



FROM THE PRINCIPAL

A very successful Term 3

Many terrific examples of the extra activities, successfully conducted during Term 3 to enhance the opportunities and learning for our students, are highlighted in this edition of our newsletter. On behalf of our college community, I would like to thank and acknowledge the enormous commitment of our John Forrest Secondary College staff who are constantly involved in creating, planning and co-ordinating these activities and opportunities.

Education Budget Cuts

As a member of the community, you would be aware, Western Australia has entered a period of fiscal constraint. The Government's decision to reduce the education budget has resulted in \$410,000 reduction in John Forrest Secondary College government funding. The college will continue with its current programs representing the distinctive college you, our community, supports. There will be some adjustments including a greater focus on electronic communication and a more rigorous application to class sizes through the timetabling process. Excursions/camps will be reviewed to minimise teacher relief expenses, where possible. I want to assure parents, the college will continue to offer our students a broad range of educational opportunities meeting their learning needs.

Monday 14 October—normal school day

As an Independent Public School, John Forrest elected this year to set dates for School Development Days that fitted our planning and curriculum development needs. **The first day of Term 4 is a normal school day for John Forrest students and full attendance is required.**

Year 12 students

As we head into Term 3 holidays, we know that our Year 12 students are preparing for the last weeks of their secondary careers, with many preparing for the final exams in November. We wish them well as they work to complete the final requirements for their WACE Certificates in the first weeks of Term 4.

Judy Silsbury, Principal



PERMISSION TO USE COLLEGE PHOTOGRAPHS

As part of our enrolment procedures, we ask students and parents to give permission to use student photographs for purposes relating to college promotions.

We would like to streamline our processes and have altered our forms to reflect this for all new enrolments.

In order to have all students operating on the same system, an updated permission form has been included with this newsletter.

It would be appreciated if parents and students completed this form and forwarded it to the college at your earliest convenience.

Thank you for your assistance.

DATES TO REMEMBER (Dates are Subject to Change)

Students commence Term 4 — 14 October

Dance Concert—16 October
Interschool Athletics—21 October
Final Year 12 Assembly—22 October
Year 12 Presentation Evening—23 October
Senior Music Concert—25 October
Netball and Cricket Academy Presentation Night—
28 October
WACE Exams start—1 November

Year 9 Cooloongup Cricket Camp—4-7 November
Year 11 Drama Night—5 November
P&C Meeting—12 November
Student Free Day—15 November
Lower School and Year 11 Exams—18-22 November
Junior Music Concert—22 November
Year 8 Cricket Camp—25-29 November
Year 7 Orientation Day—2 December
Cricket Trip to Brisbane—2-8 December

Tennis Camp—3-6 December
College Board Meeting—3 December
Year 8/9 Netball Point Peron Camp—9-12 December
Bushrangers Camp—11-13 December
Year Assemblies—16 December
Year 10 Transition Camp—16-18 December
Last Day of School Term — 19 December

BOOK WEEK

Book Week is a time to celebrate in any school library. The 2013 theme is *Read Across the Universe*. At John Forrest Secondary College we displayed this year's nominated titles surrounded by stars and planets, and an inflatable Solar System hung from the ceiling – a talking point for some of our students. We welcomed storyteller Gladys Milroy to the school; and had some fun competitions. Congratulations to the winners of our bookmark design competition who received books and vouchers from Dymocks – Ben Tran, Marcus Foo, Deanne Coman, Tears McCarthy and Erica Ketterer.

The Children's Book of the Year Awards announced winners at the beginning of Book Week. John Forrest Secondary College Library purchased all of the nominated titles for the school collection and they are available for borrowing. This year's winning titles include *Sea Hearts* by Margo Lanagan, *The Children of the King* by Sonya Hartnett, *The Terrible Suitcase* by Emma Allen and *The Coat* by Rob Brooks and Julie Hunt. Here in the library, our favourite Book Week nominated title is *Peggy* by Anna Walker. It's about an adventurous little chicken, lost in the big city. A very heart warming tale!

