



NEWSLETTER



Education

WEEK 5 TERM 1 2025



PRINCIPAL'S REPORT

Nathan Lawler
Principal

As we reach the midway point of Term one, I would like to acknowledge all of the work that has gone into making the start to the year successful. Walking around the school, I can see students engaged in lessons, following the clear guidance from their teachers.

This week we had some highlights on the sporting field:

- Girls Soccer vs Pittwater High School - we won 6-2
- Boys Basketball vs St Ives High School. Unfortunately we lost a close match 52-45 however St Ives were last year's winner and a much bigger school so this was a great effort. We are looking forward to the winter tournament with an Open and Under 15s team.
- Girls Touch Football vs Marsden High School, again a larger school with approx. 1200 students, and our girls won in extra time.

Enjoy reading about some of the experiences for our students from the first half of Term 1.

NATHAN LAWLER
PRINCIPAL



Girls Touch Team with coach Ms Kennedy



Girls Touch Team with coach Ms Nestor



DEPUTY PRINCIPAL REPORT

Mathew Finley
Deputy Principal

BACK TO THE FUTURE

I wanted to start by thanking all the staff, students and parents for such a warm welcome back. I am truly overwhelmed by the goodwill shown by everyone since my return to the Deputies chair at the start of this term. While there have been many changes during my time away, the care and support that has always underpinned the Forest community continues to shine strongly.

HSC CURRICULUM REFORM

I wanted to start my report with a brief overview of the work I have been doing at NESA over the past two and a half years. NESA stands for the **NSW Education Standards Authority**. It is an independent statutory authority that reports to an independent Board and the NSW Minister for Education and Early Childhood Learning. NESA is responsible for the curriculum, assessment, teacher accreditation, and regulatory standards in NSW schools. Most people know NESA because they are responsible for the HSC examinations.

As Principal Education Officer for the HSC curriculum reform my leadership role at NESA included:

Curriculum Division

- Leading delivery of Year 11-12 syllabus projects
- Leading teams of Curriculum, Assessment, Diversity, and Aboriginal Education experts in the development and quality assurance of syllabus and support materials
- Working closely with Projects, Production, Policy, Strategy and Capability, and Ministerial Board and Executive Services on communications and delivery
- Review, provide expert advice, and approve syllabus concept papers, draft syllabuses, professional learning online resources, sample formal assessment tasks, scopes and sequences, skills statements, and sample units of work
- Provide expert advice on Year 11-12 Curriculum policy

- Professional learning of Year 11-12 Curriculum Officers
- Communication and consultation with stakeholders across the Department of Education, Association of Independent Schools NSW, Catholic Schools NSW, and subject associations.

The new syllabuses have a clearer structure that prioritises essential content and is carefully sequenced to support student progress. The relationship between the course requirements, outcomes and content has also been made more explicit.

- a **course overview** indicating the organisation of the subject area and important requirements for student learning
- **outcomes** that are concise statements of the essential knowledge, understanding and skills that students are expected to demonstrate as a result of the teaching and learning of the syllabus.
- **content** describes the essential content for each outcome. It provides explicit detail of the knowledge, understanding and skills that students will need to be able to demonstrate the outcome(s).

The new syllabuses recognise that education must focus on both theory and practice and provide opportunities for students to apply conceptual learning in a meaningful way. These syllabuses:

- skills that require the application of knowledge, such as communication, collaboration, and critical and creative thinking skills
- recognise that an integral part of learning in a subject is the subject-specific ways in which capabilities are understood, developed and demonstrated.

Assessment Division

- Leading teams to develop Assessment and Examination requirements and advice for new syllabuses.
- Providing expert advice on the alignment of syllabus content and outcomes to course standards
- Leading teams to develop sample HSC examinations – including examination committees and NESA officers.

Working in the assessment division involved the development and implementation of approaches to support NESA's assessment principles, including approaches to formative assessment, summative assessment, and evidence and feedback. This work also involved mitigating risks from over assessing and creating assessment that is not valid or reliable. We also worked on strengthening assessment approaches for diverse cohorts.

I am looking forward to being able to share this knowledge with the staff at Forest as we continue to transition to new syllabuses over the next 5 years. For parents, keep an eye on upcoming P&C agendas for discussions on the new curriculum and how my knowledge gained at NESA will be used to shape curriculum delivery and assessment at the Forest over the coming years.

YEAR 9 AND YEAR 11 SUBJECT CHANGES

Year 9 and Year 11 students have until 28 February to change elective courses. Students need to ensure all green forms are submitted by this date.



THANK YOU , MR BAILEY

I want to thank Jonathan Bailey for his work last year as Deputy. Having met Jonathan during the summer holidays I can see why the students and staff have spoke so highly of him. His commitment to the students at Forest was obvious to everyone and I wish him well on his return to Epping.

MATHEW FINLEY
DEPUTY PRINCIPAL

Better data to improve school bus services

What: Transport for NSW will be visiting schools in the 10 Sydney bus contract regions to carry out a manual count of students using bus services.

