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8 December 2023

## From the Principal

As the school year wraps up, we recognise the personal PRIDE of all our students. I want to acknowledge the effort and commitment each of them has actioned to achieve their goals across the year in classrooms, sporting fields and the cultural/arts arenas. As the Forest Lake State High School Principal, it is also most important **to me** to congratulate all students who have also demonstrated the powerful attributes of kindness, positivity and friendship. We have seen some great results this year and we are so proud of our students and our teachers. Whatever your area of passion, keep it burning into 2024.

The school year is about to come to an end and students and adults across our community (and their families) can take time to relax, refresh and reset. Forest Lake SHS and all our staff wish our community a joyous holiday season and we look forward to 2024 for another year of high-quality learning, courage and connection at our school.

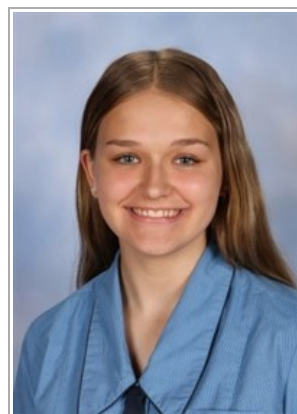
I thank the community for their support as I have settled in to the Forest Lake SHS principal role this term. I am excited to lead this great school, filled with passionate educators and wonderful students, into the next phase.

I wish you all a wonderful and safe holiday.

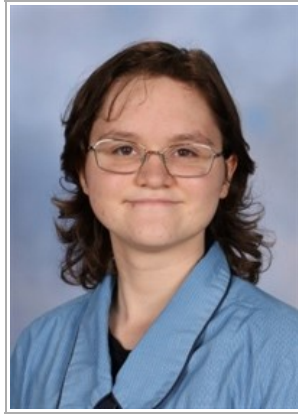


## Introducing our 2024 Leaders

At our School Awards in November, we announced our new School Captains, Vice Captains and School Prefects and House PRIDE Leaders. We are pleased to introduce our 2024 School Leaders:

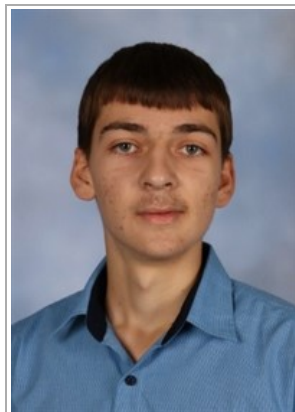


*School Captains, Junior and Anica*



*Culture Prefects, Evon and Emma*

*Vice Captains, Nyssa and Teleah*



*Sports Prefects Dusko and April*

*Arts Prefects, Ava and Melvin*



*Blue Viper House PRIDE Leaders, Rashidi and Zoe*

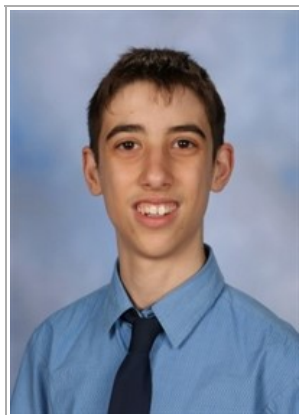
*Community Prefects, Anslem and Eamon*



***Green Dragon House PRIDE Leaders, Nyka and Sione***



***Red Phoenix House PRIDE Leaders, Kim and Tayla***

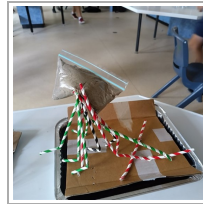


***Gold Griffins House PRIDE Leaders, Arya and Luan***

students still engaged in learning activities this week...albeit while having loads of fun!



***Year 7B digital technology programming their sphero robots to play capture the flag!***



***Year 9D Science created an Earthquake proof structure out of straws, and tested it using jelly and weights.***

Our Year 9 science students have been diving into geology! They built volcanoes, unveiling eruption dynamics. Exploring convection currents, they observed heat transfer in the Earth's mantle using golden syrup as a delicious alternative. Simulating earthquakes, deepened their understanding of seismic forces. Hands-on science sparks curiosity, making learning an adventure!



## Year 6 Transition Day

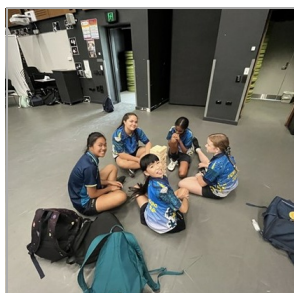
Year 6 students from our community primary schools had a blast at their unofficial 'first day of high school' last Friday. They spent time in their new classrooms, met their fantastic teachers, had some fun learning, found their way around the big school (sort of!) and most importantly –

## Fun Learning Activities

It might be the end of the school year, but our



they met some awesome new friends. Welcome to FLAKE Year 6!



in a thrilling dance-off!

