

Students and staff at our Year 5 Enrichment Showcase on Wednesday



## PRINCIPAL'S REPORT

Nathan Lawler  
Principal



### REMEMBRANCE DAY ASSEMBLY - YEARS 10 AND 11

On Tuesday, we paused to observe Remembrance Day. I would like to extend my thanks to Ms Hanley for her exceptional behind-the-scenes coordination. I also wish to commend our Year 9 students, Poppy G and Georgia W, who spoke with great purpose and clarity about the significance of taking time to reflect on those who have passed. Their words reminded us all of the importance of remembrance and the sacrifices made.

Through thoughtful collaboration, 9HSIEA helped create a meaningful space for reflection and gratitude, reminding us of the importance of remembering those who served and continue to serve Australia.

### STAGE 5 ENRICHMENT SHOWCASE

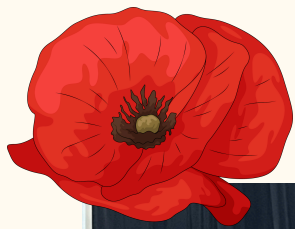
On Wednesday afternoon, we proudly hosted our Stage 5 Enrichment Showcase. Students from our local primary schools have been attending these sessions for the past 15 weeks, each Wednesday immersing themselves in classes that extend beyond the usual primary school experience.

The showcase offered an opportunity for the students to share their learning with an audience of parents and teachers from the participating schools. We were pleased to see and hear about the diverse projects they had completed, including creations from TAS where some students showcased what they had built (pen holders) and cooked as displayed in their personalised recipe books. We were also treated to creatively crafted sonnet pieces and even heard conversations in German—just a few examples of the learning experiences on offer.

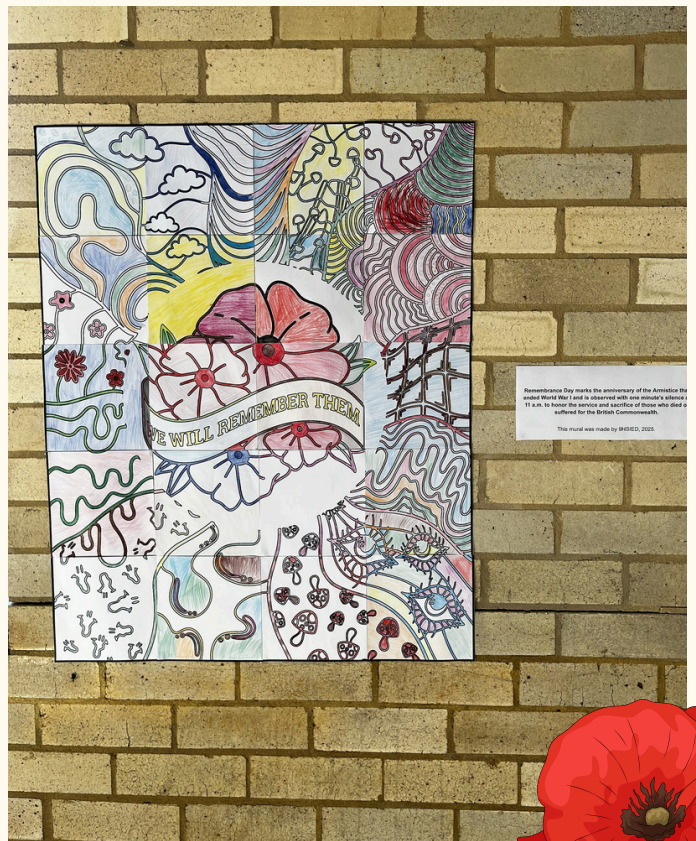
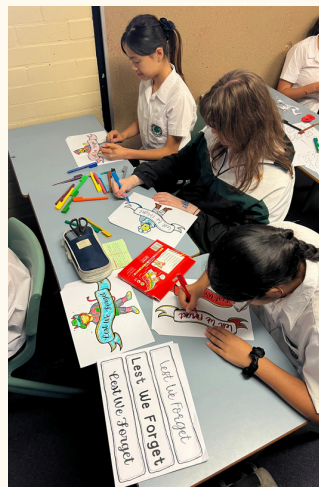
Our teachers provided excellent support to these students throughout the 15 weeks, fostering their growth and enthusiasm for new challenges.

**NATHAN LAWLER**  
**PRINCIPAL**





# Remembrance Day







## DEPUTY PRINCIPAL'S REPORT

Mathew Finley  
Deputy Principal

We are excited to share with you some insights from a recent visit by our executive team to Melonba High School, one of the new school builds in NSW. This visit provided a valuable opportunity to explore the innovative features of modern school design and consider how these can enhance teaching and learning at our new Forest High School site.

