



Farewell Class of 2025!!



PRINCIPAL'S REPORT

Nathan Lawler
Principal



Year 12 Graduation Week: A Time of Celebration and Achievement

Our Year 12 students have experienced a significant and eventful week. On Monday and Tuesday, they attended Camp Kedron, staying overnight and participating in a variety of engaging workshops. These sessions ranged from HSC preparation strategies and team-building activities to breathwork exercises and sporting games, ensuring there was something valuable for every student. We extend our gratitude to the teachers who accompanied the students, with special thanks to Ms Simic and Mr Layton for their excellent coordination.

The Year 12 cohort returned on Wednesday for the senior assembly, where Year 10, 11 and 12 students viewed videos produced by the Class of 2025, listened to speeches delivered by our School Captains, and enjoyed the musical performances.

On Thursday morning, we proudly held our Year 12 Graduation ceremony. It was a pleasure to welcome so many parents and family members who joined us in formally celebrating and farewelling our distinguished Year 12 cohort. In the evening, the celebrations continued with the school formal at ORSO in Mosman. Throughout the week, our Year 12 students demonstrated exemplary behaviour and maintained the highest standards of conduct, reflecting their maturity and dedication.

We extend our best wishes to the Class of 2025 for success in their forthcoming HSC examinations and in all future endeavours. We are very proud of your achievements and will sincerely miss your presence within our school community.

NATHAN LAWLER
PRINCIPAL

Year 12 Farewell Assembly & Clap Out

*Goodbye
&
Good Luck*

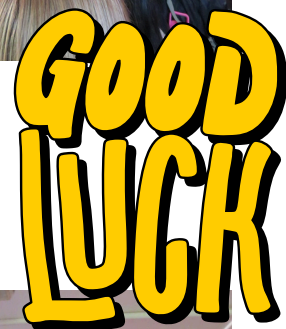
What an emotional morning on Wednesday at our Year 12 Farewell Breakfast, Assembly and Clap Out. Good luck Year 12 in whatever the next stage brings - we are immensely proud of you and will miss you!

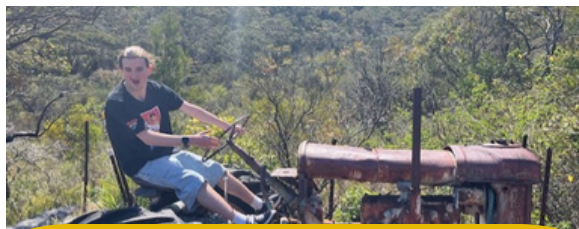






Farewell Year 12!





Year 12 Camp

Monday 22 & Tuesday 23 September
Camp Kedron







2025

Year 12 Graduation

Yesterday morning we held our Year 12 Graduation - always a special moment in our school calendar.

It was lovely to have so many parents and family members join us to formally farewell our lovely Year 12s. Good luck Class of 2025 in your upcoming HSC exams, and in whatever the next stage of your lives brings - we are immensely proud of you and will miss you!

There are lots more photos on our school website

<https://theforest-h.schools.nsw.gov.au/gallery/year-12-2025-graduation.html>



CAPA

Term 3 CAPA Highlights: Celebrating Creativity and Talent

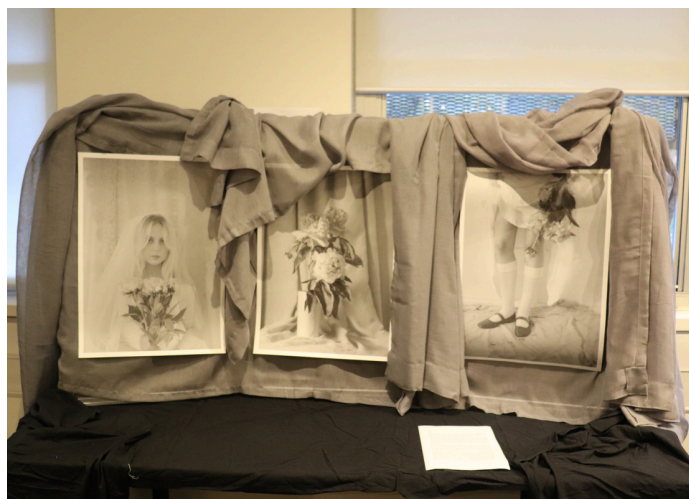
As a very busy term 3 draws to a close, we take great pride in celebrating the incredible achievements and vibrant creativity showcased by our students across a range of performing and visual arts events.

YEAR 12 DRAMA

Our Year 12 Drama students kicked off Term 3 with an unforgettable HSC Performance Evening in Week 2. The evening was filled with compelling storytelling, powerful acting, and thoughtful design choices that truly showcased the dedication and talent of our students. Following this, they continued to impress with outstanding performances during their HSC Drama Practical Examinations.

VISUAL ARTS

The Visual Arts Senior Soiree was a vibrant celebration of creativity, featuring a stunning collection of artworks by our HSC students. Guests were treated to a diverse range of pieces spanning multiple art forms and media, including painting, sculpture, digital art enhanced through physical manipulation, photography, and mixed media installations. Each work not only demonstrated technical skill but also conveyed deep personal expression and innovative approaches to artmaking. The atmosphere was further enriched by beautiful live music performed by our Year 11 students, creating a truly engaging and memorable evening for all.



MUSIC

Our HSC musicians also shone brightly this term, showcasing exceptional skill and passion during their practical examinations. Their performances reflected months of dedication and hard work, leaving teachers proud and inspired by their achievements.

DANCE

Under the guidance of Miss Pond, one of our Dance Ensembles delivered a captivating performance at the State Dance Festival. Their creativity, technical excellence, and strong sense of teamwork were evident throughout, earning enthusiastic applause. Performing alongside renowned performing arts high schools, our dancers truly made us proud.



MADD

The annual MADD Showcase brought together Music, Art, Dance, and Drama in a lively celebration of student talent across all year levels. This event provided a wonderful opportunity for our school community to come together and appreciate the diverse artistic passions of our students.



BAND PROGRAM

Our band program continued to thrive this term with two standout performances. The Stage Band thrilled audiences at the Forestville RSL during the Northside Big Band Concert series, delivering a dynamic and polished performance that highlighted their passion and skill. Meanwhile, the Symphonic Wind Ensemble (SWE) joined forces with the Northern Beaches Symphonic Wind Ensemble at Pittwater High School, creating an inspiring collaborative experience that allowed our students to engage with fellow musicians and further develop their musicianship.



