



# NEWSLETTER



Education

## WEEK 11 TERM 1 2025



### PRINCIPAL'S REPORT

Nathan Lawler  
Principal

On Friday, our school community came together to commemorate the upcoming ANZAC day. The ceremony included moments of reflection, remembrance, and gratitude for the service and legacy of our ANZACs. We would like to extend a special thank you to Kelly Barr-Jones for her exceptional co-ordination of this meaningful assembly, ensuring it was a powerful and respectful tribute. It's a reminder for all of us to pause and appreciate the freedoms we enjoy, thanks to their selflessness and bravery.

As Term 1 comes to a close, it is a great time to celebrate the achievements and growth of our students over the past few weeks. As a comprehensive setting, we strive to provide rich opportunities across academic, creative and sporting domains, ensuring that every

student can explore their passions and develop their talents. Whether through challenging classroom projects, engaging in the arts, or excelling on the sports field, our students have shown resilience, dedication and commitment.

We wish all our families a restful break and we look forward to the next term with renewed energy and enthusiasm for the opportunities that lie ahead.

**NATHAN LAWLER**  
**PRINCIPAL**







## HARMONY WEEK

### Reimagining Belonging - Only at THFS!

Harmony Week 2025 at TFHS was truly unbeatable! Thanks to the inspiring passion of the whole school community, TFHS enjoyed a celebration of rich cultural diversity. From vibrant performances, heartfelt speeches, and creative cultural dance ensembles.

The energy, enthusiasm, and respect exhibited throughout the months of rehearsals leading up to the day was phenomenal. Working with Cultural Dance Experts Tito, Anna-Lee, and Aleta the students promoted messages of hope, solidarity, peace, friendship and happiness to all their fellow peers and proudly reminded us all of the power of dance, art and storytelling in the sharing of voices, cultures and identities.

Just as exciting, was the incredible generosity shown through our community fundraiser, which raised over \$500 for the Multicultural Community. A genuine reminder that belonging is ultimately so much more than just a theme for us at TFHS - it's something we live, breathe and truly believe! Great work - what an Olympic effort of community power and pride.

**LAUREN WEATHERALL**  
**EAL/D COORDINATOR**









## A Heartfelt Thank You: Embracing Empathy and Resilience

Over the past few weeks, TFHS has been honoured to welcome community heroes, cultural experts and aspiring leaders who have shared their incredible life stories with a group of very talented Year 9 English student reporters, such as Jess D who stated "it has been so great to hear about what they do and who they are."

Among our awe-inspiring guests were Tito, a phenomenal cultural dancer from Samoa, who transported us with the rhythm and spirit of the Pasifika, reminding us of the uplifting power of storytelling, laughter and love. We also welcomed Katherine Newton, CEO of RU OK?, who shared her strength, humility and vulnerabilities to connect with each and every one of our students and promote messages of community, solidarity and kindness. And lastly Kynzha, a vibrant cultural dancer and passionate advocate for Indigenous fundraisers from Colombia, whose dedication to preserving and celebrating cultural legacy ignited a newfound appreciation for our diversity and resilience.

But a massive thank you also to Year 9, whose enthusiasm, dedication, curiosity, and open hearts made these workshops truly unforgettable. Your positivity and willingness to engage, dance, discuss, reflect, and embrace new perspectives is an absolute testament to your empathy and maturity. In the words of Poppy GM "something truly special" and Stanley G "fun and pretty cool."

These experiences remind us that life-long learning extends beyond the classroom and happens in the surreal moments where we connect, share, and uplift one another. Well done TFHS - truly caring and representing!

**LAUREN WEATHERALL**  
**EAL/D COORDINATOR**







# International Women's Day Lunch



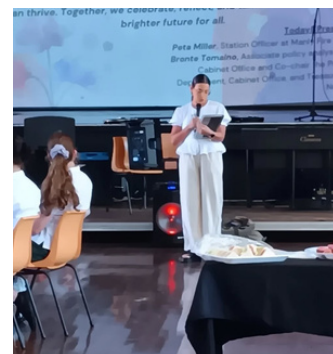
On Friday 14 March we came together to celebrate the incredible achievements of women throughout history and around the world. As Year 11 and 12 students, we recognise that we have a key role in accelerating action for a more inclusive future.

