

FOREST LAKE

STATE HIGH SCHOOL

Independent Public School

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24 June 2022

From the Principal

Denise Kostowski



Our Principal receiving Leadership in the Profession Award at the QSPA Conference earlier this month.

We have made it through a very busy and productive term – ready for the winter vacation.

Semester Reports and Parent Teacher Interviews

As we near the end of the semester our students are finalising their assessments and teachers are writing reports. Year 11 and 12 reports were sent home last week and our years 7 to 10 reports will be sent home at the end of the first week after the holidays.

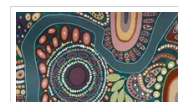
Parent/Teacher Interviews for all year levels will be held in the hall on Monday July 25. We will dismiss students at 12.50pm to go home so teachers can prepare for the interviews.

Details for booking interviews will be sent home with the report cards. I encourage all parents to take advantage of the opportunity to meet with teachers to discuss your child's

progress and consider how we can best work together to support students to reach their potential.

Reconciliation Mural Naming

I am pleased to be able to let our community know that we have local Elder blessing to name our mural *Mullago Dhago*. In Yuggara language this means *Tomorrow Altogether*. This is a very fitting name for our mural that is aimed at engaging all our community to work together for a better, more tolerant and connected future.



We are holding a dedication event early next term where we will invite community members to come to the school. As part of this event, we will unveil a QR Code that will take those interested to our webpage with a storyboard of the project and its meaning to our school. This will include explanations of the different aspects of the mural – including the use of Yuggara language local names for the animals.

BPAC Successes

Again this year, our dancers have shone at the Brisbane Performing Arts Competition (BPAC) which has been held over the past few weeks. After many hours of practice, it was so pleasing to see our students achieve such outstanding results. Special thanks must go to our Dance teachers – Ms McNally and Ms Drury for their commitment to our students and giving so much of their time.



Athletics Carnival



As you receive this newsletter our students are on the school oval enjoying our Athletics Carnival. We will share photos and results in our next newsletter but I am confident that this is a positive and engaging way to end the school term.



An egg and bacon roll for all those that turned up early to help set up for Athletics Day!

Music Excellence Concert

How wonderful to be able to enjoy the musical talents of our students at the Music Excellence Concert on Tuesday night. Like our dancers, these students have invested many hours in practice and working to perfect their routines. I was so proud to hear the quality of talent we have.



COVID updates

We now seem to have as many students absent from school due to the flu as we have due to COVID. It is still important for us to work together to remind students of correct hygiene practices so that we can minimize the spread of infection.

I remind parents that the **school has RATs** that can be sent home with students if they are feeling unwell. Students are welcome to wear a mask at school if they feel more comfortable doing this.

Electronic Devices Trial

This term we have trialed a change to our Electronic Devices usage in the school which permitted senior students to use their devices in the playground at lunchtime. Our belief is that it is important to teach students about appropriate usage of their device.



While students indicate that they like the changes some staff are concerned that this has created issues with increased inappropriate use of devices during class time.

After seeking feedback from staff, it has been determined that we will continue this trial into term 3. Our final decisions will be made at the end of Term 3 so that school policies can be reviewed and finalized for 2023.

Textbook Distribution changes

In an attempt to support more students to have access to textbooks we have reviewed our school access policy. Children whose parents have made payments for the current financial year – irrespective of outstanding fees – will be provided access to the current textbooks.

Access to extra-curricula activities and PRIDE rewards will still require that all outstanding fees are settled. If you wish for clarification of this please contact the school office.

2023 Enrolments



I was very pleased to welcome so many families to our first enrolment afternoon on Monday May 30 and the subsequent sessions we have run.

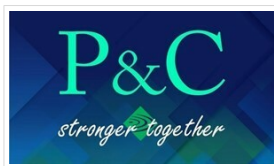
All new students must attend an information afternoon with their parents to complete their school enrolment. If you have a child please contact the school office to collect and return an enrolment package and book into an information session. If you know families with children planning on attending our school please pass on the message.