YEAR 8 VISUAL ARTS FORRY ARCHIES 2025

This term all Year 8 Visual Arts students participated in the Forry Archies 2025 competition. Congratulations to the Prize Winners Lily M (Judge's Choice), Adrienne C (Packing Room Prize) and Eleanor AD (People's Choice). Also well done to the following students who received a Highly Commended - Grace C, Freya W, Arielle H, Campbell A, Michael T, Inga R, Ethan M, Mika B, Sophie G, Aoxi X and Elsie M.

We extend our heartfelt congratulations to all students, teachers, and staff involved in these events. Your hard work, creativity, and commitment continue to inspire and enrich our school community.

REBECCA CONSTANTIN
HEAD TEACHER CAPA





Highly Commended

- Inga R
- Ethan M
- Mika B
- Sophie G
- Aoxi X
- Elsie M



Highly Commended

- Inga R
- Ethan M
- Mika B
- Sophie G
- Aoxi X
- Elsie M

MADD Showcase

THANK YOU TO EVERYONE WHO CAME ALONG AND SUPPORTED OUR WONDERFUL PERFORMING ARTS STUDENTS AT OUR ANNUAL MUSIC, ARTS, DANCE AND DRAMA (MADD) SHOWCASE ON THURSDAY 28 AUGUST. THE PERFORMANCES WERE AMAZING AND THE ARTWORKS EXCEPTIONAL - ALL THE CONTRIBUTORS SHOULD BE CONGRATULATED. THANKS ALSO TO MS CONSTANTIN AND ALL THE STAFF IN THE CAPA FACULTY FOR THE HARD WORK AND SUPPORT THEY PUT INTO MAKING THE EVENT SUCH A SUCCESS

THERE ARE LOTS MORE PHOTOS ON OUR SCHOOL WEBSITE..





CAREERS

National Skills Week Challenges

In Week 6, as part of National Skills Week, our students took on a series of exciting challenges that highlighted future career pathways in hair and beauty, construction and engineering, hospitality, nursing and allied health, floristry and landscaping, and plumbing. It was fantastic to see their teamwork and problem-solving on display, and to celebrate the many opportunities available in these industries. Thanks to Australian Native Landscapes (ANL) for supplying the soil as part of their support for the local high school.

LEIGH HAVENSTEIN
CAREERS ADVISER



ENGLISH

As Term 3 draws to a close, we celebrate the hard work, creativity, and dedication of our English students and staff. This term has been rich with opportunities to learn, grow, and achieve together, reminding us of the critical thinking and creativity at the heart of English at The Forest High School.

YEAR 12

Well done to our Year 12 students, you have reached the final stretch; what an inspiring final term it's been for all 😊

- Key English HSC dates to lock in:

Thursday the 16th of October – English Advanced, English EAL/D, English Standard, English Studies, Paper 1

Friday the 17th of October – English Advanced Paper 2, English Standard Paper 2, English EAL/D Paper 2 and Listening Exam

YEAR 11

Congratulations on completing your Preliminary exams with maturity and focus. You've set the bar high as we move into HSC courses next term.

Holiday homework prep and extension writing tasks will be posted on your Canvas Pages – let's all keep the momentum going.

A special thank you to Ms Chapman for her incredible work with Extension 1. The quality of writing produced has been exceptional, some of the strongest we've seen in years. Several standout pieces have been included here and will even be showcased throughout the Northern Beaches writers festivals. Truly inspirational work!

YEAR 10

A big thank you to Ms Chapman for guiding Year 10 through an exciting and thought-provoking Drama unit to finish the term. Looking ahead, your Yearly Exams on 'Change and Transformation' in Week 4, Term 4 are just

around the corner. Now is the perfect time to begin revising your creative writing and critical analysis skills, early preparation will make all the difference.

YEAR 9

Year 9, you've brought Shakespeare's Macbeth to life with curiosity and enthusiasm. Thank you to Mr Woods for steering such an exciting unit and inspiring everyone to push their thinking further. Next term, you'll dive deeper into Performance Poetry (assessments begin Week 4) a chance to perform, experiment, and let your voices be heard. Special recognition also goes to Mr Woods for launching juggling and wellbeing initiatives, a reminder that balance and creativity go hand in hand.

YEAR 8

Thank you to Ms Collier for her dedication in leading the Belonging and Novel Study unit this term. Next term, your Journeys presentations in Week 5 will give you the chance to showcase your understanding in original and engaging ways. We also celebrate Ms Collier's leadership of the Bangalay initiative and Write a Book in a Day project; both of which built teamwork, creativity, and confidence across the school!

YEAR 7

Congratulations to Year 7 for completing your study of Satellite Boy. Next up is your final Term 4 assessment in Week 5: a creative and critical response to Shakespeare's A Midsummer Night's Dream. This is a fantastic chance to bring imagination and analysis together. Thank you to Mrs Griffiths for her care and guidance, and for leading Book Club initiatives that have encouraged reading and discussion beyond the classroom.

Year 11 Extension 1 English

Hearing

Sometimes, when the wind turned just right, the house carried it again: a child's laughter, high and sharp, like broken glass clinking down a drain. A brittle sound that scraped the edges of the air. It wasn't the sound that unnerved her most. It was the silence between. The breath held. The pause that listened back.

By Isobel P, Year 11

Night

By night, the cul de sac sank into an uneasy quiet. Curtains were pulled, fans clicked in vain, doors were locked. Dogs paced anxiously, ears perked and tails tucked, hackles rising at every droplet that fell from an overworked air conditioner. Yet the house remained awake, its polished windows staring out like glassy eyes, catching every shard of moonlight but never revealing what lay behind them.

By Jade C, Year 11

The Order

The child never liked Sundays. By eight they were approaching the hill in a marching procession, blisters rising from stiff, polished shoes. The grass was yellowed and stiff, the path circling the base of the hill like a snake slowly uncoiling itself. Ahead stood the old whitewashed building, its towering oak doors groaning open. From the doorway stepped a man, tall and gleaming, his mouth stretched wide to reveal rows of marble tombstones.