We were fortunate to hear from two amazing women who continue to break barriers and inspire us all:

- Peta Miller – Station Officer at Manly Fire Station
- Bronte Tomaino – Associate Policy Analyst at the Cabinet Office and Co-chair of the Premier's Department, Cabinet Office and Treasury Pride Network

Their stories are a powerful reminder of the strength, resilience, and brilliance that women bring to the world every day. Let's continue to push for change and support each other in building a more equal future. A huge thank you to Kelly Barr-Jones and her helpers for the wonderful catering.

## Year 11 & 12 Senior Girls





# ENGLISH

## Year 11 English - Henry V Excursion



On Wednesday 26 March Year 11 Advanced English students were fortunate enough to be invited to attend a performance of Henry V and Q&A with the actors.

The performance was engrossing and vibrant, while the Q&A shed fascinating light on the decisions, logistics and considerations behind the interpretation of the play.

“Captivating and entertaining” - Jade

“Modern twist” - Annika

“Exhilarating” - Kylie

“Passionate and dramatic performance” - Dillon

**SARAH PEACHMAN**  
**HEAD TEACHER ENGLISH**





## Bangalay Literary Festival



On Thursday 3 April The Forest High School welcomed Marsden, Ryde, Chatswood and Hunters Hill High School students from Years 7-10 to our library as we began the annual Bangalay Literary Festival.

At this event, creative students from around our community came together to work with an author mentor - this year the incredible Megan Gilbert, author of *Princess of Dawn* - and work on their own creative writing. Students gained so much from her presentation, and were inspired to begin exploring ideas for their own writing, and questioning their "why" - why write, why create, and why YOUR story?



We look forward to a second session in Term 2 at another NS-EC school where the students will meet again, working with Megan as they craft, polish and refine their ideas and compositions. Huge thanks to Megan Gilbert for her engaging and inspirational work with the students, and to all the teachers from the involved schools.

**SARAH PEACHMAN**  
**HEAD TEACHER ENGLISH**





# HSIE

## Year 8 Geography Excursion

On Friday 21 March three classes from Year 8 ventured out to Collaroy and Long Reef to complete field study work as Part A of their assessment task on Coastal Management systems. Students got to see first-hand the sand dune restoration work that has been undertaken and is still in progress from the devastating impact of the east coast low that hit the area back in 2016. Despite the light rain, students also completed field study notes on the wave conditions and coastal management strategies that are being used to stabilise the sand dunes and make sketches of the observations to include in Part B of their assessment which is a Coastal Management Report. It was an opportunity to see the real world application of what they are learning in the classroom.

**KYLIE COLEMAN**  
**HSIE TEACHER**



## Year 8 History - Medieval Day

The History incursion on Friday 21 March was met with great enthusiasm and excitement by our Year 8 History students. It was no wonder, as the event featured a Medieval enthusiast who told captivating tales of knights and epic battles that swept the imagination of the students. The presenter also reenacted historical fighting techniques, demonstrating combat from both the battlefield and tournaments. Students also enjoyed handling some of the armour, and a few brave volunteers even experienced firsthand what it was like to be a knight during the medieval period by wearing medieval armour. The day ended with students working in groups to create castle models, with their Year Advisor, Mr Hendy judging the most appealing designs, focusing on historical detail.

**HELEN LEPRE**  
**HSIE TEACHER**  
**R/HEAD TEACHER LANGUAGES, TEACHING & LEARNING**













## Year 11 Geography Fieldwork Excursion

Year 11 Geography students ventured to Cabbage Tree Bay in Manly in Week 8 for a fieldwork excursion, where they had the opportunity to snorkel and explore the diverse marine life within the Aquatic Reserve. The hands-on experience allowed students to observe and investigate local biodiversity, which will directly inform their upcoming assessment tasks. The additional fieldwork activities provided valuable insights into environmental conservation and marine ecosystems.

**SCOTT TESORIERO**  
**HEAD TEACHER HSIE**



## Year 12 Geography Excursion to Barangaroo & Darling Harbour

Our Year 12 Geography students recently participated in a fieldwork excursion to Barangaroo and Darling Harbour as part of their Urban Place study for the new HSC syllabus. The excursion provided valuable insights into the area's major urban renewal projects, examining the social, economic, and environmental changes that have shaped the landscape. This fieldwork will not only support their HSC studies and upcoming assessment task but may also inspire students to pursue further studies in town planning and urban development.

