



FROM THE PRINCIPAL

Students and teachers have completed a very busy term with a strong focus on completing work for final Semester 1 assessments. This term all year groups, Years 8-12, have completed exams, an initiative to prepare students for all important final exams in Year 12. Teachers and students are working together to discuss results and setting improvement targets for Semester 2. Year 9 students have completed their NAPLAN assessment in Mathematics and Literacy. NAPLAN results will be made available to parents in late August.

College Reporting Day

Our first semester reports were mailed home at the end of term and provided important feedback about your child's progress. We invite parents to take advantage of the opportunity to add to the information in the report by meeting with teachers on our College Reporting Day scheduled for Wednesday 24 July. Teachers and parents working together, setting priorities to support further improvement is one of the most effective and powerful ways to improve the learning outcomes for your child.

Year 7 Transition to Secondary College

From 2015 all Year 7 students will move to high schools. During the college exam week 300 Year 6 and 7 students from the local primary schools visited John Forrest Secondary College to participate in specialist subject lessons. The college staff commented on how impressed they were with our visiting students standard of behaviour and maturity. We look forward to our local Year 7 primary school students joining our college next year. Reminder to Year 7 parents that enrolments for 2014 are now being taken. Enrolment packages are available from John Forrest Secondary College front office.

P & C

Many thanks to the parents who attended the P & C meeting on 4 June. The P & C provide a valuable service to all parents and students in the management of the College Canteen and the College Uniform Shop. More parents contributing just a small amount of time will assist the very hard working few to maintain these services. The P & C meet once per term and this meeting is held on the fifth Tuesday of each term at 7.00pm in the Staff Room. Please consider coming along or providing feedback through the following representatives: Sandra Melling, President, Charles Ellis, Vice President, Sue McHugh, Treasurer, David Walden, Secretary, Ian Robertson, Uniform Representative.

College Board Update

We welcome two new College Board members: Ian Robertson P & C Representative, and Sam Davis College Staff Representative.



Staff Farewells

This term we are saying farewell to Mr Phil Shea, Deputy Principal, who is retiring after a 41 year teaching career and 16 years at John Forrest and Mrs Judy Cumming, retiring English Second Language Support Teacher. I extend our thanks and best wishes from all members of the college community for their outstanding career in education and contributions to our college.

New Staff

Welcome to Tracey Bertuola joining our staff fulltime to teach Society and Environment and supporting students with English as a Second Language.

Judy Silsbury, Principal

Congratulations to all the Year 5, 6 and 7 students who trialled for and were selected into the John Forrest Secondary College Specialist Sports Programs (Cricket, Netball and Tennis) in Term 1. Many students attended the trials and to be selected against strong competition was a great achievement.

We look forward to welcoming you all when you enrol at John Forrest Secondary College in 2014/2015.

DATES TO REMEMBER (Dates are Subject to Change)

Please check the John Forrest website for recent updates (Important Dates/Dates for Parents)

Students commence Term 3 — 23 July.

Reporting Day—24 July.

Assembly—6 August.

Year 8 Lightning Carnival 13 August.

Year 8/9 River Cruise—14 August.

P & C Meeting—20 August.

CAPs Quiz Night—24 August.

Year 11 River Cruise—6 September.

Athletics Carnival—10 September.

Assembly—17 September.

Bush Ranger Camp—19/20 September.

Japanese Trip—19-28 September

Year Assemblies—23 September.

Year 12 Exams—26 September-4 October.

Last Day of School Term — 27 September.

STUDENT COUNCIL NEWS



The Student Council have been really active this semester. At the end of Term 1 they ran their Fun Afternoon so that students could do something a little different for lunch and period 5. After enjoying a sausage sizzle cooked by the Student Council, students were able to participate in fun activities like the ever popular dodgeball, tennis, netball and even throwing wet sponges at their favourite teachers. The day was finished off with a game or two of Tug-of-War. Recognition and thanks must go to Kristian Lie, English Teacher, who agreed to participate in the World's Greatest Shave. Kristian shaved his head and raised \$400 for CANTEEN!

This term Student Council have also been organising a River Cruise for the Year 8 and 9 students. This event will be held in August of Term 3. Although many tickets have been sold, there is still time to get your money and note in to Mrs Redwood next term.

Apart from the organisation of *Johnno's Got Talent*, Student Council have also been running elections for a group of new Year 10 Student Councillors. Fifteen nominations were received, which is the most we have had for a single election ever, and this is fantastic. After extensive voting by staff and students, six students were chosen to join the Council. These students were presented with their badges during the 25 June Assembly. The new Councillors are: Liam Berry, Jarrah Duckett, Lyric Duckett, Elijah Fragomeni, Louise Hall and Hamish Sykes.

