programs in high schools, and our Bump program for young mums.

The mentor training courses will be conducted in Sydney, Melbourne, Geelong, Brisbane, Cessnock, Newcastle, Umina, Bathurst, Orange, Young, Dubbo and Warren areas. You might be retired, parenting at home, studying, or have flexible work hours. You don’t have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community.

You might like to introduce our program into your organisation as a corporate social responsibility initiative and do our mentor training with your work colleagues.

You just need a couple of hours a week during school term time from March to November, a positive outlook and a genuinely compassionate interest in young people.

It takes a village to raise a child, and everyone needs someone to talk to, so please raise your hand to help a young person in your community. You will receive our free TAFE accredited mentor training, strong support from our qualified staff team, and you will feel a great sense of giving back.

Apply Here Now

or find more information at

e-mail mentor@raise.org.au or visit www.raise.org.au