**SCOTT TESORIERO**  
**HEAD TEACHER HSIE**

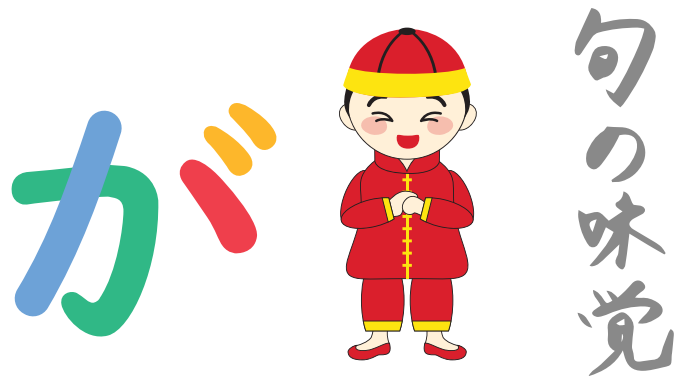




# LANGUAGES

The Languages faculty has kicked off the new year with the same intensity as the weather. Our students are also enjoying the variety we incorporate into our interactive lessons with a particular focus on communication. To reinforce the learning experiences in class, we have started integrating Education Perfect into both our class and homework activities to facilitate speaking. Students studying German had the opportunity to study a broad range of topics. Stage 4 students learnt about making a self-introduction and talking about school, while Stage 5 students explored the topic of weather, transport, sports and personal health. Stage 6 students, ever diligent and engaged, covered topics including self-introduction, family, pets, appearance and personality.

Students studying Chinese have also made steady progress throughout the term. Stage 4 students covered the topics of numbers, age and greetings, while Stage 5 students studied the topic of weather, now able to verbally deliver a weather forecast with confidence and commendable fluency.



And last but not least, we once again had the pleasure of welcoming students and staff members from our sister school Chiba Keiai this year. Students had the chance to engage in meaningful conversations with one another and had the opportunity to strengthen the bond with one another during the excursion to our local Woolworths, where Forest students introduced their favourite (and least favourite) local delicacies to our lovely sister school's students. We hope to meet our sister school visitors again next year.

**TOM GOLANOSKI, XIU YE, AUBREY ZHAO, KAREN DEAN & HELEN LEPRE**  
**LANGUAGES FACULTY**

*Auf Wiedersehen!*



In terms of academic achievements, our Stage 6 Japanese students have once again proven their diligence and dedication towards their studies, achieving overall commendable results in both the Preliminary and HSC courses. Likewise, Stage 5 Japanese students have also been hard at work, covering topics such as dates and various grammar forms with admirable enthusiasm. Stage 4 students studying Japanese have had a great start to the year: Year 7 students have learnt extensively about numbers and basic greetings, while Year 8 students have been learning the Japanese script Hiragana. Both year groups were also introduced to Gimkit, a fun online game that made the often dull but necessary practising of vocabulary much more engaging.



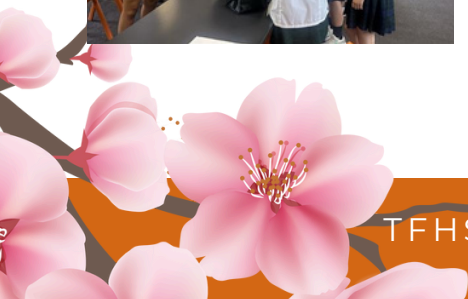
# LANGUAGES



## Chiba Keiai High School Visit

We once again had the pleasure of welcoming students and staff members from our Japanese sister school this year. Students from both the Chiba Keiai Senior High School and The Forest had the opportunity to engage in various educational and cultural activities, notably a trip down to the local Woolies, where our students introduced various delicacies (and some edible atrocities) to the Japanese students, creating unforgettable memories throughout the week. And just like the short-lived but beautiful annual cherry blossoms, we look forward to our sister school's visit again next year.