Readers! Don't forget about WAYRBA! (The West Australian Young Readers' Book Award). WAYRBA 2013 shares Book Week's Space theme asking "How far would you go for a good read?" Have you noticed a very colourful corner in the library? We have the whole collection of these nominated titles too. How can you get involved? It's easy! Read a nominated book, and fill out a voting form. The winners for this award are chosen by you guys!

Bernadette Nye, Librarian



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, time lines, 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

VISITING AUTHOR, ROBERT HOGE

Were you lucky enough to catch Robert Hoge at the College Library on 18 September? Robert Hoge is currently promoting his book *Ugly* and was featured recently on Australian Story. Dymocks Morley generously sponsored an evening visit from Robert Hoge, who spoke candidly about his experiences growing up and living with a disability –born with a tumor that covered much of his face, Hoge has endured years of reconstructive surgery.

Discussing the joys and heartache he experienced growing up, Hoge inspired listeners to consider the true meaning of beauty and resilience, and the importance of life itself. John Forrest Secondary College Library has a signed copy of the book *Ugly* which is available for loan. Robert Hoge encourages John Forrest students to 'Read Hard!' and here at the library, we couldn't agree more!

Mrs Bernadette Nye, Librarian



AUSTRALIAN MATHEMATICS COMPETITION

Congratulations to all students for an excellent performance in this year's Australian Mathematics Competition. One student received a high Distinction (top 2% of the state in their year), 12 students received a Distinction (next 13%) and 46 students received a Credit (next 35%).

The recipient of a **High Distinction** is:

Year 10—Terence Shen

The recipients of a **Certificate of Distinction** are:

Year 9—Caleb Buchanan, Lucas Risebrow

Year 10—Alex Downey, Niklaus Yang, Delia Yin, Choong Min Eg, Rohan Patel

Year 12—Nicholas Brabon, Rahul Abraham, Kshitij Bhatt, Aidan Hordov,

Luke Mammone

Certificates will be distributed at the next round of year assemblies.

Mr Washbourne, Head of Mathematics

YEAR 12 PRESENTATION EVENING—WEDNESDAY 23 October 2013 at 6.45pm

There has been a change of venue for Year 12 Presentation Evening to cater for the allocation of extra tickets for families. Cost of tickets will remain the same at \$10.

The new venue will be:

Rendezvous Grand Hotel Perth

Grand Ballroom

West Coast Highway

SCARBOROUGH

Dress Standard: Semi-formal

Students will need to meet at the venue between 6.30pm and 6.45pm.

Parking is available in Hotel basement at a cost of \$10 per day or beachside (free).

THE ARTS SHOWCASE 2013

In the previous four years, John Forrest Secondary College were delighted to conduct whole school productions. This year we decided to take a break from this recent tradition and provide students with the opportunity to showcase their class work routines, songs, videos and performances.

Once we secured the services of stand-up comedian Elijah Fragomeni for MC duties, the night was already on a winner. Elijah kept us amused with his witty one-liners and personal reflections between acts. The audience was entertained from the beginning with the Year 11 and 12 Music percussion ensemble setting the beat and the Year 8 Dancers "Scream and Shout" adding some energy. Year 9 to 12 Drama students reminded us that the people of Far Far Away did live happily once upon a time, with their laugh a minute fairy tale mash up. Jason Ji was superb on the guitar and Claire Tyler and Chloe Bradshaw showed a lot of grace and flexibility representing the Year 10 Dance class.

The closing acts also did not disappoint. Sax Bomb soothed the audience's ears with a delightful melody before the Year 9 Dance boys reminded us that Hip Hop is still hip. The evening was rounded off with a short series of Media videos showcasing student projects and school events, including a montage from the Year 8 and 9 River Cruise.

Well done to all the students involved with Arts Showcase night, and thank you to all who attended.

The Arts Learning Area team



CHAPLAINCY PRESENTATION



STRONG SUPPORT FOR SCHOOL CHAPLAINCY PROGRAM

The City of Bayswater recently hosted local chaplains from both primary and secondary schools for the annual presentation of financial support for this vital program. The City of Bayswater recognises the great contribution that chaplains make.