By Georgina D, Year 11

You're Cold as Coffee, Dear

At the head of the bench, a steaming mug of coffee sat for him, untouched. Each minute it curdled further, foam clinging desperately under the sheer weight of sugar dumped in. She pressed his briefcase into his mottled palms, her thumb brushing a line of dried vermillion there. That would not do. She thought she had cleaned all of that unpleasantness away.

By Ankita S, Year 11

The Chankiri Trees

Scattered throughout the orchard were chankiri trees, with lush canopies and fat waxy leaves wistfully reaching towards the heavens. Blood on the leaves and blood on the root, the dense grove shadowed the land below, enveloping the fields in stifling darkness. Bees and flies swarmed, drawn to the sticky-sweet aroma of the flowers. She swatted at them in disgust, leaving bloody stains on her palms, and wiped them carelessly onto her cotton dress.

By Kylie C, Year 11

WRITE A BOOK IN A DAY: CREATIVE CHALLENGE FOR A CAUSE

On Wednesday 24 September, a group of enthusiastic English students took part in the annual *Write a Book in a Day* competition, a national initiative that raises funds for cancer research while challenging students to collaborate, create, and publish an original story in just one day.

Working in teams, students brainstormed, drafted, illustrated, and finalised their books in less than 12 hours. The process demanded creativity, resilience, and strong teamwork, as every idea had to be built upon and every voice heard. By the end of the day, they had produced imaginative, heartfelt stories ready to inspire readers.

This event not only supported an important cause but also highlighted the extraordinary creativity and determination of our students.

We congratulate all participants for their hard work, collaboration, and storytelling flair, and we extend a special thank you to Mr Wee and Ms Collier for their guidance and support throughout the day.



FACULTY ACKNOWLEDGEMENTS

This term would not have been possible without the tireless efforts of our English staff.

Thank you to Mr Allan for his wonderful support with debating and HSC marking.

Thank you to Ms Farrugia for pushing students to reach higher levels of academic success.

Thank you to Ms Nixon for her mentoring of new staff and her willingness to take on extra responsibilities.

Thank you to Ms Lepre for her unfailing kindness and support of both students and colleagues.

We are also thrilled to welcome Ms Kerr as our new Head Teacher of English from Term 4.

CLOSING NOTE

It has been a remarkable term, filled with achievement, collaboration, and creativity. Thank you to every student and staff member for your energy, passion, and dedication to English; it has been a dynamic, fun and highly rewarding term as your Head Teacher of English. Enjoy a safe and restful holiday; and keep reading, writing, and thinking big 😊

LAUREN WEATHERALL
RELIEVING HEAD TEACHER ENGLISH
EAL/D COORDINATOR



FINDING THEIR VOICE - YEAR 9 WELLBEING DAY

This term, our Year 9 EAL/D and International/Cultural Heritage boys took part in two powerful incursions designed to support their wellbeing, confidence and creativity.

The first workshop was led by guest rapper Isaac Salomon, who introduced the boys to the rhythm of rap and the art of storytelling. Through rhyme and performance, students reflected on their own experiences and discovered how music can be a tool for self-expression and wellbeing. The session was energetic and inspiring, with students leaving the room buzzing with ideas and pride.

The second workshop, held on 24 September, was run by Mr Argue with support from Mr Wee. This session focused on essential life skills building healthy boundaries, respecting personal space, and finding positive ways to communicate needs. Through open discussion and practical activities, students explored what respectful communication looks like and how these skills can support them in everyday life.

Both workshops created safe, supportive spaces for the boys to connect, learn and grow. We are incredibly proud of the way they embraced these opportunities with maturity and enthusiasm. A special thank you goes to Mr Wee for his support of the program and to Deputy Principal Mr Finley for his continued encouragement of this important initiative.

"It was really cool to see how rap can be used to tell your own story. I felt like I could express myself in a way I hadn't before." Tenzin N, Year 9

"Mr Argue helped me understand more about respecting boundaries. It's something I can use every day, not just at school." Hamdam A, Year 9





SHARING JOY THROUGH CULTURE: PASIFIKA GROUP PERFORMANCE

On Tuesday 23 September, our Pasifika Cultural Group filled Northern Beaches Hospital with colour, music, and joy during a special performance for patients, nurses, and staff.

Through traditional song and dance, our students proudly showcased their cultural heritage, creating an atmosphere of warmth and connection. The response was overwhelming patients and staff expressed heartfelt gratitude, noting how the performance lifted spirits and brought comfort in a truly memorable way.

For the students, this was more than a performance. It was an act of giving back to the community and celebrating their identity with pride. Their teamwork, energy, and cultural pride were on full display, leaving a lasting impression on everyone present.

We commend our Pasifika Group for representing our school with such vibrancy and heart.

"Performing at the hospital was special because we could share our culture and make people smile." Jacob M, Year 10

"It felt good to know that our dancing could brighten someone's day, even if just for a moment." Lavinia P, Year 11





NORTHERN BEACHES COUNCIL YOUNG FILMMAKERS WINNER

Congratulations to Andy in Year 10 who recently won three awards at The Northern Beaches Council Young Filmmakers Competition. This year's theme was "Connection" and Andy's 6-minute meta film "Why Connecting?" won Best Storytelling, Best Actor and Best Film in the 15-18 Year Old Category. Andy won a prize of \$500, a mono-pod and an acting class at Screen Teens. There were 150 young filmmakers who submitted films this year and the finalists' films were shown at HOYTS Warringah Mall. Keep an eye out on YouTube for Andy's film - search Filmerandy <https://www.northernbeaches.nsw.gov.au/services/youth/youth-programs/beaches-young-filmmakers-comp/previous-winning-films/2025-beaches>



Footy Success!

We are proud to announce that three boys from our Year 9 & 10 cohort have been selected in the Manly Sea Eagles U16 Development Squad. Stanley G (Year 9), Kaia b (Year 9) and Jacob M (Year 10) will join the squad for the 2026 Junior Representative season. This major achievement is not only testament to the boys' talent and hard work but to have three Forest High students in the squad demonstrates how strong our school is in the representative area. Well done boys!