**LEO YE**  
**LANGUAGES TEACHER**





# PDHPE

This year is off to a cracking start with almost every single one of our Opens Knock Out Teams making it past the first round. The PDHPE faculty are so proud of the efforts of each individual athlete and their contribution to the team from leadership, game sense, skills, communication and sportsmanship; we've seen it all throughout this term in every sport.

## Touch Football Knockout Competition



Our boys team made the trip up to Woy Woy for their first and last game of the knockout season. With a few tries scored against us, within the first few minutes we knew we were up for a challenge. The boys played well and never gave up, which was admirable.

The girls touch team were keen and raring to go for their first game against Marsden HS. The team is made up of a young junior team and a few of our senior girls who fought hard to take out their first win. The girls then looked to play Woy Woy who forfeited leading us to the next round. We then took on Hunters Hill HS who unfortunately got a few quick tries in up the wing which led to the end of our knockout season. The improvement in this team's skills has been nothing short of brilliant. A special thanks to Mrs Kennedy for her work coaching the teams.

## U15's Football Competition

Under the blazing sun, The Forest High School's Under 15 Girls soccer team made a stunning debut in their first-ever match of this new competition, dominating Mosman High 15-0 in the preliminary round. Three lightning-fast goals in the opening minutes set the tone, as Forest showcased incredible teamwork and determination to build an unassailable lead by half-time. Mosman fought back in the second half, but Forest's rocksolid defence and relentless energy kept them scoreless. From start to finish, it was a commanding performance, with every player giving their all in a dazzling display of skill, teamwork, and sheer determination.





## Girls Open Netball Knockout Competition

We were so excited to see our netball girls advance past the first round with a spectacular and well deserved victory over Ku-Ring Gai HS 33 to 15. The girls then ventured out to Pennant Hills HS to play their second round where they concluded their knockout tournament. With a young team, we look forward to seeing how they compete in the future.





## Cricket Knockout Competition

The boys were up first with their game against Pittwater HS. Due to some technicalities, we found ourselves with a win and onto the next round. The boys took on Bally Boys HS and were met with some tough competition leading to us being knocked out of the competition. The girls had their game on a rainy day amongst a soggy field, however the girls didn't let the weather dampen their spirits. They took on Gorokan HS to come away with a loss. By all reports, the girls played well and had a lot of fun.



## Boys Soccer Knockout Competition TFHS 1 v Ku-Ring-Gai 0



The boys played their first game against Ku-Ring-Gai HS on a sunny day. They fought hard to keep the game at nil all. We then went into extra time and were lucky enough to get a goal within the first two minutes. They then went on to play Epping Boys HS where they did their best to work as a team but unfortunately fell short and saw the end to their Knockout series.

The girls played an incredible three rounds this year which is the furthest we have gone in a long while! They won their first game against Pittwater HS, then moving on to defeating Narrabeen Sports HS before coming to an end against Barrenjoey HS. Well done to the team for an amazing season. We look forward to seeing what this team can do in 2026.





## Girls Open Volleyball Competition

### A nail-biting finish!



Both our boys and girl's teams made it to round 2 before being knocked out this year. Well done to both teams for training and playing well at both games. The girls won their first game against Freshwater Senior Campus to be met with defeat by Chatswood HS. The boys won their first game against Henry Kendall HS on the Central Coast followed by a loss against Normanhurst Boys HS.

## Boys Basketball Knockout Competition

### TFHS 42 v St Ives HS 52

Our basketball boys felt the full wrath of the knockout comp, losing narrowly to last year's state finalists St. Ives in the opening round. Sharp shooting being the only defining factor as TFHS shot well below 50% from the field whereas St. Ives were hot all game.

## Regional Swimming

Congratulations to 7 students who qualified for the Regional Swimming carnival at the Olympic Aquatic Centre in Homebush



L-R :Bindi S, Kiva A, Imogen L and Matilda S



L-R :Archie S and Darcy J

## Thank you!

All of this is not possible without the tireless work of our PDHPE faculty. The hours that go into planning, organising, coordinating and training our teams is substantial and not unnoticed. A very special thank you to such an incredible team supporting the improvement of sports across the school.

As we like to keep things busy here in PDHPE, we decided to hold all three carnivals in one term.