We have held our first **Academic Program of Excellence** class testing. Students interested in any of our Programs of Excellence – **Academic, Dance, Rugby League, Instrumental**

Music or Esports – should be in touch with the school to progress their applications as soon as possible.

Parents and Citizens' Association

Our July P&C meeting will be held on Tuesday face-to-face in the school administration building commencing at 6.30pm on July 26. All parents are encouraged to attend.



Year 12 Update

Joanne Francis, Year 12 Deputy Principal

Year 12s are now in possession of their very last school report card. The attainment of the Queensland Certificate of Education (QCE) issued by the Queensland Assessment and Curriculum Authority (QCAA) is the next qualification that students are chasing and it is based on their two years of study. Many of our students are also working to achieve a competitive rank for entrance to the university course of their choice.

Plans for attending the formal are often in students' minds at this stage. At the start of next term, students will receive a letter indicating that they are either eligible, or ineligible to attend the formal. Both letters will contain all necessary information. For the students who are ineligible because they have not met one or more of the PRIDE Rewards criteria, they will have an opportunity to appeal for permission to attend the formal. There is a specific process for this which will be listed in the letter. The student must be able to show sustained improvement in the criteria that they have not yet met. Payment of fees is also part of the criteria. Payment of fees must be finalised by parents and caregivers before students can initiate the appeal process. The appeal process is conducted by the student only.



It can be easy for students to get distracted at this stage when they are close to the finish line. We recently celebrated with year 12s their last 100 days of year 12 and school. This is a significant milestone and students are well on their way to finishing their secondary education. At this time, it is vital that all students are actively engaging in their learning both at home and at school and are putting maximum effort into their studies, so they can be certain of gaining their QCE, ATAR and pathway goals. If you have any concerns about your child's pathway, please contact me.



Year 10 – 2023 Subject Selection

Lucas Nicholls, Deputy Principal

To assist our Year 10s develop their career pathway, we are hosting two events next term.

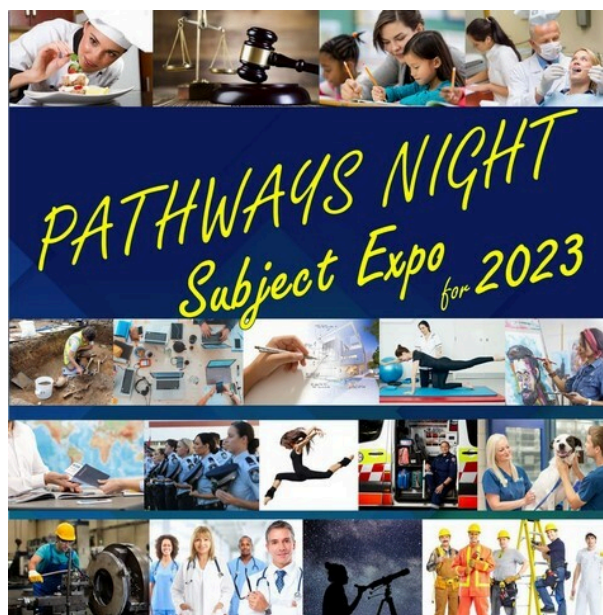
Pathways Night – 2 August 2022 - 6.00pm - 8.00pm

Prior to the Year 10s 2023 subject selection, we are hosting a Pathways Night - Subject Expo, where you and your young person can come along and chat with our staff about the subjects on offer in 2023. We will also be holding year level information sessions and further information will be coming home next term.

SET Plan - 9 August 2022 - 7.00am - 7.00pm

Senior Education and Training Plan (SET Plan) as is a mandatory requirement for every Year 10 student in the state of Queensland. At Forest Lake SHS, we complete our SETP's in a very comprehensive way. Year 10 students have already started their learning journey to help them make an informed choice for their future and have received a copy of the 2023 Senior Curriculum Handbook for Year 11 and 12.