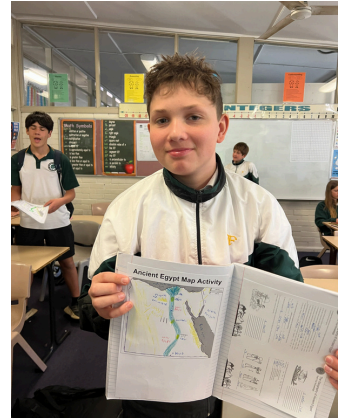
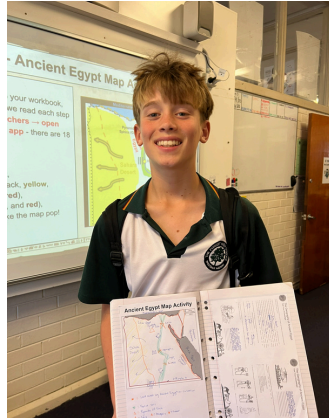
HSIE

Our Year 11 Economics students revised key concepts in the lead up to their exams. In Week 6 they were given scenarios and graphed them on the playground!



On Friday 29 August Year 8 got hands on with History with presentations from *Full Tilt*. Students got dressed up in medieval costumes and armour and learnt about life in this period.



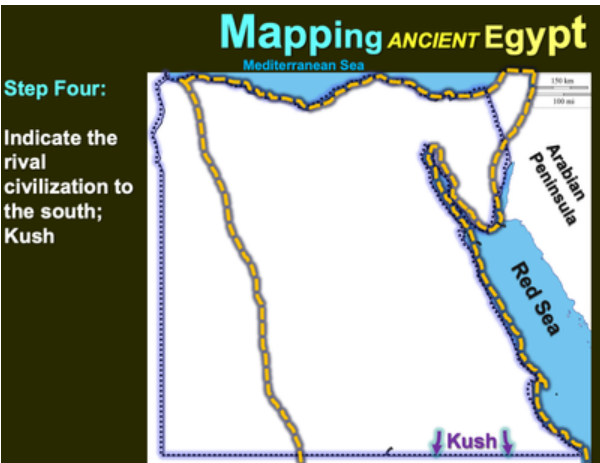
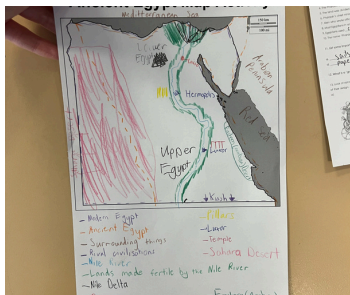
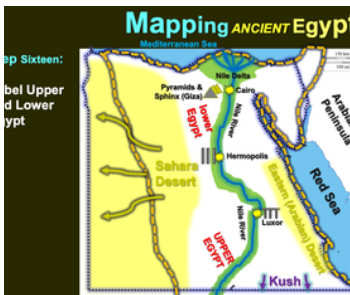
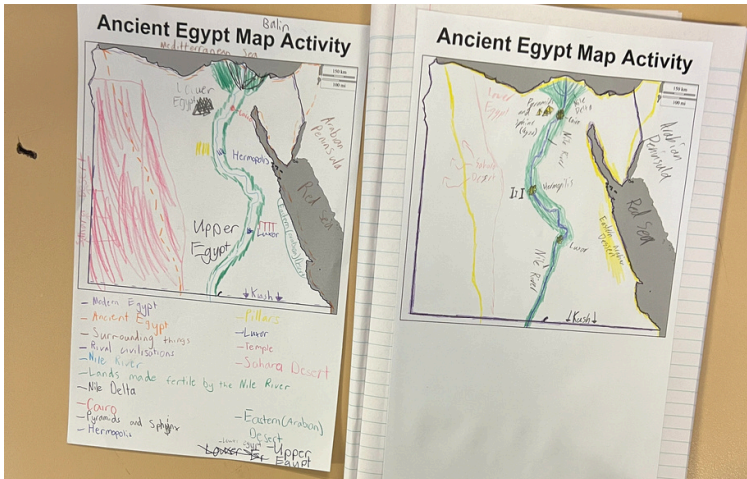
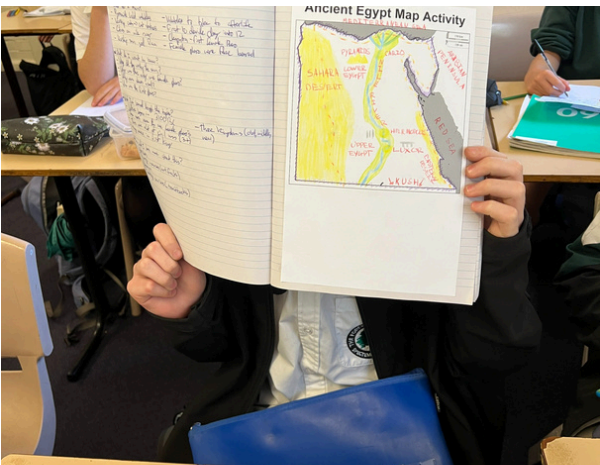


Year 7 HPGE History Class - Ancient Egypt

Our Year 7 HPGE History class has begun their study of ancient Egypt by investigating how geography shaped the civilisation. Students explored the deserts, fertile lands, and the Nile River, developing an understanding of how natural features supported farming, settlement, and the development of their society.

As a "WE DO" joint construction with their teacher, the class completed a map annotation activity, identifying key sites such as the Nile Delta, Giza, and Luxor. This hands-on task helped students see why great civilisations often thrived along major waterways, and how ancient Egypt's environment influenced the society that developed there.

CALYPSO HANLEY
HSIE TEACHER





1

Hand Axe: This can be used for multiple purposes, such as butchering meat and cutting down trees. (+3)

2

Pot: This can be used for storage and help you transport food and water more easily. (+2)

3

Ivory Horse Figurine: This is a decoration and not a survival tool. It looks cool though! (-2)

Record the points you gained or lost and what you received in your journal.

4

Bone Needles: These will help you make clothing. (+1)

5

Canoe: This will help you cross rivers and catch more fish. (+3)

6

Farming Sickle: This will help you harvest crops more efficiently. (+2)

Banker

Bodyguard

Cave Painter

Architect

Look at each of the skill options. Choose the two skills that you think will best help you survive and record them in your journal.