Congratulations to Grand Avenue State School for taking home the trophy for 2023! Your engagement and dedication truly paid off.



## Lunchtime Activities – Our hidden gem!

Our Lunchtime Activities have been a huge success this year and it is no surprise that there have been so many benefits from each activity every day. From making new friends, discovering hidden talents and creating superstars, students at FLAKE will continue to find a range of awesome activities in 2024!

A big shout out to the awesome Mrs Popham our Lunchtime Coordinator who tirelessly brings together the activities every day!



The event focussed on inclusion, teamwork, and building a positive esports culture in schools. Our special guests, Dan and Kristen from The FUSE Cup, added an extra layer of excitement with their inspiring presence and generosity with prizes for our competitors.

We want to acknowledge the amazing efforts from our Eports students for their work on the day, Taelira, Kelvin, Tamia, Naaz, Brooke, Jovanna, Amber, Addison, Kate, and Taylor. Taelira was our amazing MC for the day, with the team's management of three gaming dance floors and a continuous rotation of students throughout the day made the event a success.

A massive shout out to our teachers; Ian Clapham, Matt Scholz, Ben Brotherton and MJ Raatz for their huge effort, not only for making the finals a success, but throughout term 3 when they visited the primary schools and ran heats to identify the top eight students from each of the primary schools.

We applaud all the students for their fantastic performances and sportsmanship, as well as the demonstrated spirit of participation and joy in the competition. Let's keep dancing, gaming, and promoting positivity in esports and our school communities!

## Primary School Just Dance Finals

Our Esports Program of Excellence held the *Primary School Just Dance Finals* this week where we witnessed an amazing display of talent, enthusiasm, and sportsmanship as forty excited students from Carole Park, Forest Lake, Grand Avenue, Pallara and Serviceton South competed



## BYOD – Setting Up Your Device

### Need help with Laptop & QParents connections in 2024?

On Friday 2 February between 8-11am in our ACE building, we will have staff on hand to help all of our FLAKER families with:

### Onboarding

- connecting student laptops to our network
- support with usernames / passwords / iTunes (company portal) & Microsoft Office

### QParents

- Installing QParents - (not transferable from primary schools).
- Bring - Drivers Licence, Passport and - Medicare (or other 100 points of ID). We will help with the initial set up.

For more information, check out the new [BYOD Portal](#) on our website or contact us at [byod@forestlakeshs.eq.edu.au](mailto:byod@forestlakeshs.eq.edu.au)

## Mobile Phones - Away for the Day!

*Away for the Day* is a new policy for all Queensland schools and our Mobile Phone & Wearable Device policy can now be found on our school [website](#).

## Payment at the Canteen in 2024

A reminder that with the changes to the mobile phone policy, **only cash and Eftpos cards** with chip, will be accepted at the Canteen in 2024. Phone/smart watch purchases will NOT be accepted.

## Back to School in 2024

To help our families prepare for the start of school in 2024, click on the link below for information on:

- First Day Procedures – class list and where to meet;
- Stationery lists – Years 7-10 (Years 11 & 12 manage their own stationery) and
- School Fees.

Click here to visit the 2024 Back To School Information webpage

<https://forestlakeshs.eq.edu.au/enrolments/stationery-lists>

## Senior Student PRIDE

FLSHS proudly congratulates our incredible Year 10 and 11 students who exemplified our school's PRIDE engagement values this semester! To honour their dedication and positive contributions, 179 outstanding students enjoyed an unforgettable day at Dreamworld!

It's inspiring to see our students' commitment to excellence and embodying our school values. Your hard work and enthusiasm deserve this fantastic reward!



## Mind Boggling Maths!

*Travis O'Brien, Marvellous Mathematician*

That's a WRAP! I'm sure I can speak for the Maths department when I wish you all the best of Christmas breaks. Take the time to step back from the pressures of school and reinforce those family connections with your circle.

In addition to the maths puzzle challenge in the November newsletter, consider finding some puzzle style games for Christmas presents. They really are great fun for the whole family. You might consider shops such as "Presents of Mind" at Indooroopilly, Toowong or Fairfield. I also encourage you to find a maths site which has puzzles and challenge your family to one each day.

Here's a few to get you started:

- Math Brain Teasers – [brainden.com](http://brainden.com)
- Math Riddles – [www.mathwarehouse.com/riddles](http://www.mathwarehouse.com/riddles)
- Mind your Decision – a challenging YouTube channel. <https://www.weareteachers.com/math-brain-teasers-for-kids/>

## Answer to November puzzle

A short sharp one this week courtesy of Mr Tim Leach.  
When does  $9 + 5 = 2$  The time.