## Whats Next?

- Zone Athletics – June 30th
- Zone Cross Country – May 22nd
- AFL Knockouts
- U15s Knockouts





# SWIMMING CARNIVAL



On a 32-degree day we all headed out to Warringah Aquatic Centre for our annual swimming carnival.

With lots of new faces heading to the podium this year, we were impressed by our competitive swimmers. It was great to see the rest of the school there cheering on their friends.

We had a total of 35 students move onto the North Shore Zone Carnival with 7 of those making it to Regionals. Well done to all our swimmers.



LOTS MORE  
PHOTOS ON  
OUR SCHOOL  
WEBSITE







# Athletics Carnival



After a downpouring of rain on the weekend it was a touch and go situation for the Athletics Carnival again this year. Much to our luck, it was on, and the sun was shining.

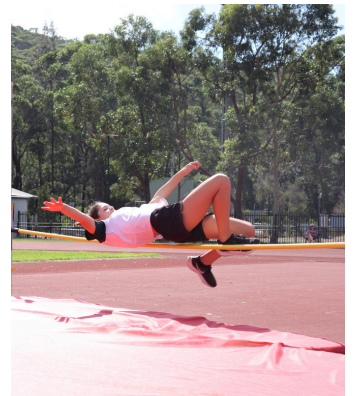
We had the complexity of running the carnival over two sites at Narrabeen Sports Academy whilst the track continues to be repaired. The students did so well to manage being across two sites and it was great to see so much involvement both in the field events and on the track.

It was exciting to see some of our up-and-coming sprinters battling it out for first, second and third place which will continue to lead to some nail-biting finishes over the year to come.

Zone Athletics Carnival is not until term two. The team for this will be announced early next term.









# SUPPORT

## What a busy Term 1!

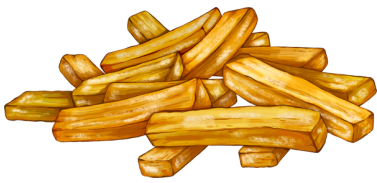
Our Support Unit students have enjoyed some fun excursions and activities this term including visits to Manly & Shelly Beach, Mini Golf, Manly Boy Charlton Gym, the AGNSW and TAFE. They also cooked up a delicious Steak & Chips dinner in their Food Technology class in Week 7 and enjoyed exploring Science with Mr Connery. It was also nice to see some of the Support Unit students at our Friday lunchtime workouts. Thank you to our wonderful Support Unit staff for organising and supporting our students at these experiences.











# STEAK & CHIPS

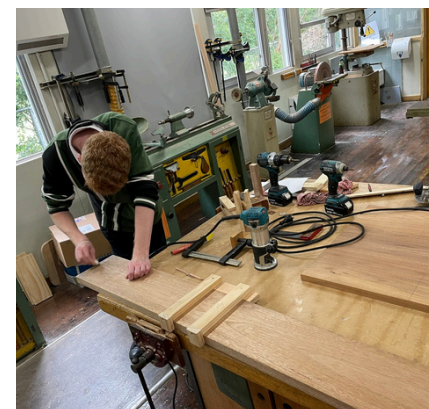




As Term 1 draws to a close, our faculty is proud to report remarkable progress in the diverse and challenging projects undertaken by students across various disciplines.

## YEAR 12 MAJOR PROJECTS

Our Year 12 students are deeply engaged in the production phases of their Major Projects in Industrial Technology Timber, Multimedia, Textiles & Design, and Design & Technology. These students are currently focused on testing and implementing their innovative ideas into production work. The transition from design to tangible output is a crucial step, and they are demonstrating great skill and creativity in bringing their concepts to life. To support this pivotal phase, we have organized a series of holiday workshops tailored to help students refine their projects and prepare for final assessments.





## HOLIDAY WORKSHOP SCHEDULE:

- **Timber/Multimedia:**
  - Portfolio Writing: 14 April, 10am-2pm
  - Practical Project: 24 April, 10am-2pm
- **Engineering:**
  - Consolidation of Module 1 & 2: 15 April, 10am-2pm
- **Textiles & Design:**
  - Major Project work: 14, 16, 23 and 24 April, 10am-2pm each day
- **Design & Technology:**
  - Major Project work: 22 April, 9am-3pm

We encourage all students to participate in the upcoming holiday workshops. These sessions are designed to advance students' projects and provide a rich, immersive learning experience. For those unable to attend, we will ensure that the materials and insights from these workshops are made available in class, ensuring that no student misses out on these valuable learning opportunities.