Toolmaker

Fire Creator

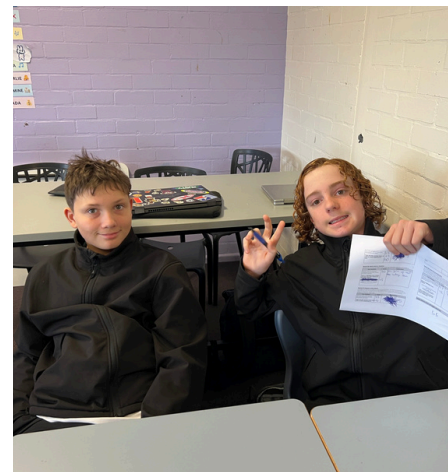
Communicator

Chef

Year 7 HPGE History Class Game-Based Learning

In Week 7, our Year 7 HPGE History class ended their Investigating the Ancient Past unit with a simulation game where they faced the challenge of “surviving in prehistoric times.” Students made decisions about tools, shelter, and skills, applying their knowledge in a creative and memorable way. It was a fantastic finish to the unit that blended fun with deep learning at The Forest.

CALYPSO HANLEY
HSIE TEACHER



Round 1: Choose a Location

Your first survival challenge is to determine where you will live. Some locations will make it easier to survive than others. Can you figure out which is which?

Round 2: Prepare Your Shelter

There is no place like home! If you are going to survive during prehistoric times, you will need a shelter to keep you safe.

Round 3: Acquire a Tool

Just like we depend upon our phones and the Internet today, early humans needed certain goods or belongings to make their lives easier, which also increased their chances of survival. Which item or tool will you get? Roll the dice to find out!

Round 5: Find Food

You have spent a lot of time finding a good location and preparing your equipment, so you have worked up quite the appetite! However, there is no grocery store nearby, or any stores for that matter. If you want to eat, you will have to get the food yourself. You will need to become a hunter-gatherer who hunts animals and gathers edible plants.

Round 6: Work Alone or Together

Some early humans are beginning to team up and work together. Is it worth it?

Round 7: Migrate to New Places

It is clear you are just too good at this survival business. You have hunted all the available animals and gathered all the edible plants in your area. Consequently, you have no choice but to pack up your belongings and migrate, or move, to a new location to find your next meal.

Round 8: Feed Your Community

You have been a hunter-gatherer for your entire life. One day, you head to a familiar spot to pick some of your favorite fruit that grows there, but you leave the seeds because they do not taste very good. After several weeks, you pass the same spot on your way to hunt and you are surprised to see a new batch of fruit. You realize that the fruit must have grown from the leftover seeds.

Students: Lexus C (Worimi mob), Eva B, Kryss B, and Evie F, Year 11 at the Forest High School
Research Question: Analyse how the Dharug language affects the connection to Country and how it is shown in art.



Name, Year, School: Anastasia CS (Cammeraygal mob), Year 12 at the Forest High School
Research Question: Analyse how Aboriginal art forms connect Indigenous people through storytelling and cultural transmission.



Aboriginal Studies Information Night

On Monday 8 September the Manly Warringah Pittwater Aboriginal Support Group hosted an Information Night at Mona Vale Memorial Hall to showcase Aboriginal Studies. The evening featured a Welcome to Country by Uncle Neil, a presentation by Aleta Wassell on her experiences as a former Aboriginal Studies student, and a panel discussion with Uncle Laurie, Mr Browne (Deputy Principal at Killara High School), and Ms Hanley.

The highlight of the night was the display of students' Major Projects. Hudson A (Year 11) presented "*What would a Sydney Aboriginal people's Dreaming-inspired Dungeons & Dragons framework look like?*" through a creative Dungeons and Dragons kit. Olivia D (Year 11) presented "*Assess the impact of the healthcare system on Aboriginal people in Parramatta*" as a poster and Kahoot. Indi M (Year 12, Palawa mob) presented "*Assess teacher attitudes to the teaching of First Nations content, knowledge systems, and beliefs that impact the emotional wellbeing of Aboriginal students*" as a formal report.

All three students were supported by their families and received encouraging feedback from community Elders and attendees. It was a wonderful opportunity to connect with Uncle Neil (the lead Elder of the Garigal area), Uncle Laurie (an alumnus of The Forest High School), and Aunty Claire, as well as meet students from Mackellar Girls Campus.

We are very proud of our students' efforts and the way they represented The Forest High School in such a meaningful community event.

CALYPSO HANLEY
ABORIGINAL STUDIES TEACHER

Name, Year, School: Hudson A, Year 11 at the Forest High School
Research Question: What would a Sydney Aboriginal peoples Dreaming-inspired DND framework look like?



Students: Olivia D and Phoebe E (Ngunnawal mob), Year 11 at the Forest High School
Research Question: Assess the impact of the healthcare system on Aboriginal people in Parramatta.

Why I chose this topic: We chose healthcare because the effects of colonisation are still obvious. Access isn't just about doctors → it's about systemic barriers, cultural safety, and historical disadvantage. Looking at Parramatta shows both challenges and community-led solutions, like Aboriginal Medical Centres.

One thing I learned that surprised me: Although most Aboriginal people report respectful treatment by doctors, nearly a quarter still experience racism each year. This made me realise racism in healthcare is not just history, it's ongoing. I also saw how colonisation links to current issues like discrimination, trauma, and poor mental health. Healthcare reform must be about respect, culture, and justice.

Why I value Aboriginal Studies: Aboriginal Studies lets me learn the real history of Australia and respect the resilience of First Nations peoples. My interest began in Year 2, when school and family first taught me about colonisation. Now, it challenges stereotypes, encourages critical thinking, and connects me with issues of justice and reconciliation. For me, it's more than a subject → it's a lifelong passion.



Student: Indi M (Palawa mob), Year 12 at the Forest High School
Research Question: Assess teacher attitudes to the teaching of First Nations content, knowledge systems, and beliefs that impact the emotional wellbeing of Aboriginal students.

Why I chose this topic: I chose this topic as I felt a strong connection to understanding the differences in teachers' perspectives, including the way specific topics are perceived and taught.

Thus, my friends and I had conversations during camp about the confidence of teachers' ability to teach Aboriginal content, knowledge systems and beliefs, concluding that it was very limited within schools.

One thing I learned that surprised me: The extreme amount of heartfulness individuals felt on this topic, acknowledging the different circumstances within different areas.