Students and their parent/guardian are required to undertake a SETP interview online via Microsoft TEAMS to complete their 2023 subject selection. Students who have not collected their handbook, can see me upon return to school in Term 3, however they can refer to the copy on our website over the holidays. Further information will be sent home in Term 3.





Queensland Day Awards

Congratulations to Tony and Tim, our student leaders who were recognised at Queensland Day Awards ceremony for their outstanding leadership qualities and the contribution they make to our school community.

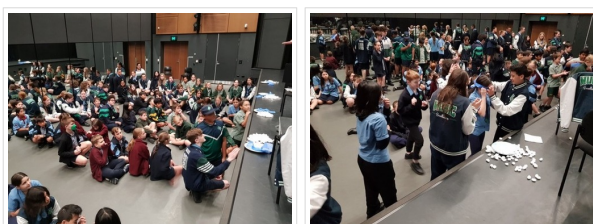


The Arts

Music Excellence Day

Tara Fuhrmann, Instrumental Music Coordinator

This week, our Instrumental Music Program of Excellence ensembles were joined by students from our local primary schools to participate in our Music Excellence Day. Forty students from Grand Avenue, Pallara and Forest Lake State Schools joined with either our high school String Orchestra or Concert Band to rehearse repertoire all day in preparation for a live performance later that night.

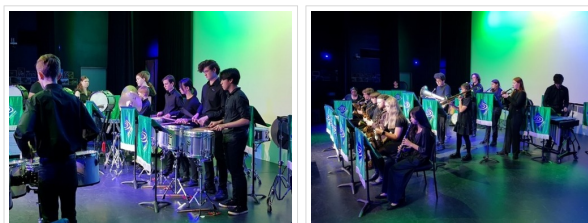


'An Evening of Excellence' featured performances by the combined ensembles, as well as our 'Fanfare' Silver-Award winning String Orchestra, DrumLine, Jazz Band and Concert Band. We heard a mix of movie music, pop songs, musical theatre, jazz classics and even a Regal March, featuring two

soloists – Abigail and Poppy – from Pallara SS! The students spent the whole day doing rehearsals to help prepare for the evening so it certainly was a huge day of excellent music-making.

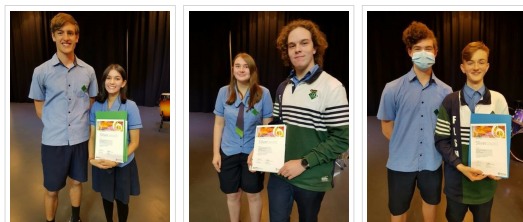
I would like to extend some special mentions to everyone who made the event a success. Firstly, thanks to our Instrumental Music teachers for making themselves available for the entire day – Mr James Humphry, Mr Richard Thompson and Mr Cason MacKenzie – and to our DrumLine director, Mr Steven Stiller, who joined us on the night; thanks to Mr Sean Lubbers, Mrs Stephanie Sepecan, Miss Zoe Lidgard and Ms Laura McNally for their invaluable assistance in the lead up to and on the night of the event; and thanks to the Tech Crew students for running around tirelessly all day. Finally, I would like to thank the staff from our local primary schools for coordinating the day with us to ensure a strong turnout. Hopefully all students came away with lots of fun memories from the event!

Forest Lake SHS is currently taking enrolments for 2023 and students interested in joining the Instrumental Music program – or any other Program of Excellence - should contact the school office for details of the application process.



FanFare

We are so proud of our talented Flakers musicians! Silver awards all round at the recent FanFare event. They all played fabulously and their results reflect all the hard work they've put in over the past few months.



Dance

BPAC Results

Our Dance Troupes achieved some amazing results at the Brisbane Performing Arts Challenge (BPAC) last week. Outstanding results from both our Junior and Senior performers.