Why: School students have little incentive to use their School Opal card and no consequence if they fail to tap on and off the bus. As a result, we have a very poor understanding of how students are using our bus services.

The manual count will provide us with more accurate information about how students are using our bus services, which will enable us to improve how we operate our network and ensure we deliver bus services where they are needed most.

When: Between 24 February and the end of March 2025.

Fee waiver: During this period Transport will be waiving the \$10 fee to replace a lost Student Opal card to encourage eligible students to replace and use their card.

Next steps: Transport for NSW and the local bus operator will write to schools to confirm on which day staff will be observing bus services and carrying out a manual count. Please send any questions or feedback to bustransformation@transport.nsw.gov.au



The Forest High School will be visited on Monday 17 March

Procedures for student absences

- Our preferred method for advising a student absence is via the Sentral app or Sentral portal. You can also email the school at: theforest-h.school@det.nsw.edu.au
- Sickness - advise on the day via the app or portal or reply to the Absentee SMS text you will receive after Period 2. There is no need to call the school, just reply to the SMS
- Appointment or early leave - advise by the day before via the app or portal. A leave pass will be sent to your child in class prior to the the leaving time. They can then meet you in the car park or at the school office at the required time.
- Please do not email teachers or Year Advisers direct in regard to sickness or leave absences.

Thank you for your cooperation!



OPEN NIGHT 2025

✉ theforest-h.school@det.nsw.edu.au

5 - 7pm

5.15-5.35pm

Mr Lawler

5.40-6.10pm

Band program

6.15pm

Mr Lawler

6.40-7pm

Q&A PANEL - MC - Ms Z van der Veer

Trailblazers, Captains/Senior SRC, Junior SRC



INTERESTED IN ENROLING AT THE FOREST HIGH SCHOOL - COME TO OUR OPEN NIGHT AND SPEAK TO STAFF AND STUDENTS ABOUT OUR SCHOOL

WEDNESDAY MARCH 5

"It is our belief that students achieve their best when there is a culture of high expectations and a focus on explicit quality teaching across the whole school. We look forward to welcoming you to our school."



Getting to school and staying at school

Information for parents and caregivers

What is School Refusal?

School Refusal is a complex issue which can become a source of enormous stress for the whole family. That's why schools want to work with you to come up with a plan to support you and your child.

- Many children and adolescents are reluctant to go to school at some point, but some find it so difficult that they refuse to go.
- The term School Refusal is often used when not going is related to a worry or an anxiety.
- School Refusal can happen at any age, but seems to happen more during major changes in children's lives like beginning kindergarten or the transition from primary to high school.
- There is no single cause for School Refusal, and reasons will differ from child to child.

What might I see?

If your child has missed school twice over two weeks, especially with some of the behaviours below, this may be a pattern of School Refusal.

- Tearfulness before school or repeated pleas to stay at home.
- Tantrums, clinginess, dawdling or running away before school or during drop off.
- Frequent complaints of illness before or during school, like stomach aches, headaches, dizziness or tiredness.
- Difficulty going to school after weekends, holidays, school camps or sports days.
- Long periods spent in sick bay or otherwise out of class.

What are the impacts?

School Refusal is a serious issue and needs to be managed early. Long absences mean that children miss out on both learning and friendships.

- The pattern can very quickly become a habit and very hard to change for children and their families.
- Missing one day of school each week means 2 full months' worth of learning lost over a year. This adds up very fast.
- Missing out on education can impact a child's lifelong learning and their social and emotional development in many ways.

It is important to respond

- School Refusal can also be a sign of an emerging mental health difficulty, so it's important to respond.
- That stomach ache might not be due to a bug, but a real symptom of your child's worry about going to school.
- Research shows that every day absent in high school has an impact on numeracy.
- Frequent absences might also jeopardise your child's relationships with their friends.
- Acting early is the best way forward. Seek help as soon as you are concerned.

Find support

You might find support for you and your child through your family doctor, the school counsellor, a family friend, a community-based support worker, an Elder, or a religious or spiritual leader.

*Is your child
refusing to
attend school?*

*We really
understand that
this isn't easy!*

*Talking with
your child's
teacher is the
best place to
start*

*You might also
find it helpful to
seek support for
yourself*



Every minute counts, every day!

What can I do at home?

- Really listen to your child's concerns and fears about going to school - issues can be addressed if they're understood.
- If your child is 'feeling sick', check it out with your family doctor.
- If you're worried about their mental health, then your GP or school counsellor can be a great place to start.
- Being firm and kind in getting your child to school regularly and on time will help, including not prolonging the goodbyes.
- Praise your child's positive behaviours to reinforce their success.
- Keep up family and other activities for your child and the whole family wherever you can.
- Seek professional help for yourself and your child.

Where else can I go for help?

At school:

- Try the class teacher or year advisor, the school counsellor/school psychologist, or the school leadership team.
- If you feel you haven't yet got the support you need, don't give up - try approaching someone else at the school.

In the community:

- Your GP/family doctor, a community-based support worker, an Elder, a religious or spiritual leader, a friend or relative, are all possible options.