Lori Redwood, Student Council Co-ordinator

YEAR 10 PARENT INFORMATION

Transition Camp

A reminder to Year 10 Parents about the Year 10 transition camp to Rottnest this 16-18 December. Full payment for the camp will need to be made to the college by 1 December. All outstanding college charges will also need to be paid in order for students to attend the camp.

It is not too late to RSVP a spot on the camp, we would love to see all students there!

Please contact Coby McQuiggin on 9473 4030 for further information.

Fundraising for Transition Camp

The college is still selling Entertainment Books to fundraise for the Year 10 Camp to Rottnest. The books do not expire until June 2014, so there are still plenty of opportunities to get your money's worth. The books sell for \$65 - you only need

to use it twice to make it worthwhile! Call Coby McQuiggin on 9473 4030 for more information or visit www.entertainmentbook.com.au/orderbooks/875119 to order online and we will send the book home with your child.

Year 10 Counselling Evening

On 18 June the college hosted a Year 10 Counselling evening which was run by Mr Walsh and Mr Nuich. The turn out of parents and students was impressive.

Important information was presented during the evening about Year 10 pathways leading into Year 11 2014. If you were unable to attend the evening or missed any important information the 2014 Senior Schooling Curriculum Handbook was sent home with your child on Friday 21 June. Please take the time to read through this booklet and return the yellow Course Selection for Year 11 form by 2 August 2013.

Coby McQuiggin, Year 10 Coordinator

YEAR 10, 11 AND 12 STUDENTS ARE LEARNING HOW TO PARTY



On 18 June Year 10, 11 and 12 students attended a talk in the college gym from a representative of The PARTY Outreach Program, a component of the Trauma Services Department at Royal Perth Hospital. This program is a trauma prevention initiative aimed at senior school students.

The Royal Perth Hospital Injury Prevention Nurse defined trauma as an injury that has been caused by physical force such as motor vehicle crash, falls and assaults and gave the students a snapshot of the possible traumatic and often

preventable consequences of risk related behaviour that can lead to injuries occurring.

A wheelchair road safety presenter from PBF (Australia) who sustained a spinal cord injury from a road crash also shared with the students life before her injury, how the injury occurred and the impact on her life and the lives of the people around her. It made students look at the consequences of unsafe road behaviour and ways to minimise the risk of being involved in a car accident.

The talk was well received. The students were engaged throughout the presentation and put forward some excellent questions at the end.

The following are comments made by some of the students:

"Getting my 'Ps' soon and it has made me aware of the dangers."

"Will not get into the car with a novice driver."

"How easy it is to get a spinal injury."

Lily Rughoobur, College Nurse

LIBRARY NEWS

Access Digital Reference Tools Online—Research made easy with authentic, accurate and up-to-date information. Our library provides access to digital resources as well as a growing print collection. Did you know that we have an excellent **online encyclopedia** that can be accessed both at the college and at home with an internet connection?

Ask our friendly library staff for the details to log in to **World Book Web** to gain

access to current news, countless reference articles, e-books, images, videos, educational activities, maps, timelines, dictionaries, atlases, primary sources, life skills, homework help and more translated into 30 different languages and with a read aloud tool!

Access it at the college or at home. Go to: www.worldbookonline.com

Mrs Bernadette Nye, College Librarian

ARTS SHOWCASE

On 29 August the John Forrest Secondary College Arts Department will display a selection of performances, videos and exhibitions from students work in 2013.

Doors open at 7.00pm. Tickets are \$5 and will be available for purchase at the beginning of Term 3 from the Arts office. Please call 9473 4030.

We're looking forward to seeing you there!!

FRIENDLY REMINDER—College Charges for Years 8-12 should be finalised by the end of Term 2. If you still have outstanding charges, please contact Michelle Chapman to arrange payment (T: 9473 4017, E: michelle.chapman@education.wa.edu.au). Alternatively visit Michelle at the Front Office.

JOHNNO'S GOT TALENT



John Forrest Secondary College held its first talent quest for many years on Friday 21 June. The large audience enjoyed singers, dancers, musicians and even a stand-up comedian. The Student Council organised event really did showcase some very talented students. The events were admirably introduced by Maddison Weekes and Nefeli Perdikouli and the rest of the Student Councillors worked either front of house, backstage or were busy organising refreshments for intermission.

The First Prize of \$200 dollars went to the final act of the night Hyperfusion, who once again put on a polished and entertaining dance performance. Second Prize of \$100 went to guitarist Jason Ji with his rendition of "Rolling in the Deep". The Most Original Performance was awarded to Lisa Zhu and Lynn Lu with their

dancing/skating/acrobatic piece titled "Eclipse". The award for the individual with the most potential went to Tiah Berryman who sang "Officially Missing You" and the encouragement award went to pianist Brandon Preap for his "The Boy Bands on Piano". All the acts "did John Forrest proud" and it was wonderful to see so many students from Year 8 to Year 12 performing together.

