

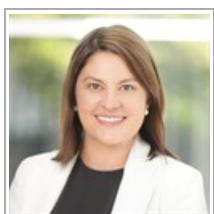
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9 May 2025

From the Principal



Welcome back to Term 2! I am always absolutely amazed as the opportunities on offer here at Forest Lake SHS for our students. They always play, participate and represent us with PRIDE and already this term we have

seen students engaged in:

- Our school ANZAC ceremony (beautifully created by Mr Simon Campbell, DP)
- School Captains visited Parliament House with Margie Nightingale MP
- Clean Up Australia Day
- Parent Teacher Interviews
- Year 11 & 12 Hospitality Students catering many events
- Dance rehearsals and competitions on and offsite
- Rehearsals for SCAB our school production
- Rugby league training and games across all grades
- Geography and eSports excursions.
- Senior assessment has been in full swing with exams and assessment due and students working hard on their studies.

Connection, Awareness, Resilience & Empowerment - CARE

Our new pastoral program, called **CARE**, which represents our commitment to supporting **Connection, Awareness,**

Resilience, and Empowerment for all students across years 7-12. It now features a **dedicated weekly wellbeing focus for every year level** from [The Resilience Project](#). This helps us focus on our Gratitude, Empathy and Mindfulness (GEM) and social emotional intelligence. Staff and students are benefiting from this great program and attention to mental health and wellbeing.

Leadership Camp

Recently teachers Zoe Lidgard, Fletcher Findlay and I attended the Emu Gully Adventure Camp with 40 student leaders across Years 8 to 12. What an experience!

Emu Gully Adventure Camp is dedicated to fostering character development and leadership through immersive outdoor experiences. Central to their programs are the ANZAC values:

Courage: Encouraging participants to face challenges and step beyond their comfort zones.

Mateship: Promoting strong bonds and teamwork among individuals.

Sacrifice: Instilling a sense of selflessness and commitment to others.

Perseverance: Teaching resilience and determination in the face of adversity.

Character: Fostering integrity and personal growth.

Respect: Encouraging appreciation for oneself and others.

Walk the Talk: Promoting consistency between one's actions and words.

Safety: Prioritizing the well-being of all participants.

Can Do Attitude: Cultivating a proactive

and positive approach to challenges.

These values are woven into the physical activities that also draw inspiration from historical events, providing participants with both physical challenges and reflective learning opportunities. Through these values, Emu Gully aims to inspire individuals to lead purpose-driven lives, equipping them with the skills and mindset to lead and meaningful contributions to their communities. We were certainly challenged, and the students used all their resources to solve problems, lead each other and support their teammates. It was great team building for the group.

One of the key takeaways for the group was a quote delivered by one of the facilitators, passed down from a war veteran; **“The world would be a much better place if we all just thought about looking after the person to our left and the person to our right.”** This quote resonated with me because it reflects the ways of working, we aim for with our wonderful staff and students here at Forest Lake. These values resonate as PRIDE.

When ALL our students and staff are feeling supported and feeling a strong connection with each other, there is no limit to what we can achieve for our students and our community.

We thank our local Heritage Bank and the Forest Lake One Community for their generous contributions to this camp and their support for our students.

Have a wonderful week.

Mrs Sally Hawkes
Principal



Captains visit Parliament

Last week our dedicated School Captains and Vice Captains visited Parliament House with Mrs Hawkes where they learnt a great deal in the way government is managed, and also had time for some fun (and ice cream) too!

Thank you [Margie Nightingale MP](#) for hosting our school and for your wonderful hospitality amidst a very busy schedule!

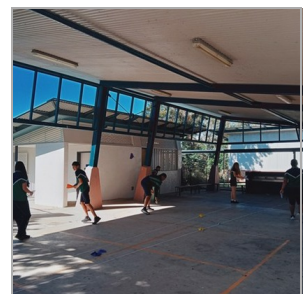


Science in Action

Year 10 Science In Action, has been exploring the physics of race cars, discovering aerodynamics in action and how car design reduces drag and maximises airflow.