Useful links for families

Family Connect & Support www.familyconnectsupport.dcj.nsw.gov.au

Parent Line NSW www.parentline.org.au 1300 1300 52

Kids Help Line (5-25 years) www.kidshelp.com.au 1800 55 1800

NSW Mental Health Line 1800 011 511

headspace (12-25 years) www.headspace.org.au

Raising children Network www.raisingchildren.net.au

Well Mob www.wellmob.org.au

A local contact for support is:

EVERY MINUTE COUNTS!



Your child has arrived in time to settle well and has the best start possible.



Your child has probably arrived just after most children as the school day starts at 9:00am.



Your child is late and has missed the beginning of the school day. Being late often unsettles children.



15 minutes late = 8 days lost a year



20 minutes late = 11 days lost a year



25 minutes late = 14 days lost a year

It's not just the full days off, either - Every Minute Counts!

Sometimes just a few minutes late of a morning can set your child back for the whole day - it's all lost time which they can't get back.

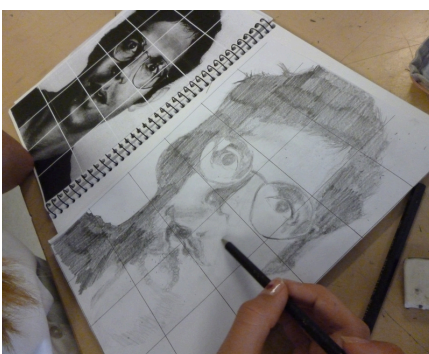
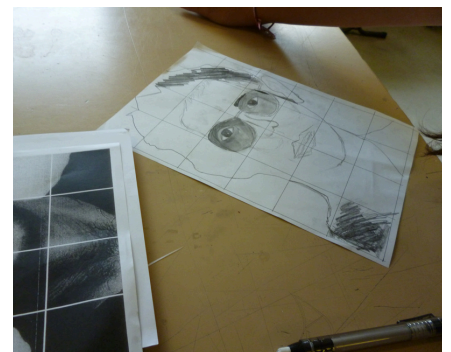
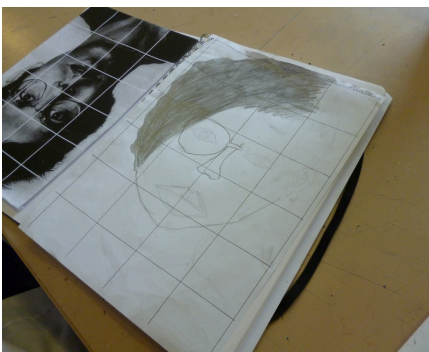
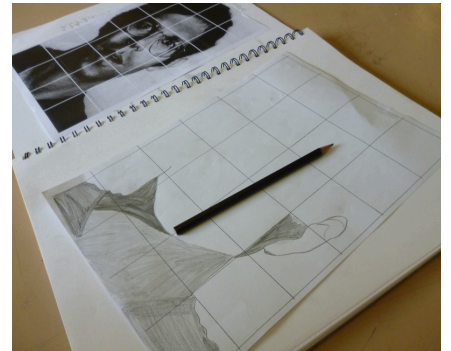
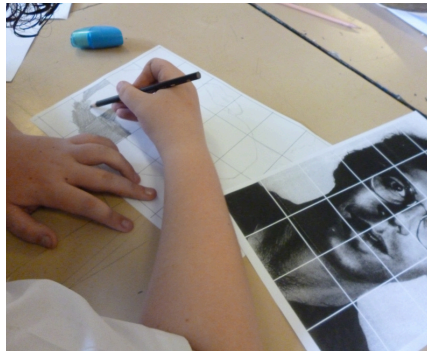
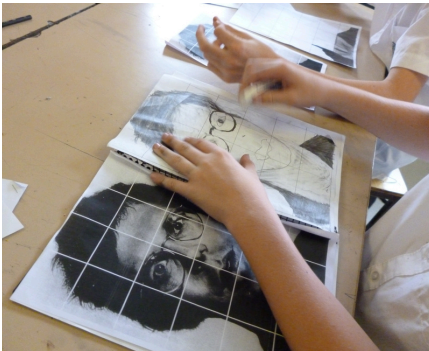
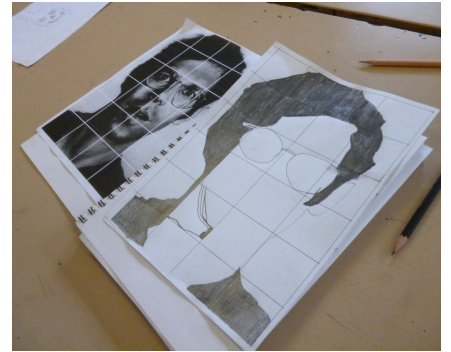
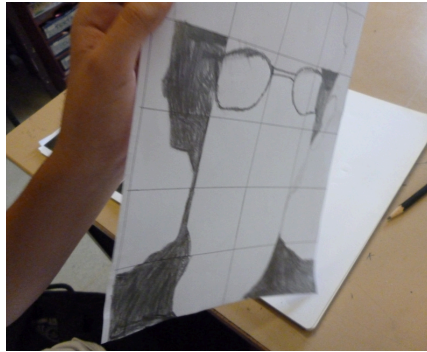
Sometimes children worry about their parents when not with them. Reassure your child that you'll be safe while they're at school.