Melonba High School's facilities are similar to the design at the new Forest High School site and demonstrate a strong focus on flexible learning environments, modern technology integration, and spaces designed to support collaboration among students and staff. These features allow for a variety of teaching approaches—from individual work to group projects—encouraging creativity, engagement, and personalised learning.

Key highlights from the visit include:

- **Flexible Learning Spaces:** Classrooms and common areas are designed to be adaptable, supporting different teaching styles and learning activities. Teachers can set up their space for explicit teaching with their class, but also open up their rooms to connect with other classes. As we walked the site, we noticed that the acoustic dampening worked well between classes and students were focussed on the work taking place in class.
- **Technology-Enabled Learning:** State-of-the-art technology is integrated throughout the school, providing students and teachers with tools to enhance digital literacy and interactive learning. Improved safety features in practical workspaces, computer labs and new Smartboards across the school are just some of the features that will improve learning for students.
- **Community and Wellbeing Focus:** The school design promotes a welcoming and inclusive environment with dedicated spaces for student wellbeing and community engagement, including learning commons, a senior courtyard, and both passive and active spaces for student rest and play. Supervision is improved through better sight lines across the playground and in learning areas, so staff and students are more connected to each other. Despite being a larger site than ours, student movement between classes at Melonba was efficient, utilising similar positioning of stairwells and ramps as in our design.
- **Sustainability:** The buildings incorporate environmentally sustainable design elements, teaching students about the importance of caring for our environment. Both waste and recycling bins are throughout the site.

Visiting Melonba High School reinforced our enthusiasm for the standard of facility being delivered to the Forest High School, ensuring that our students have access to a modern, supportive, and inspiring learning environment. These features will help us provide a high-quality education that prepares students for the future.

Thank you for your continued support as we work towards opening Forest High School. We look forward to keeping you informed about ongoing developments

**MATHEW FINLEY**  
**DEPUTY PRINCIPAL**

## Melomba High School Visit



## The Forest High School New Site Progress



Theatre seating, flooring, and ceiling installed. Wall finishes and glass balustrading will complete the theatre works in the coming weeks.



Landscaping of the lower courtyard is progressing rapidly.



Covered outdoor workshop in the TAS block.



Mapping out the furniture layout for the library.



# WELLBEING UPDATE

## WELCOMING OUR NEW ABORIGINAL STUDENTS

We're thrilled to welcome an inspiring group of new Aboriginal students who have recently joined us from the Northern Territory. Their presence has already brought incredible energy, creativity and cultural strength to our school community. Thank you to Mr Finley, Ms van der Veer and Mr Callan Wee for ensuring a safe, supportive and positive transition for each student.



## ABORIGINAL PRESENTATIONS

Excitement is in the air for our upcoming Aboriginal Presentation Assemblies in Weeks 8 and 9, where we will celebrate Aboriginal culture, leadership and achievement across our school.

**Week 8: Senior Assembly – Tuesday 2 December**

**Week 9: Junior Assembly – Tuesday 9 December**

These special events will feature student voices, performances and creative contributions that highlight our continued commitment to reconciliation, cultural pride and community connection.

## TEAM WELLBEING SHOUT-OUTS

Our Year Adviser team continues to go above and beyond in supporting their year groups; from positive resilience programs and transition support to celebration events that strengthen belonging. Your care and creativity are what make TFHS such a connected and caring community.

A huge thank you to Ms Chapman and Ms Peita Crawford for coordinating the Year 7 Vaccinations this term with NSW Health. Your organisation ensures everything runs smoothly and safely for our students.

Special appreciation also goes to Mr Argue, Ms Scott and Mr Hacobian for leading a vibrant and inclusive Peer Support Week. The teamwork, laughter and connection built across the year groups were a real highlight of the term.





### **STAFF AND COMMUNITY ACKNOWLEDGEMENTS**

We are pleased to welcome Fletcher Myers, our new Aboriginal Cultural Liaison Officer, whose warm and proactive approach has already strengthened student engagement and community partnerships. Thank you also to Jahna Sullivan, our School Counsellor, whose ongoing support and advocacy for trauma-informed and culturally responsive practice continue to make a meaningful impact.

### **LOOKING AHEAD**

Thank you to all staff and students for your positivity and teamwork throughout Term 4. With Report Distribution, Presentation Night, Wellbeing Week and our end-of-year celebrations approaching, there is plenty to look forward to. Let's finish the year with the same spirit of kindness, pride and community that makes TFHS such a special place to be.