Thank you very much to our adjudicators; our Principal Judy Silbury, and past students Luke Guthrie and Christine McCallum. Also a big thanks to Stephanie Parr who worked backstage to make sure everything ran smoothly. It was a really entertaining evening and if you couldn't make it this year, don't forget to put this event in your calendar for 2014.

Lori Redwood, Student Council Co-ordinator

HYPER FUSION—WINNERS OF THE VARSITY SECTION—PERTH BATTLEGROUND

Congratulations to HYPERFUSION – (Denzel Mahusay, Vinzchoi Ico, Sean Griffin, Dashed Walsh, Joachim Sta Ana) who recently won the varsity section in Battlegrounds – Perth, which is the exclusive qualifying event to World Supremacy Battlegrounds. This event is the biggest street dance competition in the Southern hemisphere and will be held in Sydney in December with crews from New Zealand, Singapore, Japan and the Philippines competing.

To win the varsity section is an outstanding achievement as *Hyperfusion* create and choreograph their own routines and dedicate their lunchtimes and after school hours to rehearse.

In 2012 they were crowned the state champions in the hip-hop section at the Australian Cheer and Dance championships and are really hoping that they can make it to Sydney to represent WA.

Glendah Migo, Dance Teacher



ANZAC DAY CEREMONY

On Friday 19 April John Forrest Secondary College welcomed special guests to join staff and students for an ANZAC Day Assembly. Special guests included Ms Lisa Baker, MLA, Member for Maylands Cr Sonia Turkington, representing His Worship the Mayor, City of Bayswater, Mr Ted Dubberlin, OAM ED JP, Secretary, Bedford/Morley RSL and Maureen and Ivan Howell. The college also welcomed members of the Embleton Care Facility.

This year Mr Grzeszczyk was asked to address the assembly and he spoke of "What ANZAC Day means to me":

I use the minute's silence that is a traditional part of ANZAC Day services to pay my respects to the thousands of Men and Women who answered the call of duty and served in the various armed forces.

Many of these people lost their lives. They made the ultimate sacrifice. Most of the people who served their country had their lives changed permanently on so

many levels. Their families, their loved ones, their friends also had their lives changed in a substantial way. ANZAC Day allows me to think of these people, to send them my thoughts, and my thanks.

Real people. Real lives. Real sacrifice."

Alby Nuich, Deputy Principal



REO (RESPECT EACH OTHER) PROGRAM

John Forrest Secondary College congratulates Tram Nguyen who chose to take home a slushie ice drink maker after winning the REO Performance Memo raffle.

REO (Respect Each Other) is a college based program. The purpose of the program is to build positive relationships and improve the ethos of the college. The REO House Shield recognises behaviours and deeds that aid in developing a culture of respect.

Students may be awarded Performance Memos from their teachers for any behaviour, action or achievement that contributes towards a positive college environment.

Students who earn Performance Memos receive two copies. The white copy can be placed in a box in the Chaplain's office to score points for the student and the student's faction. The pink copy is to take home and show parents.



A Performance Memo draw is also conducted each term. Prizes in the past have included digital photo cameras, a shaved ice maker, a milkshake maker and iPod dock radios. Often the winning student has a choice of which item to take home. The Term 2 winner will have a choice between a popcorn maker, doughnut maker and a tower speaker system with iPod dock.

Victorious Giles House captains Lynn Lu and Brayden Hesford proudly display the REO Shield.

Phil Chadwick, REO Coordinator

MUSIC NEWS

Annual Music Camp

The annual Music Camp at Ern Halliday, Hillarys, was a great success. The students from Senior Band, Swing Band, Electric Guitar Ensemble, Senior Guitar Ensemble and Chamber Choir rehearsed all weekend. Thankfully the weather was dry but cold which made the trek from the rehearsal hall to the dining room quite a pleasant journey, considering that most students had to walk there and back four times a day.

The first night of camp wouldn't be complete without a quiz night, ably organised by Phil Glossop. We had rounds of general knowledge questions interspersed with various challenges involving ping pong balls, playing cards and paper aeroplanes.

The second and third days were full of more rehearsals as well as space for the students to spend time with each other and bond. For the most part the students' behaviour was exemplary and we had a wonderful and productive time. The Senior Band made strong headway in the pieces that they will perform in the WA Schools' Band Festival in August.