If they do stay home, don't make it more fun than school. Video games, TV, toys, snacks and parental attention are all high reward items for kids.

This isn't easy for parents and you might find yourself becoming pretty frustrated. Remember, it will take patience and time to resolve this. Be open to getting support, and know that occasionally you might have to change your approach to find what will work for you and your family.

CAPA

Our Year 8 Visual Arts students have been busy working on their Grid Drawing task this term - with some excellent results! As you can see, we have some talented artists in our midst!





OUT FRONT 2025

We have continued to celebrate the success of our 2024 HSC Visual Arts students.

Jazz. H's HSC Body Of Work was selected for Out Front 2025 which is a curated selection of artworks by HSC Visual Arts students from the 21 secondary schools across Sydney's Northern Beaches. Part of the opening ceremony held last Friday evening included the announcement of the Theo Batten award. The Theo Batten Youth Art Award is offered to students pursuing studies in the visual arts or a related area (such as architecture, design, art education, music, performing arts, filmmaking, digital media etc) commencing in the year 2025.

Congratulations to Jazz who was announced as the joint winner of the Theo Batten award in 2025! Out Front 2025 held at the Manly Art Gallery and Museum closes 6 April.

Mindy.M's HSC Body of Work was selected for inclusion in ARTEXPRESS and is showing at the Hazelhurst Arts Centre, Gymea until 13 April. After this time Mindy's artwork will travel to Griffith for exhibition in late June.

We are thrilled that our students have been so successful in the creation of incredible artworks and that they have the opportunity to exhibit their work in professional galleries. A special thank you goes to all of the incredible support, knowledge and passion that their teacher Mr McGrath brings to Visual Arts at The Forest High School.

REBECCA CONSTANTIN
HEAD TEACHER CAPA



ENGLISH

EAL/D - Surf's Up - and So Are We!



It's been an unforgettable start to the year for our EAL/D future Surf Life Savers! For over the past month, our dedicated students have been training with the heroic team at Dee Why Surf Lifesaving, working towards their Beach Rescue certificates and proudly joining the ranks of Dee Why Surf Club patrol members.

For three consecutive Sundays, our enthusiastic cadets have mastered essential skills, from reading surf conditions, to performing emergency CPR, and operating the radio control room. Reflecting on the life-changing experience, Year 11 students Tenzin K and Anna V shared, *"It's been so much fun and definitely worth every minute!"*

A huge thank you to Dave and his exceptional team of surf lifesaving volunteers for making this dream a reality. With training experiences and certification opportunities valued at \$10,000, this program is not just about learning—it's about building confidence, saving lives, and giving back to the community.

We are truly grateful to Dee Why Surf Club for ensuring that the next generation of lifesavers on the Northern Beaches includes proud Forest High alumni—ready to protect and serve with expertise, enthusiasm, and a deep appreciation for the surf.

Well done, superstars - nailed it!

LAUREN WEATHERALL
ENGLISH TEACHER & EAL/D COORDINATOR



2025 EAL/D Family Fun has just Begun!

It was a lunch filled with laughter, lively conversations, and, of course, delicious momos and a giant chocolate cake! What a fantastic way to kick off the new year for EAL/D, thanks to a wonderful wider community of friends and family who love nothing more than welcoming new members and sharing their culture, language, and traditions with enthusiasm and joy.

Excitement was in the air as students shared their plans for Harmony Week 2025, impressing each other with the poems, dances, and songs they'll be showcasing at the annual Harmony Week Assemblies on the 18th and 25th of March. These performances will celebrate the inclusivity and solidarity that make The Forest High School such a rewarding and enriching community to be a part of. Students are also looking forward to sharing their performances with family and friends on the day! Yes, we cannot wait to see you there, for what promises to be a spectacular celebration of school spirit and intercultural festivities. A huge thank you to our EAL/D community for proudly embracing your community and identity with such positive school pride.

LAUREN WEATHERALL
ENGLISH TEACHER & EAL/D COORDINATOR



The Bangalay Literary Festival is on again for 2025!



Who is it for?

Students in Years 7-10 at any NS-EC school who love reading and writing, and are excited to work with a published author to mentor them through the creation of a piece to be published.

What does it involve?

You will meet up for three sessions throughout the year, which will focus on mentoring you through developing, writing and editing a piece of work for publication in the Bangalay e-book and printed zine, which will be launched in Term 4 through a Showcase at the Creator Space at Chatswood Library. Each session is a full day of reading, writing, and collaborating with like-minded peers. Session 1 will be held at The Forest High School on 3 April, where we will introduce you to your Author Mentor, Megan Gilbert, author of *Princess of Dawn*.

How do I sign up?