### **LAUREN WEATHERALL**

**EAL/D Coordinator**

**International Coordinator**

**Aboriginal Coordinator**

**Wellbeing Head Teacher (Thurs & Fri)**





# NSW School Vaccination Program

NSW Health will offer vaccinations to all Year 7 students on **Wednesday 26 November**

## Year 7 – Human Papillomavirus vaccine (HPV)

**Plus catch-up Diphtheria/tetanus/pertussis (dTpa) if not received at previous clinic on 11 November 2025.**

**Also:- Year 8 – dTpa and HPV (if not already vaccinated in Year 7)  
Year 10 – Meningococcal ACWY (if not given at the previous clinic)**



**Vaccination will only be provided at school if consent has been received.**

### How to provide consent:

**1.If you provided consent for both dTpa and HPV vaccines before the previous clinic you don't need to register your child again.**

2.Consent given previously remain valid. If you no longer want your child vaccinated, you need to withdraw consent before the day of the school clinic. You can withdraw consent online, notifying the school or contacting the Public Health Unit on (02) 9485 6971.

3.Access the link to the NSW School Vaccination Portal; <https://engage.health.nsw.gov.au/engage> and follow the steps to log in to your existing ServiceNSW Account or refer to ServiceNSW to create one. Update or confirm your personal details in ServiceNSW as required.

4.Complete the School Vaccination Consent Form for your child/ren. You will need to:

- Enter your child's details and provide the Medicare card details for you and your child
- Read the linked Parent Information Sheet and privacy statement. Translations available in 28 languages
- Provide consent. (For detailed steps on how to provide consent please refer to guide on how to provide consent online on the NSW Health webpage.) If you require information in your language please visit Arabic, Korean, Simplified Chinese, Traditional Chinese, Vietnamese

5.You will receive an SMS and email when you have successfully submitted the online consent form.

### HPV Vaccine

- This vaccine protects against HPV-related cancers and other illnesses that can affect everyone. These HPV-related cancers include almost all cervical cancers, 60% of cancers of the throat, tonsils and tongue, and many genital and anal cancers for both men and women. Only one dose of HPV vaccine is required.

### No Medicare?

- If you or your child do not have a Medicare card or you don't have I.T. access, consent can still be provided by requesting a paper-based consent form directly from your child's school.

### Student absent from school on clinic

- If your child is absent from school and misses the clinic we can vaccinate them at school next year, or the vaccine is available at your GP and some pharmacies.

For more information on routine school vaccinations, visit [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination) .

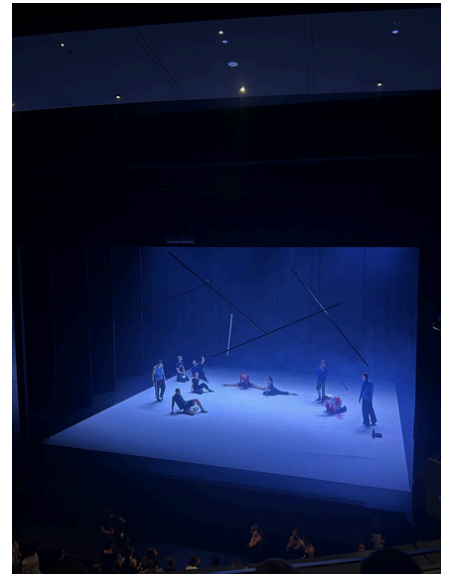
If you require information in your language, visit

[www.health.nsw.gov.au/immunisation/Pages/school\\_vaccination\\_language.aspx](http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx)

If you have difficulty completing the online vaccination consent form, please email

[nsllhd-phuschoolvaccinationprogram@health.nsw.gov.au](mailto:nsllhd-phuschoolvaccinationprogram@health.nsw.gov.au) or phone 02 9485 6971 for assistance.





## Sydney Dance Company performance

Thursday 30 October saw 30 of our students involved in dance ensembles attend a matinee performance of the Sydney Dance Company performing "Continuum". We were treated to two incredible choreographic works by two esteemed choreographers and one piece even had musicians performing live on stage with the dancers. Our students were also able to watch the dancers as they warmed up on stage prior to the performances and listen to dancers and creatives speak about the process of preparing these works (one of which was created in approx 2.5 weeks!)

Our students represented the school with respect and left inspired. Thank you Miss Pond and Ms Constantin for organising this.





# CAREERS



## ANSTO Excursion

Students from four schools across the Northern Beaches region headed down to ANSTO at Lucas Heights - Australia's only nuclear reactor, for a curated women in STEM immersion day.

Students were guided through the facility, including the opportunity to observe the Particle Accelerator Laboratory involved in carbon dating of ice sheets, Nuclear Medicine Facility and the Neutron Isolation Facility, which combines science, history and design.

The day finished with a panel discussion with three women involved in STEM through ANSTO, talking about the different avenues and pathways available to work in nuclear medicine and research, including university, apprenticeships/traineeships and contracted work.