1st Place	Varsity Hip Hop Junior Hip Hop performed by Glen's crew Dance choreographed by students Tia & Sandy
2nd place	Junior Contemporary Senior Contemporary Senior Musical Theatre
3rd place	student choreography piece by Piper

	student choreography piece by students Isobel, Lola, Sarah, Queenie and Angelina Mega Crew.
VHC	Junior Musical Theatre Junior Hip Hop performed by Cassie's crew Senior Jazz



FLAKE Productions

Students from Year 9-12 in our FLAKE Productions youth theatre ensemble have been immersed in physically demanding workshops with Brisbane physical theatre company Zen Zen Zo. They have been learning the Viewpoints, Suzuki Method and Butoh and have been pushed physically but learned a great deal.



Flaker PRIDE

Representative Honours for our Young Guns!

Congratulations Tom, Nate and Junior. These boys have all had a massive 2022 so far in representative sport and there could be more to come.

Tom	14-15 Years Met West Rugby League 14-15 Years Queensland White Rugby League 14-15 Years Met West Touch 14-15 Years Queensland Touch Shadow Player
Nate	11-12 Years Met West Rugby League 11-12 Years Met West Touch 11-12 Years Queensland Touch Shadow Player
Junior	16-18 Years Met West Rugby League At just 15 years and 7 months, Junior becomes one of, if not the youngest player ever to contest the 16-18 State Championships.



Keep up the good work boys!

Netball – The College Experience

Our Netball Girls played in The College Experience competition this week with the Year 9/10 girls winning every quarter of all of their games! Outstanding!

The Opens fought hard against tough competition but unfortunately didn't come away with any wins.



Super proud of our FLAKERS

FLAKE Travel

Michelle Hussey, Teacher

This week Year 10 HaSS students experienced life in the real and exciting world of travel. Operating their very own FLAKE Travel Agency allowed them insights into what it would be like to work for a real travel agency.

Students interviewed clients, also otherwise known as Ms Kotowski, Mr Parker and Mr Alpert and also spent time finding out about their clients' travel needs.

Next term our students will provide a detailed report back on the clients' travel destinations. Our FLAKE Travel pilot caps were a big hit with the customers.

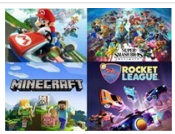


Esports

MJ Raatz, HOD Digital Technology

Year 7 Esports Program of Excellence

Our new Esports Program of Excellence will be holding trial for 2023 on Friday, 2 September (student free day) from 12:45pm to 2:45pm under the School Library. Games that you will compete in on the day to test your skills and sportsmanship:-



1. Mario Kart
2. Super Smash Bros.
3. Just Dance
4. Rocket League

Forest Lake State High School offers the Esports Program of Excellence as part of its commitment to empowering students to become successful global citizens. This program provides students with opportunities to build 21st century skills—collaboration and teamwork, critical and creative thinking, personal, social and ICT skills —within the context of the global billion-dollar esports industry. The aim of the Esports Program of Excellence is to provide students with the opportunities and pathways required to be successful participants in the esports industry.

If your student is keen to be a part of our Esports Program of Excellence and our Esports Lions Team, please complete an Expression of Interest form from our enrolment pack or ask the office for a copy.



Drone Battle Day

Last week the Australian Army Drone Racing Team spoke with our Year 12 students to talk through the wonderful pathways to employment in our armed forces. Alex Brown SPR of the Army Drone Racing Association (ADRA) – Team Pilot, demonstrated some of their wonderfully cool racing drones and presented some of current military drones that are currently in service. Students were able to have a play with the drones and talk about how the technology worked in combat and training situations.

They were given a full demonstration of speed and agility of the racing drones using First Person View (FPV) travelling at 120km/h in the hall manoeuvring through a few obstacles.

Students listened attentively to the talks and watched the demonstration in awe. At the end of the day, the presenter asked some questions and as a result Ryley became the proud owner of the presenter's personal Army badge. A great demonstration enjoyed by both students and staff.