Why I value Aboriginal Studies: I value Aboriginal studies as it has become a way for me to learn more about my culture, including Indigenous events all around Australia and globally. The class has given me insight into my culture, including heritage and identity, global perspectives, social justice, and human rights, which reflect the continuous changes Australia experiences. Thus, this class made me feel a connection to culture as it showed a variety of cultural expressions Indigenous peoples utilise to express themselves and their culture, reminding me of my previous experiences in dance and art. Being a part of this class has given me the confidence to respectfully and culturally appropriately share my knowledge with family and friends, hoping for positive future changes.



Students: Lavinia P and Lizel A, Year 11 at the Forest High School
Research Question: Evaluate the impact of vandalism on the cultural and spiritual importance of Aboriginal art sites.

Why I chose this topic: We were very interested in the history of Indigenous art and wanted to know more about the impact vandalism had on the spiritual and cultural connections Indigenous Peoples had.

One thing I learned that surprised me: One thing I learned that surprised me was how the government doesn't raise enough awareness towards the issue of vandalism on Aboriginal art sites and isn't educated thoroughly on the importance of Aboriginal art for the First Nations People spiritually and culturally.

Why I value Aboriginal Studies: We learn about the more in-depth history of Indigenous peoples and Australia that we don't explore much in primary school or in history classes.



Student: Astra M, Year 12 at the Forest High School
Research Question: Assess the positive and negative impacts of Aboriginal peoples in popular culture and how it has helped shape identity and awareness.



Student: Georgia C, Year 12 at the Forest High School
Research Question: Analyse the contribution of racist fan behaviours in stadiums to the overall experience and mental health of Indigenous athletes.

Why I chose this topic: I chose this topic because I have a strong connection with sports like the NRL and Netball. I wanted to gain more of a connection with elders who had been victims of racism in sports and how that affected them in that time and still to this day, especially with their connection to their spirituality, with their love for their sport slowly going away.

One thing I learned that surprised me: How young Aboriginal sporting players are getting victimised and losing their love for their sports due to parents, commentators and more on the sidelines and the effect of it all on national sporting players that have been seen in the media.

Why I value Aboriginal Studies: I value Aboriginal Studies as it has given me insight and perspectives into Aboriginal culture in Australia and indigenous culture around the world. It has given me connections and knowledge that most other people don't have, and created a sense of confidence in myself to spread the knowledge learnt with more people.

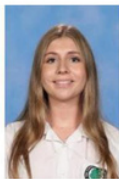


Student: Andrea C, Year 12 at the Forest High School
Research Question: Assess the role of fashion in Aboriginal cultural identity over time.

Why I chose this topic: I chose this topic because fashion is not only about clothing but also a form of self-expression, resistance and cultural pride. I wanted to explore how Aboriginal peoples have used fashion to maintain, reclaim and share their cultural identity, both in traditional contexts and in contemporary Australian society.

One thing I learned that surprised me was the strong connection between fashion and cultural activism. Aboriginal designers and artists utilise clothing as a powerful platform to tell stories, challenge stereotypes, and assert their sovereignty. It also surprised me how fashion has become a way for younger generations to stay connected to culture and identity.

Why I value Aboriginal Studies: I value Aboriginal studies because it allows me to learn directly about Aboriginal peoples' perspectives, histories, and ongoing struggles for justice. It has taught me to see culture as dynamic and resilient and to recognise the importance of respecting and amplifying Aboriginal voices. This subject also challenges me to think critically about Australia's past and future, as well as my role in promoting reconciliation.



Student: Bella DS, Year 12 at the Forest High School
Research Question: Explain how Aboriginal art is connected to culture and the Dreaming.

Why I chose this topic: I chose this topic because I was interested in learning more about Aboriginal history and their communities. Aboriginal studies have taught me how to respect and acknowledge Aboriginal people and their history.

One thing I learned that surprised me: was the criminal justice and health statistics, and how high the rates are due to socioeconomic status and the disadvantages for Aboriginal people.

Why I value Aboriginal Studies: I value Aboriginal studies because we live on Aboriginal land and the history of Australia is a vital timeline affecting modern-day lives. It's essential to appreciate Aboriginal perspectives and stories, as well as remembering the brutal history Aboriginal people endured.



Student: Gemma W, Year 12 at the Forest High School
Research Question: Assess the importance of Aboriginal Elders and the impact they have on Aboriginal heritage.

Why I chose this topic: I chose this topic because I wanted to gain knowledge on the importance of Elders, and the role that they have in communities today, as well as in Aboriginal history. I also wanted to know how many people actually knew what an Elder truly is, and the impact they have on the community.

One thing I learned that surprised me: I conducted an online anonymous survey, which I shared on social media, people of all ages filled out this survey, and I was shocked by the amount of people who did not know what an Indigenous Elder was, and how education on Aboriginal history needs to be compulsory as society has a minimal understanding of Australian history and the importance of Indigenous peoples.

Why I value Aboriginal Studies: I value Aboriginal studies as I feel as though if I live here on Aboriginal land, I want to know the history of the land and gain understanding and knowledge about the original custodians of the land. I wanted to learn more about Aboriginal perspectives and the traumatic history of the Aboriginal peoples.



Year 10 Commerce Market Day



LANGUAGES

It is hard to believe that Term 3 is already coming to an end as it has truly flown by, just as winter has now given way to spring. Our students are ready for their well-earned break, and so are we, especially after all the language activities, revision and tests that took place throughout the term.

We encourage all our students to continue practising the language during the spring break through meaningful interaction and conversation in the target language. Whether it's greeting friends, naming or identifying food or pets or clothes out loud, showing off to family the expressions they have learnt, or better yet, travelling to China, Germany, or Japan during the holidays, every opportunity to use the language will help students improve.

CHINESE

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GERMAN

Students of German have been busily continuing on with their studies of not just the language, but also the culture. Year 8s have expanded their vocabulary and cultural knowledge by exploring the topics of food, drinks and animals. Year 9 students also delved into the world of German foods and restaurant culture. Year 10s have also looked into German culture, exploring how and where Germans go on holidays and how this compares to Australia. Senior German students have delved heavily into their personal worlds, using their German language skills to discuss their daily lives and experiences.



We are looking forward to continuing the exploration of the German language and culture in Term 4.

JAPANESE

Students studying Japanese have made good progress throughout Term 3.