**LEIGH HAVENSTEIN**  
**CAREERS ADVISER**





# ENGLISH

What a HUGE couple of weeks it's been in English!

An enormous congratulations to our incredible Year 12 HSC English students. You did it! Finishing your final exams is a massive milestone, and we are so proud of the grit, heart and determination you've shown all year. Watching you walk out of those last exams with relief (and a few happy tears!) has been a real highlight for our team.

A big shout-out as well to all year groups who have been smashing through their final assessments. The focus, creativity and commitment across Years 7-11 has been fantastic to see thank you for giving it your all as we head towards the end of the year.

A very special mention goes to Ms Collier and her beautiful class, whose performances were nothing short of extraordinary. The way they have found their voice authentically, bravely and proudly has been one of the standout moments of the term.

We also want to celebrate the incredible work of Year 9, who have blown us away with some of the most powerful, honest and creative slam poems we've seen in a long time. Their courage and willingness to explore real human experiences through poetry has been inspiring. We're thrilled to share a selection of their poems below. Enjoy!

**LAUREN WEATHERALL**  
**ENGLISH TEACHER**



## Kindness by Billie B, Year 9

No textbook explained how to heal a friend  
How to forgive or defend  
No chapter on the power of a smile  
Or how words can stretch a mile.

You'll be lucky enough to find kindness  
A simple act that feels so timeless  
A smile  
A look  
Even a small gesture  
Makes someone feel a little better  
Makes them feel like treasure

You'll never know what someone is going through  
Don't judge, look from their point of view.  
Kindness is free  
It has no fee, but its impact is a guarantee

Kindness is there for you to give away  
You'd be surprised  
It can brighten someone's day  
Kindness never lets go  
Its the smile you give  
To someone you'll never know.

## The Theory of Time by Josh T, Year 9

One thing that I am obsessed about is time.  
It is all around us, where we walk, talk, do, make.  
It follows us around like a stench that you can't remove.  
A tick of a clock is the death of the second behind it.  
It only takes a second for something to drastically change.  
A minute to figure out what to eat.  
An hour on what to wear.  
A day to go through the denial phase.  
A week to pack your boxes.  
A month to approach the person you love.  
Years to find out what to do with your life.  
A decade to destroy the world.  
A century until the human population is extinct.

## You by Lovelle A, Year 9

I keep thinking about you  
When the sky turns to grey  
When im lost in a crowd  
And don't know what to say

I keep thinking about you  
Even when I tell myself no  
But I just won't listen  
I wont let go

I keep thinking about you  
When the sky starts to fall  
When the silence is too loud  
And I wish you'd just call

I keep thinking about you  
Its driving me insane  
Cause the good makes me sad  
And the gone makes me mad

I keep thinking about you  
When my phone lights up  
For a second I smile  
It feels right  
Then I see its not you  
I feel my hope fall  
Cause its never  
Not its never been you

## Choked by Doubt, Freed by Flow by Sophia D, Year 9

The street I could walk to in my sleep,  
the mulberry tree that stands so high  
with roots that go so deep ,  
the room that yells productive ,  
my belt that has to be tied efficient.

My head which used to stand so high now  
drops while I watch others walk by.  
They said it was strange to roll on mats,  
to fight without anger,  
to wear bruises like medals,  
to call it peace,  
but it's almost as if I hear the mat talking  
to me.

My mind quiets,  
the thoughts stop ,  
my brain scrambling to remember what I  
was taught.

my mind racing like a car going around  
the track,  
"do they like me",  
"im not going to win",  
"im weak compared to them",  
but jiu jitsu taught me how to breathe  
when the world tightens,  
how to fall without fear  
how to lose and still learn.  
adapt to let criticism exit my ears,  
the pressure consumed me like a black  
hole,  
had to be the best,  
couldn't slip,  
had to tighten my grip.

## Waves by Josh D, Year 9

Continuous waves of thought from  
the ocean crowd.

The challenge of finding a starting  
point.

What's first, solar panels or lower  
plastic?

How about everyone together?  
How do 8 billion people agree on an  
answer for 1 problem?  
What needs to change?  
Less driving for a thriving  
environment.  
Is there a perfect way?





## The Empty Chair by Evie C, Year 9

There's a chair in the corner of the room,  
Empty and still, yet it feels like doom  
I try not to look, but it stares at me,  
As if it holds a memory I can't see  
I don't look directly at it- not yet,  
I'll know what I'll see- nothing  
But I still tighten my chest.

The chair was always claimed,  
Even when the room was full  
It had the best view,  
He could always see the kids playing by  
the pool  
That's why my Grandpa liked it, he didn't  
have to move much  
Only when it was time for breakfast,  
dinner and lunch.