We were fortunate enough to have not only the Music Staff but also the Ensemble Directors from the School of Instrumental Music, Phil Glossop and Alistair Cummings join us for the weekend. Our most sincere thanks to not only



Phil and Alistair but to Mike Kingham, Elizabeth Lyon and Geoff Connor for giving up their weekend to work with the students.

On Sunday afternoon all the parents joined us for a concert to showcase a little of what we had done over the last few days. Each of the groups performed to a high standard and delighted their audience.

Stephanie Parr is taking long service leave for Term 3 to explore the wonders of Europe and while Mayuka Juber will assume her duties, Francesca Christie will be joining us to teach Voice, take the choirs and Stephanie's classes in her absence.

Mid Year Music Concert

The Mid Year Music Concert was held on Friday 28 June and was a wonderful night full of performances by our talented students in ten ensembles.

Congratulations to Steffany Colley

who wowed the audience with a dynamic performance of 'Respect' accompanied by the Swing Band and to all the Year 7 and 8 students who made their debut in the Junior Concert Band, Guitar Ensemble, Choir and Vocal Ensemble.

Thank you to the music and college staff who helped out on the night for their support.

The Music Department

EDUCATION SUPPORT NEWS

The year started on a positive note welcoming a new staff member to the team. Mr Kulesza took the helm of the lower school program as Ms Haouchar left her position to have a healthy, beautiful baby girl, named Rianna. We wish them both well.

Ms de Lobel continues to teach the upper school students focusing on community access, work studies and workplace learning. We also welcomed Ms Faridah Kinshela to our already experienced education assistant team who support students in their mainstream and education support programs.

Year 8s quickly settled in to their high school program developing friendships from both the Peer Support Program and the vertical grouping of Years 8 to 12 in some of their ESU programs. The combined Science class, led by Mr Kulesza, has explored scientific knowledge through practical experiments and team work, adding an enjoyable dimension to student learning. In Society and Environment the lower school have been exploring a variety of topics making 3D models to illustrate their understanding of the middle ages and produced a great display of creative designs.

Once again Ten Pin Bowling was a popular community program with Year 8 to 12 students striving each week to not only improve on their individual score but also their technique. Competition was healthy with the no gates team vying for championship honours. The winner of the perpetual ESU trophy will be revealed at the end of the semester with all students being presented with a certificate reflecting an achievement of their game. A big thank you is extended to parents and guardians for supporting their child throughout the semester in



this very enjoyable and rewarding program.

The AFL Footy Tipping program is an ongoing interest to the students. After predicting who the winning teams will be for the week's games, students' scores are recorded with the purpose of gaining the highest position on the footy tipping class ladder. Students aim to be on the top of the ladder at the end of the competition to win the class trophy. Good luck all you serious contenders.

Students in their final year of school are focusing on developing a work ethic in an industry of their choosing or alternatively completing a school based work experience activity. Congratulations to all the students who have achieved success through developing independence and confidence in the work place.

A special thank you is extended to Kirsty Green of Bunnings Morley for the fortnightly activity program, Walkers Candy, Goodwill Engineering, Inclusion WA and Woolworths for supporting students in their work placement programs.

This year Certificate I Business Studies was introduced. Aspects of the program are challenging for some of the students but none of the participants fall short of a positive attitude to doing their best. The

course continues until the end of the year.

We look forward to offering more community based experiences to all students in Semester 2. The school has secured special funding to support the expenses of providing opportunities to further engage in their local and extended community.

Carol de Lobel/Jade Kulesza, ESU Teachers and Team of Education Assistants.

VET NEWS AND MAKING CAREER CHOICES

Certificate II in Building & Construction commencing 2014

The John Forrest Secondary College and MPA Skills partnership are pleased to announce the introduction of a Certificate II in Building & Construction Course. This is in addition to the Plumbing & Gasfitting and Painting & Decorating courses already offered at the John Forrest Trade Training Centre.

The course will commence in 2014 and is aimed at Year 11 students interested in the construction industry. In Year 11 students will complete core training and work experience and in Year 12 will have the opportunity to specialise in brick and block laying, concreting, plastering, tiling, plumbing and gasfitting, painting and decorating and carpentry and joinery.

Brad Walsh, Deputy Principal

Work Experience and Try – A – Trade

It has been a busy term for the Year 10 students who have participated in a number of activities organised by the college to help them explore their career goals. Eighteen students achieved their White Card requirements to enable them to work on a building site, the majority of the students participated in the Year 10 Work Experience program and sixteen students completed a two day Try-A-Trade program in Plumbing and Painting. The Try-A-Trade program is funded by the Construction Training Fund and delivered by MPA Skills.