## YEAR 8 TECHNOLOGY MANDATORY

Our Year 8 students are showcasing their creativity through the Technology Mandatory course, working on eco-lamps and custom hoodies. The eco-lamps feature personalized designs ready for laser engraving, while the hoodie project focuses on textile skills as students attach sleeves and hoods, combining functionality with personal style.



## YEAR 10 TIMBER

The Year 10 Timber class has taken on the challenge of constructing bedside tables. This project has been an excellent opportunity for students to learn and apply new woodworking joints and techniques, enhancing both their technical skills and their understanding of design principles.



## YEAR 11 HOSPITALITY

In Hospitality, our Year 11 students have been excelling in the kitchen, dressed in their new uniforms, which add a professional touch to their learning environment. They have been engaged in preparing a variety of dishes, mastering culinary techniques, and learning the dynamics of kitchen management, which are integral to their career readiness in the hospitality industry.



We wish all our students and their families all the best for the holiday break. We are excited to continue supporting them as they further develop their skills and bring their innovative projects to fruition in the coming term.

**AMANDA WALSH**  
**HEAD TEACHER TAS**



## Year 10 Hospitality

Here are our Year 10 Baristas training at Little Italy Coffee Roasters on Wednesday 5 March. Under the guidance of their Hospitality teacher Mrs Horton, they now operate our Cafe de Forest every Friday morning. We are very appreciative of the delicious coffees they make!







# TRIVIA NIGHT

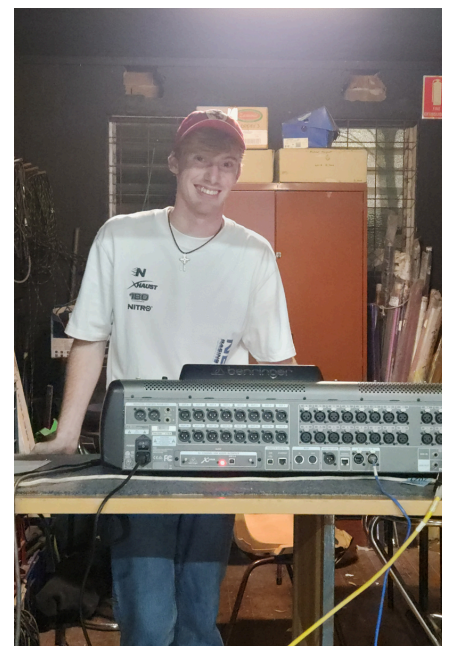
Thank you to our SRC for organising another fun Trivia Night on Wednesday 26 March. There was a great turnout of students, parents and staff and some great team themes. This is always a highlight of the school calendar, where The Forest school community spirit shines. Many thanks also to the following staff whose hard work behind the scenes made the night such a success - Miss van der Veer, Mr Argue, Miss Murray, Miss Wallace and also to Will B in Year 12







# TRIVIA NIGHT





# P&C NEWS

## Term 1 Wrap-Up

As Term 1 comes to a close, we would like to take a moment to reflect on The Forest High P&C's busy and rewarding start to the year. This term, we have proudly supported the Trailblazers School Holiday Workshop, which will provide students with engaging workshops during the school break.

We also funded dance workshops for Harmony Day, which celebrated our diverse school community.



Our commitment to student well-being continues with supplying food for our Breakfast Club, which ensures students have access to a warm cheese toastie each day. We have also supported and supplied food for our lunch time clubs and Beyond the Bell.

A highlight of the term was celebrating International Women's Day, with the help of Sue F, Korena M, and Michelle A, who hosted a special high tea for our senior girls. Thank you to Peta Miller, a local Fire and Rescue Officer, for sharing her inspiring journey with our students.



We also rolled up our sleeves for a Working Bee, and we are incredibly grateful to everyone who contributed their time and effort to improving our school environment.



Of course, no term would be complete without our end-of-term Thank You Morning Tea for our teachers. The spread was truly impressive, and we extend a massive thank you to everyone who made it such a treat for our hardworking teachers and staff.