## The Waves by Luke B, Year 9

"Ahhh" I hear my mate scream as he gets  
smashed by a massive wave,  
To go on a wave like that he's gotta be brave.  
With courage and determination we try to  
paddle out in the cyclone swell,  
But little did we know it was about to become  
hell.

10 foot sets landing on our heads,  
If this continues we will be lying in hospital  
beds.  
All the people surfing these waves were very  
bold,  
But it felt like swimming in snow because the  
water was so cold  
Now it is pouring rain and surfers who had  
wiped out are in a lot of pain.

## Music by Kingston Faiva, Year 9

I put my AirPods in my ears and I press play,  
The symphony of the beats just take me  
away,  
The music surrounds my ears, lets no sound  
in,  
The records just keep spinning, spin, spin,  
  
Music is my sanctuary, a place to be free,  
Not a thing in the world can touch me,  
Every lyric and sound makes me feel like I can  
fly,  
It gives me a feeling that no amount of money  
can ever buy,

I close my eyes and see vivid, vibrant  
chromas,  
Harmonise rising, I'm surrounded by a sweet  
aroma,  
Singing while playing 2k, I've got my Takeover,  
On the court, their voices help perfect my  
crossover.

## The Beach by Cooper B, Year 9

There's a chair in the corner of the room,  
Empty and still, yet it feels like doom  
I try not to look, but it stares at me,  
As if it holds a memory I can't see  
I don't look directly at it- not yet,  
I'll know what I'll see- nothing  
But I still tighten my chest.

The chair was always claimed,  
Even when the room was full  
It had the best view,  
He could always see the kids playing by the  
pool  
That's why my Grandpa liked it, he didn't have  
to move much  
Only when it was time for breakfast, dinner and  
lunch.



## Pancakes to Zero by Jess M, Year 9

When you were six, pancakes were just pancakes.  
Chocolate chips, sticky fingers, maple syrup running down your chin.  
You didn't think about the calories or the carbs.  
You just thought about how fast you can eat  
before your sister took the last one.

When you were nine, you read in a magazine that "sugar is bad"  
so you push your plate away and your mum says  
"oh come on dear you used to love these".  
You want to love them but suddenly  
your stomach feels like it has rules you didn't make.

When you were twelve you learnt that food has enemies and allies,  
but you don't know which side pancakes are on  
so you decided you won't be on either.

When you were thirteen, you started skipping breakfast because you read somewhere  
models do it and your friend told you that  
Nothing tastes as good as being skinny feels.  
So you threw away your lunch during the third period  
and wanted to throw up your dinner at 9 pm.  
And now pancakes are nothing but a distant memory,  
so distant that you can't even remember the smell of syrup.

When you were fourteen, you learnt to survive on celery sticks and rice cakes;  
things that taste like air but things that keep your hands busy.  
Keep people from asking questions.  
You chug water until you're full and have a hyperfixation on Chloe Ting.

When you were sixteen, you were enemies with the scale and every mirror you walked past.  
It's a battle between you and your reflection;  
a battle you learn soon you'll never win.  
Your best friends are nicotine, coffee and gum  
and you promise yourself that one day you'll have pancakes.

By eighteen, your mum starts to notice and tells you  
"your appearance will always be the least interesting thing about you"  
But you don't believe her.  
You still think love comes in sizes,  
that worth is measured in numbers;  
the one in your jeans and the one glowing back at you from the bathroom floor,  
But as time passes, you learn slowly,  
painfully,  
That the battle you were fighting was never really with your body,  
It was with yourself.

One day at twenty one, you keep the promise you made and get pancakes at a buffet with your real friends;  
not black coffee, not a lie, not a bargain, just pancakes.  
To your surprise the syrup doesn't taste like guilt  
but it tastes like being six again.  
Like sticky fingers and freedom.  
They say  
"mother knows best"  
And my, oh my, were they right?  
Because your body was never the most interesting thing about you  
And you don't have to be a size zero to be loved.  
Because as life goes on,  
Pancakes become just pancakes again.  
One day I said, I'd eat pancakes and  
Now. I. Do.





# HSIE

## HSC Aboriginal Studies Major Project Consultation Program

Yesterday, our Year 12 Aboriginal Studies class participated in the University of Sydney's HSC Aboriginal Studies Major Project Consultation Program, a deeply valuable learning experience that provided students with direct access to Aboriginal knowledge holders, community representatives, and Elders. This program is designed specifically to support students with the **Research and Inquiry Methods** component of the HSC course by building their understanding of cultural protocols, ethical research practices, and respectful consultation processes.