Principal, Judy Silsbury and Chaplain, Phil Glossop were in attendance as well as City of Bayswater councillors, YouthCARE CEO Stanley Jeyaraj, YouthCARE representatives and school chaplains from the City of Bayswater schools.

The City of Bayswater has been generously supporting chaplaincy for many years and this year they have given generously again. The City of Bayswater donated \$33,000 towards providing chaplains in secondary schools throughout the City of Bayswater. We very much appreciate their financial support for the chaplaincy program.

Phil Glossop, College Chaplain

VISIT FROM YOUNG AUSTRALIAN OF THE YEAR

Akram Azimi is the current Young Australian of the Year for 2014 and he volunteered to speak to our senior students on 14 August 2013. Akram had the audience spellbound with his charming manner as he retold the story of his arrival in Australia as a refugee some 13 years ago from Afghanistan. He attended school in Australia, having very little command of the English language. He went on to be elected Head Boy of Warwick Senior High School, gaining an outstanding ATAR score and entrance into Law, Science and Arts at the University of Western Australia.

Akram explained how he spent time in a refugee camp in Northern Pakistan before his migration to Australia. He recalled seeing children around him suffering the after-effects of Polio. Luckily he had been given the Polio vaccine, which he later found out, had been funded by generous donations from the citizens of Australia.

Akram inspired the audience with his sincere desire to give back to his newly adopted country, to a country that had protected his health and who had invited himself and his family to make a home here. Akram works tirelessly with disadvantaged young people the length and breadth of this large state of ours. Akram is also mentoring a Special Olympics athlete to help raise community awareness of disability issues.

He encouraged our students to get involved as active citizens in making this great country of ours even greater. The vaccine that Akram received in the refugee camp cost 17 cents. He was living proof of what these donations to foreign aid projects can mean to truly disadvantaged and displaced persons.

Vic Grzejszczyk, Head of Society & Environment



DANCE CONCERT

The dance concert will be held **WEDNESDAY 16 OCTOBER** at Swan Park Theatre Gray Drive Midvale. The evening commences at 7pm and will conclude by 9.30pm.

If you would like to attend, can you please ring Glendah Migro (Phone: 9473 2030) so that I can reserve you a seat. There is no charge.

MUSIC NEWS

With Stephanie Parr on leave and travelling around Europe, I was hoping it would be a quiet term, but it was business as usual and Term 3 has been an especially productive time, with Music students very busy both in class and in the community with performances.

The college concert bands both participated in the WA Schools Band Festival on Sunday 18 August, held at the new Churchlands SHS Concert Hall. The Junior Band draws from students in the surrounding primary schools as well as lower school students from John Forrest. They performed "Odyssey", "Hobbit Dance" and "Somebody I used to know" in the C Division. The Junior Band achieved a respectable "Merit" and received a recording of their performance as well as valuable feedback from the adjudicators. The Senior Band performed in the B Division and managed to take out an "Outstanding". They performed "Vortex", "Declaration in Blue" and "When Kings go Forth", which they had been working on since Music Camp earlier in the year.

On 26 August, flute students Marcus Foo, Ke Wen Lim and Keira McNamee attended a Flute Masterclass with Andrew Nicholson, Principal Flute of the West Australian Symphony Orchestra. It was a fascinating afternoon watching flautists being critiqued and given advice; our students learnt from hearing other students' mistakes and successes.

The newly formed Saxophone Quartet made their debut performance at the Performing Arts Showcase. The "Quartet", named Sax Bomb, consists of Tyner Brown, Jenny Huang, Brianda Delgado, Simone Ostle and Scott Buckley-Hewitt. They impressed everyone with their rendition of "Habanera" from the opera "Carmen".

Our college Chaplain, Phil Glossop, continually shows his support for The Arts and the students. We were invited to perform at the Chaplaincy Support Concert, held at Noranda Uniting Church on Saturday 31 August, to show our support in return for Mr Glossop. The Chamber Choir and an improvised saxophone duet were superb representatives of music at our college. However, the act that stood out from many singers and pianists on the program was Jason Ji, solo acoustic guitar, performing "Fight".