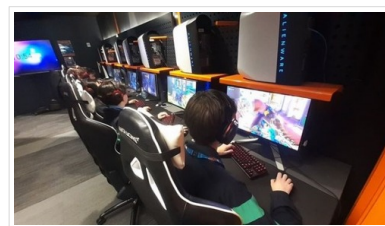


QUT High School Tournament

Congratulations to our Esports team for placing Top 3 over the weekend at the QUT High School Esports tournament!

Special thanks to our Rocket League Team who not only won their tournament but also stepped up to fill in for some missing players from the Overwatch Team. Again there was some great sportsmanship and teamwork on display from all the competing students. Thank you to QUT for putting on the event, and to all the competing schools for participating. Massive thanks to Mr Brotherton, Mr Kneipp and Mr Wittchen for supporting the

students on a Saturday. It's very appreciated. Teachers are amazing people!



Mario Kart Fuse Cup

Congratulations to Corey of Year 9 and our Lion's Esports team, for taking out top prize at the Brisbane Mario Kart Fuse Cup, despite the fierce competition from 14 other schools...and, only 1 point separated 1st and 2nd place...and, Corey defeated the 3-time, unbeaten reigning champion!!! So proud Corey.

Super proud of our Year 11 & 12 Active Volunteer students who assisted with the running of the event. Thank you to St. John's for hosting the event and to all the other competitors for their great Esportsmanship.



Maths Corner

Well, Semester 1 is complete. Congratulations students, mums, dads and carers. Make sure your student takes some time out to refresh, recharge and celebrate the good.

Years 11 and 12 students, you are half way through Unit 2/4 respectively so you can't check out for too long.

Answer to last month's puzzle:

(athlete jumps forever but half as far as the last. How many jumps to reach a metre):



She will never get to the 1 metre mark because you keep adding smaller and smaller amounts!

Hot Tip:

I have recently reinforced with my classes to "own your results" and talk to parents/carers about results before the surprise of the report card. Remember the Hot Tip from April was to respond to students owning their results. The hot tip for this month though is to ask your students, "What are they doing differently". Many of us hope for better results or a different outcome from last time, but the key is to make a change and do something differently. Don't accept, "I'm going to work harder." This is often the first suggestion. They have to actually make a change. It might be read forward every night, attend school funded study group (paid tutors + teachers) on Tuesday in the Library, explain a concept to you at dinner every night etc. Good luck and enjoy the break.

Fun Math Fact:

Introducing number 6. Six is the third triangular number and it also has the honour of being the first perfect number. A perfect number is a number that equals the sum of its proper divisors. $6 = 1 + 2 + 3$ (also the factors of 6). Perfect numbers are quite rare, can you find the next? Fewer than 50 perfect numbers have been identified.

July Maths Puzzle:

A novel one which you may have seen before



Prizes to be won!

Send in your answers to go into the prize draw (trobr0@eq.edu.au). All correct answers will be put into a hat, but only one entry per person please.

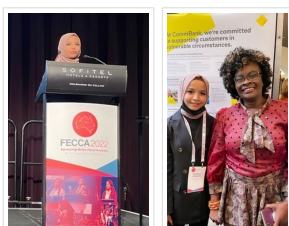
Student Spotlight

Meet Nooria who is helping to create a better Australia

Meet Nooria from Year 11; an incredible young woman who, for a second year, has spoken at the FECCA - Advancing Multicultural Australia Conference on multiculturalism, diversity & inclusion, and migration. FECCA strives to ensure that the needs and aspirations of Australians from diverse cultural and linguistic backgrounds are given proper recognition in public policy.

Last week she attended FECCA 2022 as a scholarship applicant and as a part of Youth Voice Brisbane, Nooria and others young refugees come together to explore and solve issues surrounding society, meet politicians and ministers and arrange social activities to assist refugees to help create a better Australia.

Nooria was in great company at the FECCA Conference with speakers such as Nyadol Nyuon (a brilliant African Australian lawyer), Behrouz Bouchani (an outstanding writer and associate professor) and Megan Davis (famous Indigenous academic).