Year 8

Our Year 8 students have spent some time revising about the family and pets topic before moving onto the likes and dislikes unit which revolves around food and meals.

Year 9

Year 9 students focused on grammar and sentence structures this term, learning crucial skills such as conjugation of verbs and adjectives, in addition to past, negative and volitional forms.

Year 10

Students in Year 10 had the opportunity to study about prepositions in relation to the home topic, where they demonstrated their speaking skills on describing the locations of animate and inanimate objects around the household.

Year 11

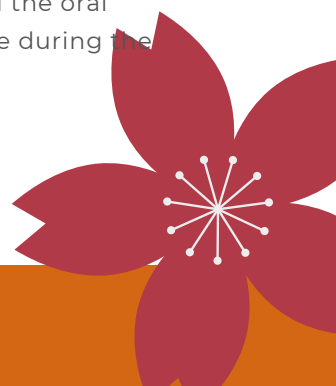
Continuers studying Japanese in Year 11 have remained studious and hardworking, progressing through several topics including shopping, directions and school life.

Year 12

As for our lovely Year 12 students who have just completed both their Trial examination and the oral component of their HSC examination, we hope that they will continue to revise and practise during the holidays and wish them all the best for their written examinations.



KAREN DEAN, TOM GOLANOSKI, HELEN LEPRE AND XIU YE
LANGUAGES FACULTY



PDHPE

YEAR 9 OUTDOOR EDUCATION - SHELTER BUILDING INCURSION

As part of the Year 9 Outdoor Education program, students recently took part in a Shelter Building Incursion. This hands-on activity challenged students to work collaboratively as they designed and constructed shelters using both natural and provided materials.

The session helped students develop valuable skills including teamwork, problem-solving, and resilience, while also reinforcing the importance of preparation and adaptability in outdoor environments. Through this practical learning experience, students gained a deeper appreciation for cooperation and resourcefulness — essential qualities for success in the outdoors and beyond.

The incursion was a rewarding and memorable opportunity for students to step outside the classroom and build confidence through real-world challenges.

BRANDEN GARRATT
PDHPE TEACHER



SUPPORT



The last five weeks of this term have been very busy for our Support Unit students and staff.

We were fortunate to have four students graduate from a *Start Your Future* short course in Hospitality (Commercial Cookery) at Brookvale TAFE. This was an amazing opportunity for these students, and we are excited to see more students engaging in this program next term.

Our Year 11 students have finished their exams and shall officially become Year 12 students' next term. We are all very proud of their dedication and effort.

Speaking of Year 12 – it has been extra busy for these students. This week alone, Year 12 graduated from High School, had their formal and went on school camp. We are so excited and proud of our four graduating students.

Our regular programming continued across our classes, with students completing timber, sports, and other tasks across different subjects for the end of term, including some incursions and excursions. We even saw a second harvest from the garden!

A very special event happened in Week 9, with the majority of the Support Unit travelling to Moore Park to engage in some fun activities including Go Karts and VR. Certainly, a day to remember.

Hoping everyone enjoys the school holiday break and shall return rested and ready to go next term.

REBECCA NEW
RELIEVING HEAD TEACHER SUPPORT





TAS

A BUSY TERM 3!

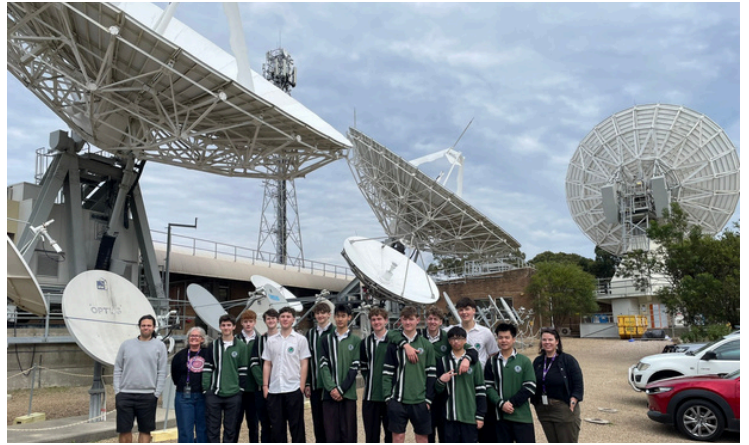
As we wrap up Term 3, it's a great opportunity to recognise the progress and achievements of our students across TAS. From creative problem-solving to practical skill-building, it's been a productive and rewarding term in our classrooms and workshops. From Year 7's first steps into new technologies to Year 12's final projects and farewells, the journey has been rich with learning and accomplishment.

YEAR 12

We especially farewell our wonderful Year 12 students, whose TAS journey has been nothing short of memorable. This year's HSC Major Projects have been completed across Textiles and Design, Design and Technology, Industrial Technology Multimedia and Timber, and Software Engineering. Each student has brought their own passion and ideas to life, showcasing not only technical skill but also persistence, problem-solving and originality. We congratulate them on reaching this important milestone and wish them all the very best as they head into their final exams and beyond school. A holiday study workshop timetable is available, and we encourage students to take advantage of this valuable support to help them feel confident and prepared.

OPTUS SATELLITE EARTH STATION VISIT

Year 12 have also been busy beyond the classroom. Students from Engineering Studies and Physics visited the Optus Satellite Earth Station this term, where they learned about Australia's role in global telecommunications and the impact of satellite systems on modern life. They had the opportunity to speak directly with engineers and technical staff, deepening their understanding of how the technology they study is applied in the real world.



Our Hospitality students also wrapped up their practical learning with a sweet send-off, preparing apple strudel with Mrs Ferrier, followed by a self-catered farewell luncheon guided by Mrs Prassopolous. It was a warm and fitting end to their time in the TAS kitchens.



YEAR 11 TEXTILES

As we wrap up Term 3, it's a great opportunity to recognise the progress and achievements of our students across TAS. From creative problem-solving to practical skill-building, it's been a productive and rewarding term in our classrooms and workshops. From Year 7's first steps into new technologies to Year 12's final projects and farewells, the journey has been rich with learning and accomplishment.





YEAR 7

As we wrap up Term 3, it's a great opportunity to recognise the progress and achievements of our students across TAS. From creative problem-solving to practical skill-building, it's been a productive and rewarding term in our classrooms and workshops. From Year 7's first steps into new technologies to Year 12's final projects and farewells, the journey has been rich with learning and accomplishment.