Throughout the day, students engaged with presentations on Health, Education, Criminal Justice, Aboriginal Identity through Art and Dance, and Indigenous Cultural and Intellectual Property (ICIP). They also participated in specialised small-group consultations, allowing them to receive personalised guidance for their Major Projects. The incursion culminated in a moving truth-telling session with Kinchela Boys Home Uncles, offering students a powerful insight into the Stolen Generations and the importance of community-led storytelling within the process of healing and self-determination.

This event reflects our school's commitment to providing authentic, high-impact learning opportunities that focus on explicit teaching, high expectations, and community connection. By learning directly from Aboriginal Elders and experts, students not only strengthened their academic skills but also deepened their cultural understanding and sense of responsibility as emerging researchers and global citizens.

We extend our gratitude to the University of Sydney, the participating community representatives, and the Kinchela Boys Home Aboriginal Corporation for supporting our students' learning in such a meaningful way.

**CALYPSO HANLEY**  
**HSIE TEACHER**



# PDHPE

It's been a busy and exciting time in the PDHPE Department!

## Year 10 RYDA

Our Year 10 students recently attended the RYDA Road Safety excursion, where they learnt valuable lessons about responsible driving and passenger behaviour. Students had a fantastic day and came away with a deeper understanding of how to make safe choices on the road. A big thank you to our P&C and Forestville RSL for their generous support in making this important experience possible.

## Year 12 Health and Movement Science

Our Year 12 Health and Movement Science students returned to PhysXRehab in Cromer, this time focusing on injury rehabilitation as part of their first depth study. Students thoroughly enjoyed the hands-on, experiential learning and the opportunity to connect classroom theory to real-world practice.



## Knockout 2026 trials

Knockout 2026 trials are now underway across a number of sports, with a fantastic turnout from students eager to represent The Forest.

Congratulations to those who have been selected for training squads! Teams will begin regular training sessions as they prepare for next year's competition season.

## Forest Sports Academy

Meanwhile, our Forest Sports Academy students have been working hard on developing their speed and agility, with almost all students improving their times — a great testament to their effort and commitment. Applications for the 2026 Sports Academy squad are now open for students interested in taking their athletic performance to the next level.

It's wonderful to see so much enthusiasm and progress across all areas of PDHPE — well done to all involved!

## Coming up:

- Week 6 - Year 9 PASS students will complete their Bronze Medallion certificate. A big thank you to Mr Garratt for all his work and providing this opportunity for students at The Forest.
- Week 7 - Year 9 Outdoor Education class will be heading out on a camping trip.
- Week 8 - Year 7 Swim School and Surf Safety.

**GENEVIEVE NESTOR**  
**PDHPE TEACHER**





### Year 10 RYDA excursion

In Year 10 PDHPE theory lessons, students complete a unit of work on Road Safety. They learn about road accident statistics, risk factors, and how all road users can help make our roads safer. To build on this learning, students attended the RYDA (Rotary Youth Driver Awareness) excursion at HART Driving School, St Ives, on Monday 3 November. We purposely placed this excursion day in the final term of Year 10 as a growing number of our students have their learner licenses by Term 4.

The day featured six interactive workshops including practical demonstrations on speed and stopping; crash investigation scenario's; exploring how mood affects driving, and activities promoting empathy for all road users through the theme 'Drive So Others Survive'.

Students returned to school with increased confidence and awareness about safe driving and road use.

A big thank you to Forestville RSL Club for their generous grant and to The Forest High School P&C for their financial support, which made this valuable experience possible.

**JANE FORSTER**  
**PDHPE TEACHER**







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### KAT MASON

#### STRENGTH & FLEXIBILITY COACH - FLEX HAUS

Kat Mason, Strength and Flexibility coach from Flex Haus shared her expertise on combining strength and flexibility to improve athletic performance. Kat offers personalised online coaching programs designed to enhance performance by building a resilient and adaptable body. Whether you're an athlete aiming to smash personal bests or someone seeking to move through life with greater ease, her approach addresses your unique goals and limitations. Through targeted strength and flexibility training, she'll work with you to overcome persistent aches, improve mobility, and unlock your body's full potential.



THE FLEX HAUS

### EMMA JEFFCOAT

#### OLYMPIC TRIATHLETE

A proud Australian Tokyo 2020 Olympic Triathlete. Racing around the globe on the World Triathlon Championship Series, & Superleague Triathlon Series. Blood, sweat & tears, plus a whole lot of fun! Emma shared the ups and downs of being a professional athlete as well as her top tips for maintaining overall health.





# SUPPORT



Term 4 has started off very busy for all the staff and students here in the School Support Unit.

We have had several students commence TAFE short courses in Hospitality and Events - attending classes each week. Some students have also been further developing their work placement skills through various opportunities and experiences at Jigsaw, Sunnyfield and Bush to Bowl.