Career Expo and Course Selections for 2013

Many students from Year 8-12 also attended a Career Expo on 26 June. The expo was organised by John Forrest Secondary College and held in the Trade Training Centre. It provided students with an opportunity to talk to representatives from the Australian Defence Force, Universities, Registered Training Organisations, Training Councils, Workforce Development Centres, Wageline and organisations able to offer VET qualifications to students while they complete Year 11 and 12.



Year 10 students make decisions for Year 11 and 12

Year 10 students are about to make decisions for their Year 11 and 12 courses. If parents or students would like some assistance with their course selections appointments can be made with Mrs Pearson, VET Coordinator, on the College Reporting Day for parents and students.

Kaye Pearson, Vet Coordinator

THE WORLD OF WORK EXPERIENCE

The college was successfully able to place approximately 160 Year 10 students on work experience in the week 10-14 June. Work experience is the culmination of many weeks spent in the classroom exploring future career options and the "World of Work".

Students found themselves working in many and varied fields of endeavour. Some of these included: refrigeration and air-conditioning, teaching, engineering, physiotherapy, green keeping, furniture manufacturing, hairdressing, automotive, and the list goes on. We even had a student at the West Australian Museum.

The students generally find the idea of work experience to be quite confronting. They are used to the safe confines of the college and the fact that they had to report for "work" with total strangers was a thorough test of their "mettle". The week long program enables students to take a career for a "test drive" to "try before you buy". Having said that, it is also about gaining some general employability skills such as following instructions, using initiative, problem solving, working as a member of a team etc.

Parents and the broader college community deserve to feel very proud of the way that our students conducted themselves. I have received numerous complementary comments from employers about the conduct of our students and some have been offered casual and part time employment as well as offers of apprenticeships and traineeships.

COMMUNITY SPIRIT EXCURSION

On Wednesday 19 June six Year 10 students were selected to go to *Wheelchairs for Kids* in Wangara and help pack a shipping container with wheelchairs to be dispatched for disabled children all around the world.

This initiative started 15 years ago and is still going strong today. *Wheelchairs for Kids* rely heavily on volunteer help and they are lucky enough to have around 140 volunteers go through in a week.

Our boys were privileged enough to be involved in the Rafiki Surgical Mission delivery. They had to fill a 20 foot shipping container with 166 boxed wheelchairs bound for Tanzania. On arrival in Tanzania the wheelchairs will be

Organising a program for this many students is a major task. Not many secondary schools choose to offer students in Year 10 this opportunity because of the costs involved. Our college sees the value of the program for our students and is prepared to invest considerable resources to ensure its success.

Below is the view on work experience from a student perspective:

The first time that we heard that we had to do work experience we didn't know what to think. Both nerves and excitement ran through our heads. As our first day arrived we didn't know that to expect from the big working world. We were both extremely nervous and overwhelmed by the things that we would be learning and becoming familiar with. The staff at our work placements were welcoming and guided us into a week of learning and adapting to working roles in both education and business.

Overall the week was very challenging and we learnt a lot of things. A greater amount of responsibility was required of us. We became more aware of the jobs that we want to do and the jobs that we may not want to do. Work experience gave us insight into doing full time work in areas that we thought could be a possibility in the future.

We would like to thank all of the Society & Environment teachers. We understand that organising work experience can be a very stressful and busy time. We would also like to thank Ms Gilgallon from SEITA for taking her time and effort to process and organise our placements with our employers.

Work experience was fun and we definitely recommend it to Year 10s in the future!

Chloe Sauts and Chloe Smith, Year 10 Students

Vic Grzeszczuk, Head of Society & Environment



distributed to families and children in need. With amazing team work and organisational skills the boys filled the whole container in two hours.

Unknown to the boys the Channel 9 news crew had arranged to head down and take footage of what happens at *Wheelchairs for Kids* and the crew took some footage of the boys working hard. Who knows they may make it on the news!

All in all it was an amazing experience for all involved. The boys did an outstanding job and should be very proud of themselves as we are of them.

Susana Schindler, AIEO and Phil Glossop, College Chaplain

HEALTH & PHYSICAL EDUCATION NEWS

Cricket Academy Day



The Winning Team

The annual Cricket Academy Day was held on 23 May this term. The aim of this day is for students across all years in the Academy to integrate. Traditionally the whole day is organised and set up by the Year 12 students. They select teams for the day through a ballot system and each team includes students from all years. The teams are named and umpires are organised. The teams this year were named: *Sleepy Zzzzz*, *NoIdea*, *Better Than Sam* and *How Good*.

Games played included the all time favourites of Floorball and Handball. After a number of keenly fought matches the semi-finals were held in Floorball. *Sleepy Zzzzz* lost to *Better Than Sam* and *How Good* beat *NoIdea*.