It's been a full and productive term across all year levels in TAS. We're proud of the effort students have put into their learning and the quality of work they've produced, and we thank our staff for their ongoing commitment and support in helping students succeed. To our Year 12s, good luck in the HSC. You've got this.

AMANDA WALSH
HEAD TEACHER TAS



P&C NEWS

THANK YOU & UPCOMING EVENTS

A huge thank you to everyone who donated towards our staff morning tea last Friday. It was the biggest spread we've ever seen, and our staff were truly appreciative of the generosity from our community.



Our final morning tea for the year will be held on Friday 31 October, which will also be an extra special celebration of World Teachers' Day. We look forward to making this a memorable day for our wonderful staff.

The second-last P&C meeting for 2026 will be held on Wednesday, 15 October at 7 pm in the School Library. Please join us for light refreshments and the opportunity to meet our new student leaders. As always, Mr Lawler will provide an update on what's happening in our school, and there will be time for questions and discussion.

We're also very excited to confirm that our school has secured the grand opening of the Bunnings sausage sizzle on Saturday 13 December. This is a fantastic opportunity for students and families to get involved, enjoy the day, and raise funds for our new school.

We're very excited to share that our school bus is currently at the printers getting our logo installed! A huge thank you to our generous sponsor, Chris from One Agency in Forestville., for supporting this project and helping to make it a reality for our school community. [One Agency The Forest](#)

Don't forget about The Last Hurrah on Saturday 15 November, a special event to celebrate 64 years of memories. Please spread the word to past students and staff. In line with P&C Federation policy, this is an 18+ event only (students cannot attend), as a bar will be operating on the night. It promises to be a fun and memorable evening!



Congratulations, Class of 2025

As our Class of 2025 prepares for their final exams, we wish every one of them the very best for the future. We hope that their time at The Forest High has created lasting friendships and memories they will carry with them always. A big shout out also goes to the parents and carers of the Class of 2025. Your involvement in the P&C over the years, both at The Forest High School and in your primary school communities, has played a crucial role in supporting our students. We would especially like to acknowledge and thank Sarah Humphreys for her leadership as P&C President during the 2020–2021 period. On behalf of the P&C, we'd like to wish the best of luck to all students and families of the Class of 2025 and thank you for your contributions to our school community.

Thank you, as always, for your ongoing support. We look forward to seeing you at our next P&C meeting on Wednesday evening of Week 1, Term 4.

Warm regards,
Kelly Barr-Jones
P&C President



We are excited to invite you to join us for *The Last Hurrah*, a special evening to celebrate and farewell The Forest High School site. This event will bring together past staff and students (18+) to share memories and honour 64 years of history.

Event details:

Date: Saturday 15 November

Time: 5:00 PM – 9:00 PM

Location: The Forest High School

Please note: This is an 18+ event. Current students are not able to attend. As part of the evening, we are offering ex-students and staff the opportunity to revisit classrooms and reconnect with the spaces that hold so many memories.

Purchase tickets here:

<https://www.tfhsuniformshop.com.au/collections/accessories/products/the-last-hurrah-celebrating-64yrs-of-memories>



The Last Hurrah
CELEBRATING
64
YEARS OF
The Forest High School

ABOUT OUR EVENT

It's time to come together one last time to celebrate the incredible journey of our school. We invite you to gather on the school grounds for an unforgettable evening filled with memories, laughter, and camaraderie.

 **15TH NOVEMBER 2025**
5.00 PM- 9:00 PM

OVER 18 EVENT
PRE-PURCHASED TICKETS,
ONLY BY 1ST NOVEMBER \$25PP

EVENT HIGHLIGHTS

Last walk through the school
Buildings open 5-7 pm, revisit your favourite spots.

DJ attending
Music celebrating over 64 years of school memories and milestones.

Delectable Cuisine Available
A delightful array of food and beverages is available for purchase throughout the evening.

TFHS merchandise stall
Limited-edition items to celebrate 64 years of The Forest High School.



SEAFORTH COMMUNITY COMPETITION

What do you think our community needs most in 2025?

In the early 1870s, the people of Middle Harbour decided they needed a local church and set about thinking about how they could do this. 150 years later, the church they built still stands.

What do you think our community needs most in 2025? Present a creative response to this question for your opportunity to win prizes, start conversations and go down in history!

COMPETITION RULES :

1. Submit a creative response in any medium to the question:
What do you think our community needs most in 2025?
1. Submit Your entry via email or in person with your name, phone number and age category.
2. The work must be your own.
3. Entries must be submitted by 5pm Fri 17th October
4. Winners will be announced at 12pm Sat 25th October at the Church steps as part of our 150th Open Day celebrations.

CATEGORIES

- 1 UNDER 10
- 2 JUNIOR 11-18
- 3 SENIOR 18+

MORE INFO

SUBMIT ENTRIES

02 9948 1997
office@seaforthanglican.org.au
3 Frenchs Forest Rd, Seaforth 2092

Term 4 2025 Events

13 October - School Development Day

14 October - 7 November - HSC Exams

15 October - P&C Meeting - 7pm

24 October - World Teachers Day

7 November - Year 12 Sign Out

10-11 November - Year 9 Peer Support Training

12 November - Diversity & Inclusion Meeting - 7pm

15 November - *The Last Hurrah* - 5-9pm

17-21 November - Band Tour

19 November - Year 10 & 11 Minimum Standard Testing

25 November - Silver Assembly

26 November - Year 10 & 11 Minimum Standard Testing

26 November - P&C Meeting - 7pm

4-5 December - Year 7 Swim School

8 December - Week 10 Activity Week

9 December - Year 7 2026 Orientation Day

9 December - Year 8 Luna Park excursion

16 December - Presentation Night

17 December - Christmas Assembly and Year 12 Morning Tea

19 December - last day of Term 4 for staff and students



Join us for a free Webinar:

Helping teens thrive online

29 Oct 2025 | 4:00pm – 4:45pm | Via Zoom

Screens use shapes how young people learn, connect, and relax, but can influence wellbeing, leaving parents and teachers wondering how best to support them.

Join our free webinar with researchers, educators, and families for insights and practical strategies for building healthy digital habits.

Register now