Our amazing Science Technician, Mr Downing even designed and built a wind tunnel, mainly out of repurposed parts, where students could visually see how air flows around different objects!

Students will use this knowledge and more when they come to design and build their own race cars out of LEGO for their assessment later this term.



Future Geographers

Our Year 9 Geography students had a great day out at Mt Coot-tha, exploring the natural environment and collecting data for their upcoming assessment!

Student observed native vegetation, took field notes and connect their learning about interconnections and the impact of people on the environment into real-world practice. Well done, future FLAKE geographers in the making!



Japan Trip

Whilst our students toured Japan over the holidays, they visited the site of Hiroshima and left 1000 cranes to pay their respects. The story of *1,000 Cranes* is deeply connected to the Japanese legend of Senbazuru (千羽鶴), which says that anyone who folds a thousand origami cranes will be granted a wish, often for health, longevity, or peace. This legend became globally known through the true story of **Sadako Sasaki**, a young girl from Hiroshima.



The Arts

Congratulations Mr Sean Lubbers, our wonderful Arts HOD, who tonight was presented with a lifetime achievement award at the annual Drama Association conference.



This award highlights your many years of dedication and advocacy for the arts. We are so proud of you and feel so lucky to have you at our school.

Drama

SCAB – 29 & 30 May

FLAKE Productions proudly presents, SCAB, a hilarious tale, by Danny Ball, that pays homage to the tenacity of young people.

Come along and follow the Kappa Crew in real time, as they navigate the politics and power games of a high school lunch hour. But, amidst the chaos of schoolyard banter, moments of vulnerability, insecurity and truth begin to surface.

Tickets are \$15 and are on sale now directly through the link below.

[Click here to Book online](https://www.trybooking.com/events/landing/1391239)

<https://www.trybooking.com/events/landing/1391239>



Dance

Alumni Returns

We were thrilled to welcome back alumni Charli Ross and Erin Smith to our Dance Excellence classes last week. Now training full-time at the prestigious Brent Street Studios, Charli and Erin generously shared their expertise, offering our students a glimpse into the professional world of dance.

Their guidance brought fresh energy and insight to the classroom, and our Dance Excellence students rose to the challenge with enthusiasm and determination. We're incredibly proud to see our former students thriving — and even more grateful that they returned to help the next generation shine.



Media Arts

Social Issues in Film

Last term, our Year 11 Media Arts in Practice students explored how social issues are represented in media. Their latest class activity challenged them to develop a story idea pitch for a film tackling either youth crime or pollution.

In small groups, students presented their characters, storyline, settings, and key creative choices, then voted for each other's presentations. This activity not only connects directly to their assessment but also strengthens their collaboration, public speaking, and creative thinking skills.

Congratulations to our standout groups!

- Best Representation of a Social Issue – Izzy, Mikayla & Bella
- Best Visual Concept – Liz & Joselyn
- Best Story Idea – Queenie, Ruby & Matilda



Fantastic work from everyone involved— Best of luck for your social film project to come!

Visual Arts

Art as Lens

Year 11 Visual Art students participated in a half day artist workshop lead by their teacher, that explored the concept of 'Art as Lens', reflecting ideas of perspective of beauty in mundane and discarded objects.

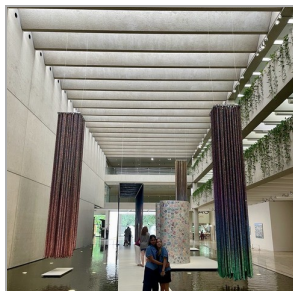
Students worked hard to dissect the work of their chosen artists and played and experimented with 2D, 3D and digital media to produce their practical folios.



Asia Pacific Triennial of Contemporary Art

Yr 11 Visual Art and Visual Art in Practice students attended the annual excursion to the Gallery of Modern Art in South Brisbane to explore the thought-provoking 11th Annual 'Asia Pacific Triennial of Contemporary Art' exhibition.