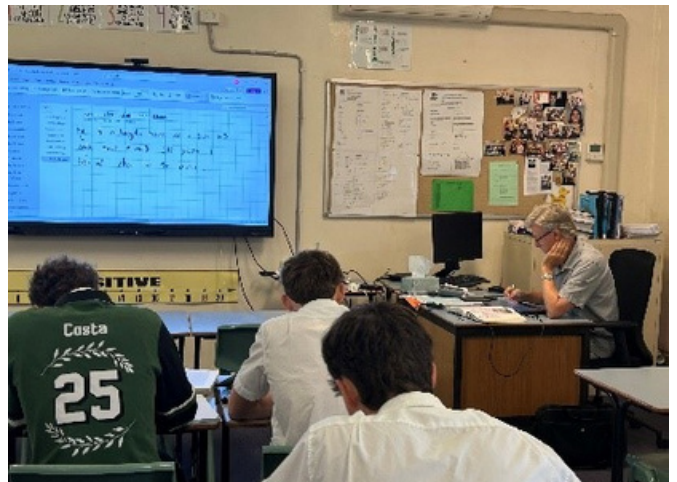
Use the QR code to register your interest, and then check your emails for details!

MATHS

Welcome back to 2025!

The Mathematics staff have been very excited to welcome back Mrs Dawson after a year off with maternity leave and we wish Mrs Locket all the best as she is about to have her baby and she will be taking this year off.

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 (found in Canvas under Helpful Links) and leave the textbooks in class. Students in Years 7 to 10 have started using Mathspace and Mathsonline and we encourage them to use these programs on a regular basis. Homework is recorded in Canvas for students and parents to check. The Mathematics staff run a Help Desk every Friday lunchtime in E1007 for any students requiring some extra assistance with classwork or homework.



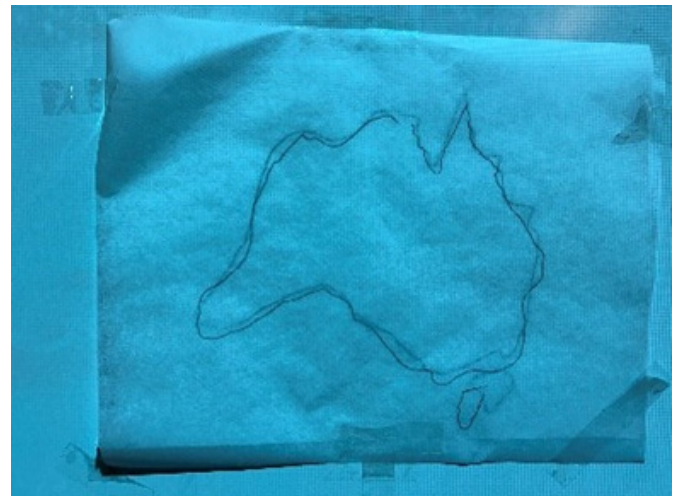
MATHEMATICS OLYMPIAD

Students in 7D, and 8A and 8B have received a permission note about doing the Mathematics Olympiad. This is a 4 week competition run through Terms 2 and 3, testing students' problem-solving skills and costs \$9.00 per student. Any Year 7 students not in 7D but who would like to join the Olympiad team should come to the Mathematics staffroom and see Mrs Gourlay.



CALCULATORS

Please remind students to bring a calculator every lesson. We use the Casio fx-82AU-PLUSII second edition. These are available for \$30 at school with complimentary engraving. We also offer the new Casio fx-8200 AU which is recommended for students doing the Advanced course or higher for \$35. Please pay via the school website if you would like to purchase one.

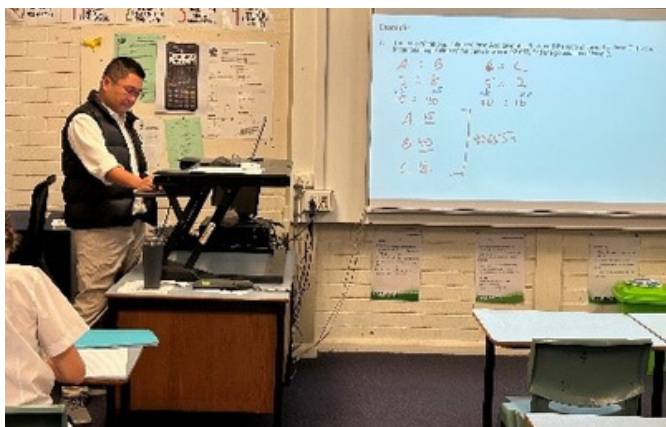


MATHEMATICS COMPETITION

Students in the top classes in each year group receive a permission note about the Mathematics Competition. This will be held in Term 3 on Thursday 7 August at a cost of \$9.00. There are 3 levels of competition - Junior (Years 7 and 8), Intermediate (Years 9 and 10) and Senior (Years 11 and 12) designed for students who enjoy problem solving and wish to challenge their mathematical ability.

NAPLAN

The NAPLAN tests for Years 7 and 9 will be on again this year and will run in Weeks 7 and 8 of Term 1. Students will do revision in their Mathematics class to assist in their preparation for these tests. If any parents would also like to assist with preparation, there are revision books available at most newsagents or I would recommend utilising Mathspace and Mathsonline for revision.