The T2 class have continued with their water safety outings, T1 with their shopping trips and T3 with their community access. These off-site experiences give a great balance to the learning taking place on site - with students engaged in timber, cooking, sport, and science lessons.

With the new school bus at our fingertips, we have certainly taken full advantage and enjoyed some whole unit outings to Cottage Point and West Head, as well as attending the Northern Beaches inclusive multi-sports day in Warriewood. Our students were able to participate in different and modified sports such as wheelchair basketball, rugby, pickleball and cricket, along with students from other support units and SSPs.

Looking forward to what the next five weeks shall bring.

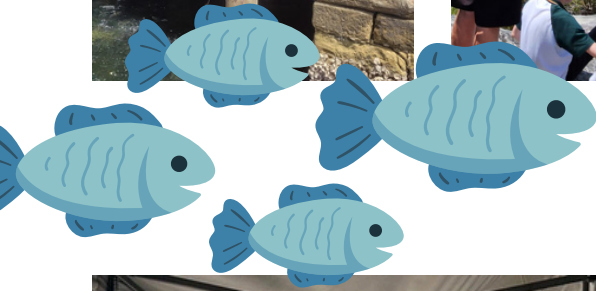
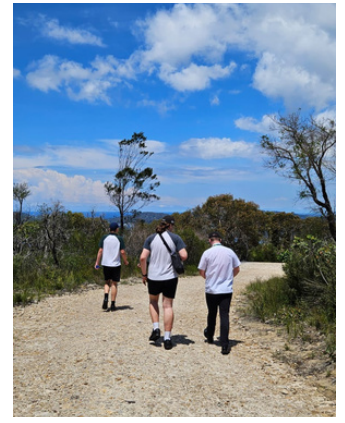
## REBECCA NEW RELIEVING HEAD TEACHER SUPPORT











## Cottage Point & West Head











## Barista Skills at TAFE





# TAS

It's been a productive start to the term in TAS, with students across all classes working steadily to complete their end-of-year projects. The workshops, kitchens and studios have been filled with focus and creativity as students apply their developing skills and confidence to complete their practical work.

We'd like to warmly welcome Miss Positti, who is relieving for Mrs Hawling this term while she is on leave. Miss Positti has been a great addition to our team, supporting students in Food Technology and Hospitality with enthusiasm and care.

## TIMBER

In Timber, Year 10 students have been tackling challenging projects, chosen according to the skills they wanted to refine. These pieces have required patience, precision and problem-solving, and students have shown great persistence in producing high-quality results.

## TEXTILES

In Textiles, Year 8 students have combined their digital design skills with practical production, creating logos and illustrations for their custom hoodies. Using the Cricut machine to print and fuse designs, and in some cases hand-drawing their own graphics, students have been testing design ideas and developing their Adobe Illustrator skills. The final garments are creative, individual and something students are really proud of.



## YEAR 7

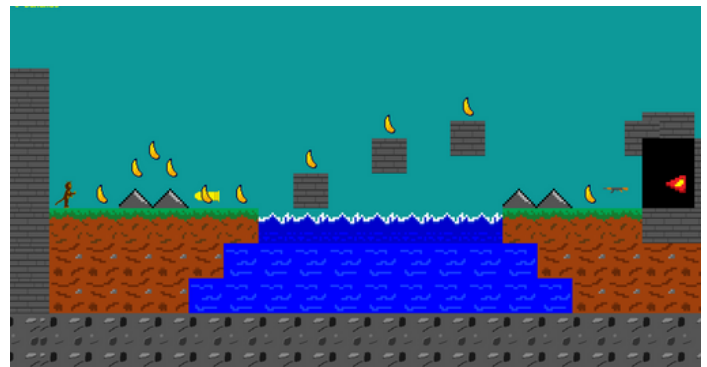
Year 7 students are applying their engineering knowledge to construct Rubber Band Racers, which will be tested over the coming weeks for speed and durability. It's been great to see their teamwork and problem-solving as they refine their designs for race day.





## INDUSTRIAL TECHNOLOGY

Year 10 Industrial Technology – Multimedia students have completed their Game Design unit, developing creative and challenging interactive games while strengthening their project management, coding and design skills. An Expo of the games will be held in the coming weeks, where students can invite friends and teachers to come along and play their creations. Mrs Christiansen has enjoyed testing their games already (and developing her keyboard agility in the process).



## YEAR 12 CONSTRUCTION

Year 12 Construction students have begun their work placements, gaining valuable hands-on experience in real workplace environments. These placements allow students to apply their technical knowledge, develop practical industry skills and gain insight into the expectations and opportunities within the construction sector. We look forward to hearing about their experiences when they return.