We held a successful General Meeting in February and a positive Diversity and Inclusion Meeting in March, reinforcing our commitment to fostering an inclusive and supportive school community.





Looking ahead to next term, we will be holding our Annual General Meeting (AGM) on Wednesday 21 May in the School Library at 7pm.

As many of our executive team members have senior students, some will be stepping down from our roles. If you would like to learn more about the P&C roles and how to get involved, please don't hesitate to reach out.

We will also conduct a uniform review next term. A big thank you to the parents who have already reached out to participate. If you would like to contribute to the review, please get in touch with us.

We wish all our families a wonderful holiday break and look forward to another fantastic term ahead!

The Forest High P&C  
[enquiry@tfhspandc.onmicrosoft.com](mailto:enquiry@tfhspandc.onmicrosoft.com)



## Term 2 2025 Events

28 April - School Development Day - staff only

29 April - School Development Day - staff only

30 April - All students return

6 May - Years 7 & 9 Parent Teacher Interviews

21 May - AGM P&C Meeting - 7pm

22 May - Zone Cross Country

4 June - Year 11 & 12 Minimum Standard Testing

9 June - King's Birthday Public Holiday

10 June - Silver Assembly

11 June - Year 11 & 12 Minimum Standard Testing  
Diversity & Inclusion Sub-Committee Meeting 7pm

12 June - Year 8 Maths P+P+P+P

13 June - Sydney North Cross Country

16 June - SRC Environment Week

20 June - Stage 5 Music Night

30 June - 4 July - Year 10 Work Experience

30 June - North Shore Zone Athletics

4 July - Linton/Townsend Cup Year11 vs Year 12

4 July - Last day of Term 2





**Have your voice heard and represent the children and young people of NSW. Apply online before 20 April 2025.**

The NSW Youth Advisory Council (YAC) plays an important role in advising the NSW Government on subjects relevant to young people across the state.

The 12 positions of the council are open to young people from diverse locations, life experiences and backgrounds between 12 and 24 years of age, living in NSW.

**Questions?**

Feel free to contact the office on (02) 9248 0970 or [acyp@acyp.nsw.gov.au](mailto:acyp@acyp.nsw.gov.au)



Learn more online at [acyp.nsw.gov.au](https://acyp.nsw.gov.au) or scan the QR code to start your application.







# PROUDLY SUPPORTED BY

## STEPHANIE SUBER

### SPORTS PODIATRIST - THE FOOT COMPANY

Stephanie Suber, Sports Podiatrist from The Foot Company, shared her expertise on how to prevent hip, knee, and foot pain and keep our young athletes active and thriving with the new year ahead. With an extensive background beyond podiatry, Stephanie holds a Master's in Podiatric Medicine (First Class Honours), a Bachelor's in Sports and Exercise Science, and Level 2 Strength and Conditioning. She has worked with elite sporting teams, athletes, and rehabilitation programs, as well as in pharmacy, giving her a unique and well-rounded perspective on injury prevention and performance.

Stephanie's passion lies in helping athletes of all levels continue to do what they love. She specialises in assessing biomechanics, prescribing custom orthotics, treating and rehabilitating lower limb conditions, dry needling, and return-to-sport programs. Her clinical experience spans private practices, hospitals, and working closely with multidisciplinary teams to ensure the best outcomes for patients.

The Forest Sports Academy extends their sincere thanks to Stephanie for sharing her time and expertise with the students in the Academy.



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# COLOUR FEST 2025

**SATURDAY, 12TH APRIL 1-5PM**  
**ST. LEONARDS PARK, NORTH SYDNEY**

**We're  
back**

**\*TONS OF COLOUR POWDER**

**\*LIVE YOUNG BANDS**

**\*DJ MAX**

**\*FOOD**

**\*FUN**

**All ages**

**Free**

**Grab your friends and family and register  
your team into the Team Obstacle Races  
for a chance to win prizes!!!!**

Sign up your **School** or **Youth Service!**

**Team Obstacle Races commence at 1:45pm- 2:30pm**

**Scan QR Code to register your team**

For more information, contact Vivienne Hughes at  
[Vivienne.Hughes@health.nsw.gov.au](mailto:Vivienne.Hughes@health.nsw.gov.au)



**SCAN ME**