YEAR 8 QUICKSMART

Our first round of students in Year 8 have started the Quicksmart program. This program focuses on building confidence with basic number facts such as the times tables and general classroom skills such as setting out a different group of students are chosen each term.

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. Discuss the use of mathematics in your job and in daily life. Please contact your students' class teacher if you have any concerns during the year.

KAREN GOURLAY
HEAD TEACHER MATHEMATICS

Term 1 2025 Events

28 February - Swimming Carnival

5 March - Open Night

5 March - Year 11 & 12 Minimum Standard Testing

10=14 March - Chiba Keiai Sister School Visit

12 March - Naplan Writing
Year 11 & 12 Minimum Standard Testing
Diversity & Inclusion Sub-Committee Meeting - 7pm

13 March - Naplan Reading

14 March - Naplan Catchup Day

17 March - Naplan Language Conventions

18 March - Naplan Numeracy
Years 10 & 12 Parent Teacher Interviews

19 March - Naplan Reserve Day
Sydney North Swimming Championship

20 March - Naplan Catchup Day

21 March - School Photo Day
Harmony Day

26 March - SRC Trivia Night

27 March - School Photo Makeup Day

1 April - Years 8 & 11 Parent Teacher Interviews

2 April - P&C AGM 7pm

4 April - Athletics Carnival

8 April - Year 10 Vaccinations

11 April - Cross Country & Colour Run

11 April - Last day of Term 1

PDHPE

It's been a fun and exciting start to the year in the PDHPE department.

THE FOREST SPORTS ACADEMY

With the official launch of the Forest Sports Academy, we were absolutely overwhelmed by the number of students who applied for the program. The panel met to deliberate on all the applications leading to the creation of the team of 12 students in Stage 4 and 12 students in Stage 5. We are excited to have each of these students on the team from a range of different sports.



KNOCKOUT SPORT

The PE faculty have been busy bees getting the Knockout sport teams trialled, trained and ready to verse their opponents. With several games coming up in the upcoming weeks, we are pleased to see the majority of the teams turning up for training sessions. I'd like to thank the PE faculty for their efforts in coordinating these opportunities for our students.

SWIMMING CARNIVAL

The Swimming Carnival is coming up this Friday and we are keen to see our students take to the pool and show off their skills. There has been information posted about this on Sentral for all students and parents. We look forward to sharing the results with you at the next newsletter. Our Zone Swimming Carnival will be on Wednesday 19 March.

ATHLETICS CARNIVAL & CROSS COUNTRY

Later this term we are looking forward to the Athletics Carnival which will return to Narrabeen and the Cross Country on the last day of school here on site. This will be the last time we get to run this Cross Country track prior to moving to the new school.




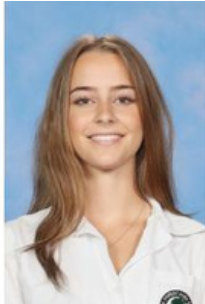




Congratulations to our PlusFitness Recreational Sport students who graduated at the end of Term 4 last year year. They are shown with their Certificates of Completion.

GENEVIEVE NESTOR
RELIEVING HEAD TEACHER PDHPE



Congratulations to our new House Captains for 2025!

Ares	Poppy Button & Coen Clark		
Athena	Ada Vachon & Max Sheppard		
Poseidon	Gemma White & Bede Carr		
Zeus	Mia De Angelis & Charlie Ashton		



TAS

The TAS faculty is looking forward to another great year ahead. A special welcome to our Year 7 families as students begin their journey into Technology and Applied Studies. An email has been sent to Stage 4 parents outlining expectations and requirements, including a reminder that Year 7 and 8 students will rotate at the end of Semester 1: Year 7 will study Engineered Systems and Food & Agricultural Technology, while Year 8 will rotate between Textiles and Timber Technologies. Students studying food will need to bring an apron and a container for practical lessons. A crucial reminder for all TAS subjects—fully enclosed leather shoes are required for safety in practical lessons.

YEAR 11 HOSPITALITY

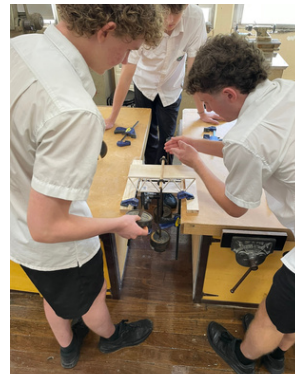
Year 11 Hospitality students have been fitted for their new uniforms and have officially started their journey in the course. Their first practical lesson last week introduced them to essential knife skills, where they demonstrated their precision in making rice paper rolls. It's exciting to see them building confidence in the kitchen already.



YEAR 12 ENGINEERING STUDIES

Year 12 Engineering Studies students recently tested the truss bridges they designed and built at the end of last year. Congratulations to Alby and Ben for achieving the best strength-to-weight ratio with their sleek, simple design. The award for the most creatively concealed

reinforcement of a truss bridge goes to Nico and Jared for their innovative approach. Fantastic work from everyone involved!