Nooria at FECCA with Juiana Nkrumah AM, who was awarded the Order of Australia in 2013 for her work with women.

Meet Anthony – Pianist Protégé

This extraordinary young man has only been learning the piano for 3 years and is already achieving some amazing results. Anthony has received a High Distinction (A+) for his AMEB Grade 7 Piano exam and recently placed 2nd in his division at

the Ipswich Junior Eisteddfod. He hopes to go on to study a Diploma of Piano and is working to apply for a scholarship to go to the Queensland Conservatorium of Music.

He is also a member of our Academic Program of Excellence since Year 7 and classroom instrumental music, this young man will go far, and we're very proud to call him a FLAKER!



Geography Trip

Robert Parker, HOD Humanities and Social Sciences

Earlier this term, our Year 10 Geography students braved the rain to travel to the Gold Coast where they visited Surfers Paradise and The Spit to complete field work as part of their Geography studies.

They had the opportunity to develop a wide range of transferable 21st century skills and apply these to solve real-world problems related to coastal management.



GoodStart

Sam Motu, Polynesian Support Officer

Last week our Pacifica students involved in the GoodStart classes saw how easy it was to eat healthy. By cutting up vegetables and adding crushed pineapple they made salsa that ended up being their lunch. A number of students were surprised at how tasty it was and said it was something they would definitely make for their families.

The Good Start Program is a program especially for Maori and Pacific Island children and families. It is an eight-week program which runs in each term of the school year. The program is all about eating healthy, getting our bodies moving and making sure we keep on track with living healthy lives. The Good Start program educates through activity-based learning so your child/children can learn through games, experiments and fun activities. There will be weekly challenges that you and your child can take part in to keep things exciting! When we learn about healthy life habits then we can change the way we live, not just for ourselves but for our family too.



On Campus Experience

Sam Motu, Polynesian Support Officer

This week the Griffith University-Pasifika LEAD (Legacy, Education, Achievement, Dream) program hosted the Year 10 *On Campus Experience* which saw nine schools attend with over 130 participants.

Our students spent the day in workshops listening to Maori and Pacific Islander (MPI) mentors speak about what university life is like for them and also spoke about strategies to overcoming barriers for example, non-eligible to receive HECS.

A couple of mentors were international students directly from the Pacific islands and they shared the types of support they received especially with regard to English being their second language. Their key message was, *'If you surround yourself with like-minded people and keep your focus and perseverance, you can achieve! No one said it was easy, but it is possible!'*



Students were also tasked to come up with an issue within the school or community and to brainstorm ideas into how the issue can be addressed. FLSHS thought that VAPING was a major issue and presented this issue and how they would tackle this to the other schools. The task ahead for them is to execute their plan and then present their results back in term 4. They also have a budget of \$100 to help them with whatever they may need.



University Open Days

Holly Vyner, Guidance Officer

University & TAFE Open Days

University and TAFE Open days are FREE to attend and offer a day of tours, seminars, workshops and information about

campuses, study areas, and facilities offered by each tertiary institution.

Griffith Uni - Experience Days

Get a feel for life as a Griffith University student at our Experience Days. These are designed to give students a chance to explore Griffith's campus, tour lecture theatres and labs, and get hands-on with interactive sessions dedicated to different fields of study.

Register for individual days at:

<https://events.griffith.edu.au/Z9QE00>

Year 11 and 12 Experience Days

Try interactive experiences that match your interests or get a taste for a study area you want to learn more about.

Nathan campus - Tuesday 5 and Thursday 7 July 2022

Gold Coast campus - Wednesday 6 and Friday 8 July 2022

Year 9 and 10 Experience Days

Explore our campuses and facilities and learn about university life from current Griffith students.