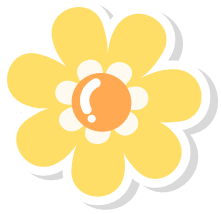
## YEAR 12 TEXTILES & DESIGN AND INDUSTRIAL TECHNOLOGY

Year 12 Textiles and Design and Industrial Technology – Timber students have begun the proposal phase for their 2026 HSC Major Projects, with some exciting and innovative ideas already forming. We look forward to seeing these develop further next year.



As the year draws to a close, it's been rewarding to see students across TAS take pride in their learning and demonstrate the creativity and independence that practical, project-based work inspires.

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



Hope this finds you well!

What a wonderful way to wrap up our staff morning teas for the year! A huge thank you to everyone who contributed to our World Teachers' Day Morning Tea, it was our biggest and best yet! Your generosity and ongoing support throughout the year have been incredible, and we're so grateful to all the families who've helped make these events so special.

The highlight of the term has to be the arrival of our new school bus, the major goal from our 2024 School Fair! A massive thank you to Chris from One Agency The Forest for their sponsorship, Mr Lawler for coordinating the purchase, and his brother for helping deliver it safely to school. We'd also like to thank Luke and Wes, who spent their holidays getting their bus licences, a fantastic effort that really shows our community spirit.

Each Wednesday, One Meal kindly supplies bread, sandwiches and treats for our Breakfast Club, and we want to give a big thank you to Sue Feeney for collecting and delivering these donations each week, your help makes a real difference.

We're looking forward to our final P&C get-together on Wednesday 26 November at 6 pm in the School Library —a relaxed evening with drinks and nibbles. It's a lovely chance for parents, caregivers and staff to celebrate another successful year together.

We're so excited for The Last Hurrah this Saturday! Over 600 tickets have been sold, it's shaping up to be an unforgettable night for past students and teachers. (Please remember it's an 18+ event.)

Thank you all for your support, enthusiasm and community spirit throughout 2025 – what a year it's been!

Warm regards  
Kelly Barr-Jones  
TFHS 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**

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**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.

 **15<sup>TH</sup> NOVEMBER 2025**  
**5.00 PM- 9:00 PM**

**OVER 18 EVENT**  
**PRE-PURCHASED TICKETS,**  
**ONLY BY 1<sup>ST</sup> NOVEMBER \$25PP**

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**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.

VOLUNTEER THIS CHRISTMAS FOR.....



## Kids with Cancer Foundation

### LIONS CLUB FRENCHS FOREST "SANTA'S SLEIGH" STREET PARADE

1<sup>st</sup> – 18<sup>th</sup> December

Join us this December to spread Christmas cheer to the residents of Belrose!  
Shifts from 5pm to 8pm daily – a perfect after-school activity!

Your role will be to collect donations from the community, encouraging a 'party' atmosphere. Supporting the Lions Club team with handing out wrapped lollies. Assisting and directing 'Ruldoph' or 'Santa' with safe walking paths.

**DON'T FORGET!** Duke of Edinburgh Award students are welcome to join and add to their service hours!

Every minute you give makes a huge difference! Your time will help children with cancer and their families across Australia enjoy a brighter 2026.

Come along; contribute to the cause, learn customer service skills, have fun, spread festive cheer and help make this Christmas extra special for the Belrose community!

TO SIGN UP, USE THE QR CODE  
OR LINK BELOW!



<https://www.signupgenius.com/go/10C0B4EA4AE28A2F8C61-59607358-santas>

P | 02 9680 7444  
M | PO Box 7000, Beaumont Hills NSW 2155  
W | [www.kidswithcancer.org.au](http://www.kidswithcancer.org.au)  
E | [volunteers@kidswithcancer.org.au](mailto:volunteers@kidswithcancer.org.au)



NSW Health

## Mental Health Youth Advisory Group



Applications are now open.

Join the NSW Health Mental Health Youth Advisory Group and connect with other vibrant young people and help shape the child and youth mental health services we provide.

NSW Health wants to hear from a diverse range of voices aged 16-24 years old who live in NSW, particularly if you have experienced your own struggles or feel passionate about improving the mental health and wellbeing of young people!

Want to know more? Click here or  
Scan the QR code



October 2025 © NSW Health: SHPN (MH) 250970.

## Term 4 2025 Events

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 & Diversity &  
Inclusion Sub-Committee end of  
year gathering - 6pm in the school  
library

2 December - Year 7 2026  
Orientation Day!

4-5 December - Year 7 Swim  
School

8 December - Week 10 Activity  
Week

9 December - Year 8 Luna Park  
excursion

16 December - Presentation  
Night

17 December - Christmas  
Assembly and Year 12 2025  
Morning Tea

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