The Grand-Final was then played and *Better Than Sam* (4) defeated *How Good* (1). Congratulations go to the winning team *Better Than Sam* (Duan Rosario, Michael Thomas, Euan Melling, Henry Mills, Jacob Woods, Jack Kavanagh).

Mr Davis and Ms Verco would like to thank and congratulate the Year 12 Cricket Academy students for running a highly successful and enjoyable day.
Peta Verco and Sam Davis, Specialist Cricket Teachers

Netball

John Forrest Secondary College Netball students are about to compete in inter-zone finals for the WA School Sport Champion Schools Netball Tournament. The following teams have progressed through to inter-zone finals:

Year 8 Team 1 – John Forrest Vs Governor Stirling Senior High School—

Caidi Anderson, Amie Clamp, Courtney Clements, Rachael Davies, Kiana Edwards, Toriana Engelen, Chloe White, Sanamtha Wiggers, Germaine Yiu Hing, Erin Cole.

An outstanding performance, but unfortunately defeated in time on (26:24).

Yr 9/10 Team 1 – John Forrest Vs La Salle Community College—

Emily Anderson, Kimberly Garay, Holly O'Neill, Moesha Cooper, Chloe Staggard, Gaby Ilich, Brooke Steinnokel, Erin MacKenzie, Lilli Best.

A great win for a very consistent performance (25:22).

Yr 9/10 2 – John Forrest Vs Woodvale Secondary College—Keira McNamee, Kelsey Remmick, Taylor McLaughlin, Jessica Moxham, Alex Jamieson, Danyka Badger, Madison Foster, Amber Cordingley.

A great win! The best game of their Championship Schools Cup to date (23:20).

Open Team – John Forrest Vs La Salle Community College—Kaylah Heta, Jessica Newman, Tiah Berryman, Sophie Cole, Chloe Hampton, Bettina Tran, Madeleine Bradford, Melinda Long, Candice Flavel, Mei Nguyen, Talita Engelbrecht.

Another good performance from our wonderful Open Team, but unfortunately they were defeated by a very talented opponent (30:47).

Well done girls and good luck!

Diane Papas, Specialist Netball Teacher

Tennis



The John Forrest Secondary College Doubles Championships were held at Robinson Park Tennis Club on Friday 27 June. The weather conditions were perfect for tennis and the players were ready for a great day's play.

The competition took place in a compass style draw ensuring all players were involved in the day's play and as such gave players the opportunity to still compete in a division, even if they lost their first match.

The eventual winners for the girls were Madison Cooper and Lily Zupins-Hodgson who defeated Nikita Hill and Ignacia Riquelme in an

extremely closely fought and outstanding three set match. The Downey brothers, Alex and Daniel, showed their outstanding doubles skills in a solid win over Jason McGlew and Michael Mani in a very entertaining match. Other Divisional winners were: Brock Harper and Anthony Chau, GERALYN CABRILES and Kateryna Bunayeva.

John Campbell, Specialist Tennis Teacher

2013 John Forrest Secondary College Cross Country Event

The cross country event again proved very successful with students from all year groups being involved. Many of the students completed the course in very fast time, and a few found the course a little challenging. Well done to all the students who gave it a go. You should all be proud of your efforts.

The overall winners for the event were Abdi Khalif and Nikita Hill. Other place getters were as follows:

Gold

13U Girls.... Jasmine Cunningham
13U Boys.... Tyler Lehner
14U girls..... Rachael Davies
14U Boys1.. Kevin Carlson
15U Girls.... Emily Anderson
15U Boys.... Abdi Kahlif
16U Boys.... Atiquallah Rezai
17U Girls.... Nikita Hill
17U Boys.... James Cartledge

Silver

Pippa Hall
William Ketterer
Moesha Cooper
Adan Ahmed
Gaby Ilich
Giles Irakoze
Sheldon Kitto

Jack Moxham Hughes

Bronze

Erin Cole
Corey McCullaugh
Amber Cannon
Taylor Williams
Brooke Steinnokel
Mackenzie Edmonds
Rhyal Irwana

Arun Kamaraju Shanthi

John Campbell, Head of Health & Physical Education



2013 Cross Country Interschool Championships

On Friday 24 May nine of our finest cross country runners competed in the WA School Sport Cross Country Championships at McGillivray Oval in Mt Claremont. To all those team members who did not attend make sure you qualify again next year at the John Forrest Secondary College Cross Championships because this is an event you should not miss! It was massive.

The students achieved the following results without any training!!

13U Girls..... Erin Cole placed 150 out of 252 competitors.

13 U Boys..... William Ketterer placed 82 and
Corey McCullaugh placed 104 out of 182 competitors.

14U Boys Taylor Williams placed 123 out of 165 competitors.

15U Girls..... Gaby Ilich placed 83 out of 179 competitors.