YEAR 11 TEXTILES & DESIGN

Year 11 Textiles & Design students have begun their preparations for the highly anticipated Coco Chanel-inspired 'Little Black Dress' project. Their creativity and craftsmanship will be showcased later this year on the catwalk.



REMINDER - YEAR 12 MAJOR PROJECTS

A reminder for Year 12 students about Major Project due dates:

- **Industrial Technology Multimedia: Thursday 14 August 2025, by 3pm**
- **Textiles and Design: Monday 18 August 2025, by 3pm**
- **Design & Technology: Thursday 28 August 2025, by 3pm**

Workshops will be held during the holidays to support students in making vital progress on their Major Projects. Please come along if you can.

Looking forward to a year of creativity, innovation, and hands-on learning for all!

AMANDA WALSH

RELIEVING HEAD TEACHER TAS

order your school photos now

to order visit: www.advancedlife.com.au

enter code: **GNR Z77 9NB**



scan to order

or collect a cash order envelope
from your school office



advancedlife
school photography & print specialists

School photos are
coming up soon!
Friday 21 March

Make up day -
Thursday 27 March

- Please wear your full school uniform
- Please place your order online before the day of photography
- Go to www.advancedlife.com.au and enter the code **GNR Z77 9NB**
- Payment can be made using Visa, Mastercard or PayPal
- If you are unable to order online, please hand your completed order envelope directly to the photographers on the day of photography



Year 7 had an unforgettable few days at the Great Aussie Bush Camp in Lake Macquarie, showing how supportive and courageous they are as a year group. Whether it was tackling the giant swing, navigating the high ropes course, or working together in team challenges, they threw themselves into every new experience with enthusiasm. Independently harnessing up and stepping outside their comfort zones, they proved they were always ready to take on the next challenge.

The accompanying staff, Ms van der Veer, Ms Nestor, Ms Foster, Ms Crowe, Mr Layton, Mr Sterland, Mr Argue, and Mr Finley, were especially impressed by the way students encouraged one another, pushed through hesitation, and embraced every opportunity. Their teamwork and determination made for a fantastic few days of building friendships and personal growth.

Year 7 camp has set the tone for an exciting year ahead. If their camp efforts are anything to go by, they will certainly be a team to watch at the upcoming sports carnivals!

ZALI VAN DER VEER
YEAR 7 ADVISER

Year 7 Camp





Year 7 Camp



Year 7 Camp





P&C NEWS

Welcome back to the 2025 School Year!

On behalf of the Parents & Citizens' Association (P&C), we extend a warm welcome to all families — new and returning — to another exciting year at The Forest High School! We hope everyone had a wonderful break and is ready for a fantastic year ahead.

The P&C plays an important role in supporting our school community through fundraising, advocacy, and hosting events that bring families together. Throughout the year, we will provide many opportunities for parents, carers, and students to get involved, contribute ideas, and help make a difference in our school community.

P&C MEETING DATES 2025

We encourage all parents and carers to attend our P&C meetings, where we discuss important school matters, fundraising initiatives, and ways to support our students and staff. Meetings are held in the school library at 7pm.

- **2 April - AGM**
- **21 May**
- **6 August**
- **15 October**
- **26 November**

All are welcome – please join us!

The P&C provides updates via the school newsletter and The Forest High School Facebook page. If you would like specific information to be shared, please contact Kelly Barr-Jones via the P&C Committee at enquiry@tfhspandc.onmicrosoft.com

WORKING BEE - SATURDAY 22 MARCH

Join us for our Working Bee on Saturday 22 March from 9:00 AM to 12:00 PM. This is a great opportunity to help improve our school grounds, meet other families, and contribute to our community. We welcome all helping hands – no experience needed!



DIVERSITY AND INCLUSION SUB-COMMITTEE

Our Diversity and Inclusion Sub-Committee meets regularly to ensure all families and students feel valued and supported in our school. Parents and carers can attend meetings held in the school library at 7pm

Meeting Dates 2025:

- **12 March**
- **11 June**
- **3 September**
- **12 November**

If you have any questions relating to the Diversity and Inclusion Sub-Committee, please contact Kelly Barr-Jones at enquiry@tfhspandc.onmicrosoft.com

THANK YOU TEACHERS MORNING TEA

At the end of each term, we invite families to contribute to a Thank You Morning Tea to show appreciation for our dedicated staff. Families are welcome to bring a plate to the school office by 9:30 AM on Friday 28 March

This is a small way to acknowledge the hard work and dedication of our amazing teachers and staff!



A HUGE THANK YOU TO OUR UNIFORM SHOP VOLUNTEERS!

We'd like to express our thanks to the wonderful staff at the Uniform Shop, who opened extra hours to support new families settling into the school year. Please remember that all profits from the Uniform Shop go directly back into purchasing valuable learning resources for our students.

We look forward to working together as a community in 2025 and hope to see you at our meetings and events. If you have any questions or suggestions, feel free to reach out!