This was a great experience for our students giving them real connections to the field of Visual Art with the exhibition showcasing seventy artists, collectives and projects from more than 30 countries. Such a wonderful way to spend the day.



Student Leadership Update

This term, our student leaders demonstrated resilience, teamwork, and dedication through a variety of initiatives and events that showcased their commitment to our school community.

Clean Up Australia Day

Despite being postponed twice due to Cyclone Alfred and persistent heavy rain, our students finally took part in Clean Up Australia Day. Their efforts went beyond just tidying the school grounds — the event raised awareness about sustainability and helped foster a strong sense of environmental responsibility among our student body.



Dolly's Day



In honour of Dolly Everett, students united to promote kindness, inclusion, and anti-bullying messages throughout the school. By wearing blue accessories and supporting Dolly's Dream, our student leaders helped spread awareness and create a safer, more respectful environment for all.

ANZAC Assembly

Our Student Captains proudly led both the junior and senior ANZAC Assemblies and in addition, leaders also sold merchandise to raise funds for the RSL. Whilst, the local community ANZAC Day march was cancelled due to wet weather, our leaders continued to honour the day with dignity and respect.



Mother's Day Stall

Once again, the Mother's Day Stall was a big success! Students were able to purchase thoughtful gifts for their loved ones, with a range of items priced between \$3 and \$5. The event was warmly received and brought plenty of smiles in the lead-up to Mother's Day.



Colour Run

Although the Colour Run had to be cancelled due to weather conditions, our student leaders were busy behind the scenes. They prepared extensively, including designing badges and organizing supplies, showcasing their dedication and readiness.



Esports Competitions

QLD Cup Trials

It was the final day of our epic QLD Cup trials last week and the spotlight was on Brawlhalla – where our students jumped, dodged, and battled it out for glory!

Here are our school champs from the three games so far: EAFC, NBA 2K, and Brawlhalla. Our VR Tennis champ couldn't make it — but they're still a winner in our hearts!

What a week it was - packed with competition, excitement, and awesome sportsmanship!



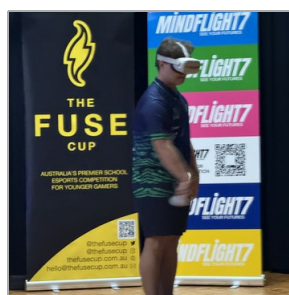
FUSE Cup and Mindflight7 Beat Saber Brisbane Finals

Eight students from Forest Lake State High School participated in the FUSE Cup and Mindflight7 Beat Saber Brisbane Finals, showcasing their skills in cutting-edge VR technology and esports.

The event provided students with an exciting opportunity to engage with new virtual reality technology, develop resilience in a competitive setting, and build friendships and connections with peers from other schools. Their involvement fostered both technical expertise and vital social-emotional skills.

Highlights included Deegan and Gleb advancing to the final round, with Deegan winning the competition in a thrilling expert-level match. Brandon was awarded MVP for the day, proudly representing FLSHS with enthusiasm and integrity.

A big thank you to Mr Silva and Mr Raatz for attending and supporting our students throughout the event.



Pathways Update

This term our students have been given the opportunity to develop relevant employability skills with industry and in the community.

Findex Business excursion

By Amber

Recently, the Year 10 Business & Accounting students visited FINDEX in Brisbane City to take part in Beacon Foundation's 'Polish High Impact Program'. Throughout the day, they explored important professional skills such as self-advocacy, interview techniques, making strong first impressions, identifying strengths, effective communication, networking, and teamwork. They also had the opportunity to speak with five FINDEX volunteers, who shared insights about their careers in accounting and business.

During lunch, the volunteers joined our table groups to offer personalized advice and answer our questions. We ended the day by applying what we learned in a mock interview, making it a fun and eye-opening experience into the accounting industry!



Volunteering in the Community

Students in Year 11 and 12 studying Certificate II in Active Volunteering have been supporting our local school communities in recent weeks. The students have really enjoyed their placements and gaining valuable employability skills whilst developing their self-confidence, communication skills and the value of teamwork.