15U Boys Abdi Khalif placed 23 and
Mackenzie Edmonds placed 73 out of 136.

16U Atiquallah Rezai placed 71 Out of 134 competitors.

17U Girls..... Nikita Hill placed 23 out of 89 competitors.

The above results are impressive. All athletes placed in the top half of their event and outstanding performances were achieved from Abdi Khalif and Nikita Hill.

Imagine lining up on the start line alongside the above number of competitors.



The starters gun sounds out. You are pushed in every direction as you try to find your stride and settle into a race between 3 to 6kms, depending on your age group. From the sidelines it is a spectacular sight. As a competitor it is an awesome challenge and one every one of our athletes should be proud of.

CONGRATULATIONS TO YOU ALL! *Diane Papas, Physical Education Teacher*

AFL Competition

The senior and junior AFL teams again participated in their relevant district competitions and handled themselves very well. The senior boys won two of their four games which included a one point win against Ellenbrook Secondary College in the last ever game for the current crop of Year 12s. Well done to the boys, led by Jack Moxham-Hughes, in their graduating year. Sheldon Kitto (Year 10) was the team's best and fairest for the competition and showed that there is plenty of promise for the college's team in years to come. The lower school team had plenty to live up to having won last year's competition. They progressed into the next round where they battled Trinity and were taught a



football lesson!

There was plenty of talent in this year's group but inconsistency cost them the top spot finish. The team was led brilliantly by Udom Quartermain, who showed he is the future Year 12 captain. Jacob Woods was presented with a trophy and football by former JFSC and current East Perth player Brett Dobson. Jacob showed skill and tenacity and was by far the team's best and most consistent player for the competition. Well done boys.

Reece Phoenix and Sam Davis, Physical Education Teachers

Soccer

The Senior Boys Soccer Team has been competing in the first stage of the WA School Sport Champion Schools Soccer tournament. In week 8 the team played its third game in this first stage.

Our team has played good football but overall it has been difficult to hold off our more physical opponents, Ellenbrook CC 4:1 and La Salle College 5:2 (in each game to date John Forrest has been 1:1 at half time). Special mention should be made of our hard working players in the back line, Dean Robertson

and Ciaran Fereday, and creative attacking mid-field players, Abdi Khalif and Alazar Girmay. Our Goal Keeper, Brandon Huyerman, has been solid having to save many long range shots at goal from our opponents.

The quality of the football has been good and there is now a soccer culture emerging at John Forrest Secondary College. Well done boys!

Diane Papas, Physical Education Teacher

TEEN POSITIVE PARENTING PROGRAM



Teen Positive Parenting Program is an internationally renowned program being offered by the North Metropolitan Education Region to schools in your area. Parents from across Perth have given it rave reviews and it is free.

If you are a parent of a teenager, you are invited to:

Play an active role in guiding and supporting

your teenager.

Discuss common parenting challenges that come with the teenage years
Enrich your parent - teenager relationship.
Explore effective behaviour management strategies.

Remember, you don't have to be experiencing difficulties – Teen Triple P is for **every** parent!

This course is generally useful for parents of year 7, 8 or 9 students.

Venue: John Forrest Secondary College Library

Term: Term 3 2013.

Dates: Wednesdays – 31 July, 7 August, 14 August, 21 August..

Attendance: Commitment to attend all four sessions is desirable.

Time: 6.30–8.30 pm.

Parking: Ample parking in JFSC staff parking area.

Cost: There is no cost for this program.

Refreshments: Tea/Coffee provided.

Format: Workbook, discussion, DVD

After the four group sessions there will be four follow-up telephone consultations. These are scheduled at a mutually agreed time to help you tailor the program to suit your family.

For more information or a registration form contact:

Nicci Cottrill at John Forrest Secondary College on 9473 4048,

email: nicolette.cottrill@education.wa.edu.au or

Melissa Morgan at Governor Stirling Senior High School on 6274 0300,

email: melissa.morgan2@education.wa.edu.au.

ELECTRONIC COMMUNICATIONS

You may have noticed recently that some parent/guardian notifications have been forwarded by mail and electronically. The college will be sending more information electronically and it is therefore important that we have your correct

email address to ensure you receive all vital information.

Please contact Fiona Marrs (T: 9473 4013, E: Fiona.marrs@education.wa.edu.au) to ensure that we have your up-to-date email address.

BE THE BEST THAT YOU CAN BE

Recognition of Outstanding Achievement at John Forrest Secondary College



Congratulations to Alex Di Placido on being selected to represent Western Australia in the 2013 State AFL 15s Team. Alex will be competing at the National Schools Championships in Darwin, NT, from the 9-18 August 2013. Well done Alex.