## December Puzzle

What's "weird" about the number 70?

Hint - Begin by writing down everything you know about "70"



## Hot Tip for the Holidays

Have fun and refresh!

Till next time "Over and Out"  
– Maths Department!

## WestEC Parent Information Evening

The FINAL Parent/Carer Information Evening for students attending WestEC in 2024 will be on Tuesday, 23 January from 5.30pm for a 5.45pm start at the WestEC campus. Attendance at this information session is **compulsory** and forms part of each student's enrolment – **non-attendance will put students' enrolment at risk** and it may not be accepted.

Please continue to keep checking your emails for information.



## 2024 UNIFORM SHOP BOOKINGS

Bookings are essential and can be made through the link below:

**Bookings Open - Saturday 9 December.**

Click here to book online

<https://eq.sobs.com.au/pt3/parent.php?schoolid=70279>

Monday 15th January - 2pm to 6pm



Tuesday 16th January - 9am to 1pm  
 Wednesday 17th January - 9am to 1pm  
 Thursday 18th January - 3pm to 7pm  
 Friday 19th January - 9am to 1pm

**First week of school 2024 - no bookings required:**

Monday 22nd January – 7:00am to 10:30am  
 Tuesday 23rd January – 7:00am to 10:30am  
 Wednesday 24th January – 7:00am to 10:30am  
 Thursday 25th January – 2pm to 4pm  
 Friday 26th January – CLOSED - Australia Day



## Surviving the Summer Holidays

### Tips and Advice from Sarah our School Health Nurse.

Children's Health Queensland Hospital and Health Service

**School Based Youth Health Nursing Service**

### Survival Guide to the Summer Holidays

The Summer Holidays are fast approaching with only days left of the school term! This can be an exciting and well needed break for students and young people, however, can also be a time of isolation, stress, and loneliness. There are many things that you can do to survive and thrive the holidays!

Mental Health Resources	Survival Guide
<p><b>Kids Helpline:</b> Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Online web chat available.</p> <p>Phone Number – 1800 551 800  <a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a></p> <p><b>Headspace:</b> Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12- 25 year olds, along with assistance in promoting young peoples' wellbeing. Online webchat available.</p> <p>Phone Number - 1800 650 890  <a href="https://headspace.org.au">https://headspace.org.au</a></p> <p><b>13YARN:</b> 13YARN is a counselling telephone service for Aboriginal and Torres Strait Islander people. Free and confidential service available 24/7 from any mobile or pay phone. There are friendly Aboriginal and Torres Strait Islander Crisis Supporters ready for a yarn.</p> <p>Phone Number – 13 92 76  <a href="https://www.13YARN.org.au">https://www.13YARN.org.au</a></p>	<p><b>Self Care:</b> Some ways of self care can include pampering, listen to music, get some sleep, getting in nature, meditation, grounding/breathing exercises, time away from social media, setting boundaries, walking, arts and crafts.</p> <p><b>Keep active:</b> Going for a walk outside, getting outdoors at your local park or going to the beach/pool this summer are some healthy ways of keeping active and taking some time for yourself.</p> <p><b>Stay in touch:</b> Calling or messaging friends over the holidays especially if they are travelling or you are travelling, it can be quite isolating. Keeping in contact with them is a healthy way to survive the summer and maintain connections.</p> <p><b>Make plans:</b> Making plans with friends and families throughout the holidays is a productive way to stay social and prevent boredom. Some ideas for friends is to go for a walk, go to the shops or cinemas, plan a trip to the beach or pool, hangout at home with your friends. Some ideas for family is go out for lunch with parents, family dinners, movie nights, day trips on weekends or going for a walk.</p> <p><b>Eat well:</b> Eating well is crucial and using the Australian Guide to the Healthy Eating is a good way to ensure that both you and your family are eating 'enough' of the correct foods.</p>

Queensland Government

<p><b>QLife:</b> QLife provides anonymous, LGBTQIA+ peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings, or relationships. QLife services are free and include both phone and webchat support, delivered by trained LGBTQIA+ community members.</p> <p>Phone number – 1800 184 527  <a href="https://www.QLife.org.au">https://www.QLife.org.au</a></p>	<p><b>Start a new hobby:</b> Starting a new hobby over the summer holidays is a good way to reduce stress and discover something new you like to do. This can include reading, drawing, painting dancing etc.</p> <p><b>Embrace Nature:</b> There are a number of ways that you and friends and family can embrace nature which include pitching a tent in the back yard, taking pets for a walk, watching sunrises and sunsets, stargazing, spending the day at the beach and doing outdoor exercise.</p>
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