Warm regards,
Kelly Barr-Jones
P&C President

THE FOREST HIGH SCHOOL CLUBS & ACTIVITIES

Monday

- **Symphonic Wind Ensemble** - 7.15-8.30am in the PAC
- **Interact Club** - lunch in the Learning Hub with Mr Argue - leadership skills & projects
- **Monday Study Sessions** - with our Trailblazers at 3pm-4pm in the Library
- **Art Club** - lunchtime in D0025

Tuesday

- **Yarn Yard** - Knit & Chat - South end of E Block or E0013 if wet
- **Conversation Club** - lunchtime in the DBLC. Come along for a chat and guest speakers.
- **Dungeons & Dragons** - lunchtime in the Learning Hub E Block

Wednesday

- **EAL/D Homework Club** - 2-3pm in A1022. Catch up on homework with your EAL/D teachers and make new friends.
- **Stage Band** - 3-4pm in the PAC

Thursday

- **Symphonic wind Ensemble** - 7.15-8.30am in the PAC
- **Textiles Workshop** - lunchtime A1001 with Ms Aroyan. Any interested students in Y8-12 come along and enhance your creativity in textiles
- **Yarn Yard** - Knit & Chat - South end of E Block or E0013 if wet
- **Dungeons & Dragons** - lunchtime in Learning Hub E Block
- **Beyond the Bell Homework Club** - 3-4pm in the Library . Homework & assessment help - all welcome

Friday

- **Forest Fitness** - with Mr Lawler. 7.30am in the weights room
- **Maths Help Desk** - lunchtime in E1007 - all welcome
- **"Booked In" Book Club** with Miss Foster - lunchtime in A1015

And

- **Duke of Edinburgh** - see Mr Argue in G Block if interested
- **Dance** - see Ms Constantin in the CAPA Staff Room
- **Choir** - see Ms Constantin in the CAPA Staff Room
- **Year 7 & 8 Monday** - lunchtime in the Gym & Learning Hub
- **Debating** - see Ms Peachman in the English Staff Room if interested



MANLY WARRINGAH BASKETBALL

APRIL HOLIDAY CAMP

COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 22ND, 23RD, & 24TH APRIL 2025

TIME: 5 to 10 Yrs old 9:00 to 12:00pm
10 to 14 Yrs old 1:00 to 4:00pm

VENUE: Northern Beaches Indoor Sports Centre

AGES: broken into age groups

COST: \$115 for 3 days only, NO single days

PLEASE BRING LIGHT SNACK & WATER

Booking: <https://www.trybooking.com/CZABC>
(please read our terms and conditions prior to booking in on the booking site)



MWBA PINK BALL

TERM 2 2025

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS IN A GIRLS ONLY PROGRAM.

DATES: 15th February to 5th April, 2025
Bookings open 9am on 7th April 2025

TIME: 1:15-2:15 PM

VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE, Jacksons Rd, Warriewood, NSW 2102

COST: \$125 includes a Pink Ball or Bottle

\$160 program plus reversible singlet.

To Book: <https://www.trybooking.com/CZABG>



SATURDAY LEARN TO PLAY

Basketball Skills

LEARN BASKETBALL SKILLS IN A FUN LEARNING ENVIRONMENT WITH QUALIFIED COACHES.

This program runs every term for kids aged between 5 and 12 years, boys and girls. The participants are broken up into small groups according to age and ability. This program is suitable for beginners.

DATE/Time: Sat 3rd May to 28th June, 2025
bookings open 9am 7th April

Cost: 9 Weeks for \$125 or \$160 with training top.

Venue: Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood,

Active Kids Voucher Welcome

To book go to: <https://www.trybooking.com/CZABJ>



Ford Aussie hoops

hit the HOOPS

Aussie Hoops is a fun, inclusive, structured introductory basketball program aimed at 5-10 year olds, with graded increases in competitiveness until participants are ready to transition to local WCBA competitions.

TERM 1

8 Week Program

Dates: Sunday 16th February 2025

Time: 9am to 10am

Venue: Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood

On sale: 9am on the 13th January 2025

COST:
\$175 New Participants (includes starter pack: Ball, singlet & bag)
\$120 Returning Participants

To book: <https://www.aussiehoops.basketball/program-locator/>

Are You a Parent or Carer?

Do You Want to Learn How to Raise an Emotionally Intelligent Child or Teen?

Join our Emotion Coaching Group for Parents and Carers of Children and Teens

A **6-week** group program which assists parents or carers to develop skills to help their children understand and manage their emotions through emotionally responsive parenting.

WHO CAN TAKE PART?

- Parents and carers of children (6-12 years) or teenagers (12-18 years, still attending high school).
- The group will run on Mondays.

HOW MUCH WILL IT COST?

- The program costs \$250 for one parent or carer to attend.
- \$400 for two parents/carers from the same family, payable before the first session of the group.
- Concession rates available.



INTERESTED?



02 9850 8000



psychology.clinic@mqhealth.org.au

MORE INFO:



MQ Health
MACQUARIE UNIVERSITY
HEALTH SCIENCES CENTRE