Congratulations to Rhys Hopper who played for the Victoria Park Xavier Hockey Club in the three day U17 *Smarter Than Smoking* State Championships winning against Aquinas in the Grand Final last April. Well done Rhys.

Congratulations to Daniel Abberton on winning the 2013 U18 State Snooker Championships and reaching the finals for the U21 Championships. Daniel has also been invited to participate in a week of coaching in Melbourne and to compete in the Australian Under 18 National Championships. Well done Daniel.

Congratulations to Jazlyn Hopper who played for the Victoria Park Hockey Club in the Bunbury Hockey Carnival in June. The team played against both metro and country regions and came runner up in the Year 9/10 carnival competition. Well done Jazlyn.

COLOURS & HONOURS AWARDS—SEMESTER 1 2013

Year 8

Erin Cole..... Sporting Colours
Daniel Downey Sporting Colours
Corey McCullaugh..... Sporting Colours

Year 9

Phi Dang Sporting Colours
Mackenzie Edmonds..... Sporting Colours
Gabriella Ilich..... Sporting Colours
Nicola O'Hara..... Sporting Colours

Year 10

Sean Hill..... Sporting Colours
Dominica Mauro..... Sporting Colours
Hamish Sykes..... Sporting Colours

Year 11

Lily Zupins-Hodgson..... Sporting Colours

Year 12

Brodie Boswood Sporting Honours
Jessica Newman..... Sporting Honours
Bryn Roughan..... Sporting Honours
Amelia Trenaman..... Citizenship Honours
Leon Wormuth..... Sporting Honours

CERTIFICATES OF EXCELLENCE—SEMESTER 1 2013

Year 8

Taylor Williams Cricket
Brodie Adams Society & Environment
Todd Brinkworth Science
Fang-Yu Chen English
..... Materials Technology
..... Computer Literacy
..... Mathematics
..... Science
..... Society & Environment
..... Visual Art
Daniel Crouch Media
Daniel Downey..... Mathematics
..... Tennis
Britney Evans Physical Education
Ryan Glover..... Physical Education
Bingfan Ji Instrumental Music &
..... Ensemble
William Ketterer..... English
..... Society & Environment
Kevin Nguyen Personal Health in a
..... Modern Society
Madyson Powell..... Design & Technology
Brandon Preap Mathematics
..... Specialist Music
Tihomir Sauta Italian
..... Music Awareness
Mikhael Soirs English
..... Science
Amanda Sun Japanese
Adam Viska Drama
Chloe White..... Netball

Year 9

Billy Boyd Cricket
Caleb Buchanan Football Studies
William Cook Instrumental Music &
..... Ensemble
Rebecca Harris English
..... Mathematics
..... Science
..... Society & Environment
Jasmyn Hesford Drama
Bailey Johnstone Multimedia
Finn Keady Tennis
Erica Ketterer Design & Technology
..... (Wood)
..... English
..... Italian
..... Mathematics
..... Physical Education
..... Science
..... Society & Environment
..... Specialist Music
Ihaka Kuru Physical Education
Alison Lacerna Craft & Clothing
Ke Wen Lim Society & Environment
Denzel Mahusay Dance
Quoc Nguyen Visual Art
Nicola O'Hara English
Theodore Ransel Rondero..... Japanese
..... Mathematics
..... Science
Cathrine Sheridan-Brown Media
Brooke Steinnoke..... Netball

Year 10

Mra Abreu Visual Art
Tomoki Altmann Sports Science
Emily Anderson English
Liam Berry Drama
..... Science
Alexander Downey Mathematics
..... Tennis
..... Three Dimensional
..... Drawing
Jarrah Duckett Science
Elijah Fragomeni Society & Environment
Kimberly Garay Netball
Jenny Huang English
..... Foundations for a Healthy
..... Future
..... Multimedia
..... Japanese
..... Science
..... Society & Environment
..... Specialist Music
Giles Irakoze Physical Education
Jack Kavanagh Cricket
Abdisalam Khalif Football Studies
Dominica Mauro Physical Education
Chloe Sauta Instrumental & Specialist
..... Music
Jun Shen Mathematics
Chloe Smith Celebrating with Food
..... Media
Hamish Sykes English
..... Society & Environment
Claire Tyler Dance
Jia Yang Mathematics

Recognition of Outstanding Achievement beyond John Forrest Secondary College

Congratulations go to Esther Chea, former student, Dux of the college in 2008, on becoming a Top First Class Honours student at UWA in 2012 in the faculties of Medicine, Dentistry and Health Sciences. Esther is currently reading her PhD in Medicine and is the recipient of the 2013 Hackett Postgraduate Research Scholarship, a particularly prestigious scholarship.