Pallara State School – Bake Sale (Election Day)

Wonderful comments received from Kristy, P & C President, Pallara State School:

The volunteering students did an excellent job representing the High School. They engaged with customers, offered help when needed, and had smiles on their faces the entire time. They followed every instruction

promptly and without hesitation. Jayanna and Ryan served at the Sausage sizzle end for the whole day, Maddie was down the other end dishing up brownies.

It was an absolute pleasure having them volunteer and we look forward to seeing them at our next event.



Forest Lake State School S Mother's Day Stall

This week our Volunteering students have been on a roster to volunteer to support Forest Lake State School P&C Mother's Day Stall this week. The students enjoyed the range of tasks and working with the adult volunteers at the school. A big thankyou to Belinda and her team at Forest Lake SS P & C for hosting our students.

Semester 2 TAFE courses

WesTEC Trade Training Centre is offering a small number of courses commencing in Semester 2, including:

- Certificate II Health Support Services and Certificate III Health Support Services,
- Certificate II Logistics and Food Processing,
- Certificate II Resource Infrastructure.

Other TAFE's are offering a small range of courses.

Students should check their emails for further details. If students decide they are interested applying, please come to the pathways centre to register their interest and complete online enrolment forms.

TAFE and WesTEC students – Exam Blocks

During school exam blocks, if students have WesTEC or TAFE on the same day as they have a school exam, the priority is to attend the school exam.

Please notify the pathways centre staff and WesTEC staff immediately that you identify the clash. In some instances, it may be possible that students may be able to swap days as we can negotiate changes, with notice.

DATE CLAIMER

Thursday, 12 June	Brisbane Careers Expo and World Skills, Brisbane Convention and Exhibition Centre Excursion – register your interest with Pathways Centre (Year 11 & 12 - check emails)
Thursday, 26 June	First Aid course, \$75 (2 QCE points) – register your interest with Pathways Centre
Wednesday, 16 July	WesTEC Term 2 Graduation
Thursday, 7 August	Pathways Night & 2026 Subject Expo (for years 7, 8, 9 & 10 students and parents)
Tuesday, 20 August Wednesday, 21 August	Year 10 SET Plan Interviews (Students and parent attend a 30-minute interview to finalise SET Plan and select 2026 subject selection)

This annual event informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organisation (WHO) is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The theme for 2025 is Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Product. The campaign will focus on revealing the tactics that the tobacco and nicotine industries use to make their harmful products seem attractive, particularly to young people.

For more information, visit: [World No Tobacco Day 2025 \(who.int\)](https://www.who.int/campaigns/world-no-tobacco-day/2025)

To make an appointment to see Nurse Sarah, students can:

- Email: nurse.forestlake@health.qld.gov.au
- Self-Refer via this link: [School Based Youth Health Nurse - Young Person Self-Referral \(Page 1 of 6\) \(office.com\)](#)
- Visit the Nurse office on Tuesdays, Thursdays and Fridays in the Wellbeing Hub.
- For more information, visit <https://bit.ly/chqSBYHN>

School Based Youth Health Nurse talks about...

World No Tobacco Day (31 May)





KindyLinQ
& playgroup
AT CAROLE PARK STATE SCHOOL

Enrolling your children in KindyLinQ will:

- enhance early learning and development.
- help families to support their children's learning and development.
- connect families with early childhood education and care services.
- build friendships within the community.

**EXPLORE
SING
CREATE
SOCIALISE
PLAY
LEARN**

WHEN & WHERE
MONDAY 9:00 - 11:00
WEDNESDAY 9:00 - 12NOON
FRIDAY 9:00 - 11:00
260 WATERFORD ROAD
WACOL 4076
DURING THE SCHOOL TERM

TO ENROL CALL
3718 5333

The poster features a green cartoon crocodile holding a red balloon in the top left, a cartoon kangaroo in the bottom right, and several circular inset photos showing children playing in a classroom setting. The background is blue with a yellow border.