Nathan campus - Tuesday 27 September 2022

South Bank campus - Wednesday 28 September 2022

Gold Coast campus - Thursday 29 September 2022

Further details, including registration, will be available in early June, however for more information please visit:

<https://www.griffith.edu.au/engage/experience-days>

VET News

Leanne Randolph, HOD Senior School

Work Experience Week

Many of our Year 10 students who are studying Certificate II Skills for Work and Vocational Pathways have been busy this week doing work experience.

This opportunity gives them an understanding of what career options they may decide on and as many students are now considering a VET Course next year, this work experience will help them with their pathway choices.

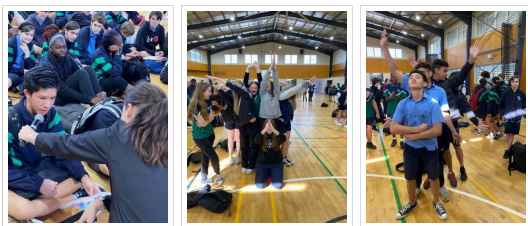


London and Ruby on work experience at Goodstart Early Learning

Griffith University Visit

During our Year 10 In Real Life Program, Griffith University have presented an Entrepreneurial Thinkers session where students were engaged to uncover their inner entrepreneur, pitch a product and to develop a career action plan. The students

enjoyed listening to the Griffith University Student Ambassadors, and the various pathways available to get into university.



TAFE Reports

TAFE Qld is in the process of issuing student progress reports on their students. These reports will be emailed to parents and Pathways staff will meet individually with students to discuss their progress. Feedback from trainers has been excellent and students are to be congratulated on their engagement at TAFE/Westec.

Diploma of Business Holiday workshops

Our Year 11 and 12 Diploma of Business students will be busy in the first week of the holidays. They will be at the school from 9 am to 2pm on Monday and Tuesday (27, 28 June) working on their Diploma studies. Our Year 12s are also required to attend on Wednesday (29 June). Successful completion of this qualification will provide pathways into a range of university courses.

Health Matters

Sarah Kelly, School Based Youth Health Nurse

Vaping

How to talk to your young person

Studies have shown that the number of young people vaping is increasing. Social media and companies glamourising it to seem cool and fun are thought to be contributing to this increase. Despite it being illegal in Australia to sell vape liquids with nicotine, this is still happening, and products can be bought from overseas companies on the internet which contain nicotine.

The attached information sheet offers parents information on how to talk about vaping with their young person.

Sexuality

Talking to your teenager about sexuality

Sexuality develops and changes throughout your teenager's life. Feeling comfortable with their sexuality and sexual identity is essential to your child's healthy development. Sexuality isn't just about sex. It's also about how your teenager:

- feels about their developing body
- makes healthy decisions and choices about their own body
- understands and expresses feelings of intimacy, attraction, and affection for others
- develops and maintains respectful relationships.

Holiday Support

Supporting your young person during the holidays

Holidays can be a time of stress for some young people, taking them away from friends and school supports. For some, this can lead to feelings of isolation, loneliness and stress. Luckily, Headspace has some great tips on supporting your young person during this time and some info to help recognise if they need some extra help and where to access it.

Communication

Community Sponsors

Thank you to the Heritage Bank and Allsports Physio Forest Lake, for sponsoring our sports excellence programs.

Heritage | Forest Lake
Community Branch



Community Announcements

Disclaimer - These announcements are included as a local community service only and are not school initiatives.



Girls Rugby League

The Coach for the under 16 girls Niuean Qld rugby league team is seeking our Niuean heritage players, or players wanting to experience and learn the culture to play for Qld Niue girls under 16 at our QPICC 2022 CARNIVAL. Games will be played against other Pacific Qld nations Tonga, Samoa, Cook Islands and Papua New Guinea and will be held after the club season finishes.

Please call Mark on 0422172304 for more information and to register.



Bridge Lessons

If you like brainy challenges and games, you'll love the card game, Bridge. The Queensland Contracts Bridge Club will be holding free holiday Bridge lessons open to 10 – 25 year olds.