Music Program patron

It is great news for our College and our Music students that John Forrest SC graduate Ashley Smith has keenly accepted to be the Patron of our College Music program. He is an excellent role model who has achieved international acclaim as a bass clarinetist and clarinet player with formidable ability and noteworthy achievements to his name and remains generous with his time. On 3 September, he visited our Year 11 and 12 music students and spoke about realising the context and circumstances of the composition and how to apply that to modern times. Ashley encouraged them to give life to their performances and contribute to the interpretation of the music. Hopefully, this advice and encouragement will boost the confidence of the Stage 3 students about to undertake their WACE Performance Exams. For more information about Ashley, visit the link: www.ashleywilliamsmith.com/home.php

Mayuka Juber, The Music Department



STUDENT COUNCIL NEWS

Year 8 and 9 River Cruise

This year the Student Council decided to get to know the younger students by running a combined Year 8 and 9 River Cruise. On Wednesday 14 August, after weeks of preparation, the Year 8 and 9 students, the eighteen student councillors and a dedicated group of teachers, left the Barrack Street Jetty in the Crystal Swan's two storey glass river boat.

Staff and students were asked to wear masks and they certainly wore some wonderful ones. During the night, the student councillors gave out double passes to the movies for excellent dancing and, of course, outstanding masks.

Although we didn't get as many students attending as we would have liked, those who did attend had a wonderful time. Thanks to the Student Council, all the teachers who attended and the students for their wonderful behaviour.

Lori Redwood, Student Council Co-ordinator



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.

FRIENDLY REMINDER—Specialist Programs and Certificate II Sport Coaching Charges for Years 8-12 in 2014 should be finalised by the 30 October 2013 to confirm enrolment in these Courses. If you still have outstanding 2013 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.

SOCIETY AND ENVIRONMENT LEARNING AREA NEWS

Year 9 Francis Burt Law Courts Excursion

During the month of August the year 9 Society and Environment classes visited the Law Courts to view a court case. After we arrived in the city we separated into our class groups and met our leaders, Moira and Dean. Our group went to Supreme Court Gardens and entered the Francis Burt Law Centre which was the 3rd oldest building in Perth. We donned wigs and cloaks and prepared for the re-enactment of the trial of John Gavin, a fifteen year old boy accused of murder in 1844. We were all given different roles, such as the judge, ushers, witnesses, jury members and even the role of John Gavin. When it came time for the jury to deliberate, a unanimous decision could not be reached and a hung jury prevailed. The real John Gavin, was not as lucky as he ended up being hanged for his offence and remains the first European to be hanged in Western Australia.

The classes also attended a real sitting of a court case. Some classes attended the Magistrates' Court whilst others attended the District Court. We watched with awe as we had to go through security just as if we were at an airport. We waited nervously and excitedly outside the court room just waiting for the chance to see a real case. We were intrigued by the legal processes and the seriousness of all things that occurred in a court room. It made the information that we had learnt in class about court room roles and procedures come to life. It gave us an insight into the way the courts worked and what happens when someone breaks the law. Overall, it was a great experience to see how our legal system works and the importance of maintaining it. We all enjoyed the excursion and would like to thank our teachers and the court tour leaders who organised it for us.



Erica Ketterer, Rebecca Harris and Cathrine Sheridan-Brown, Year 9 students



YEAR 11 RIVER CRUISE

If the Year 11 river cruise were to be described in one word, the closest would be, stunning. Besides the fancy boat and the scenic views of the river, it seemed that the stars weren't only in the sky that night. The girls elegantly arrived in beautiful dresses and killer high heels while the boys put on dressy shirts and some decent pants. The night was filled with surprises as the shy Kimberly Millar shocked everyone in a sparkly black dress and Ben and Wilson showcased their creative talents on the dance floor. Everyone broke out of their shells that night and it's tempting not to recognise them all individually.

On the boat, all the fusses of school and different friendship groups were ignored and we all enjoyed the night together. Between all the laughing, dancing and eating, we were also entertained by occasional bursts of circles around people tearing up the dance floor and the blood pumping dance battle between Ben Dawson, Wilson Fu and our Year 9 DJ's, Denzel Mahusay and Vinz Ico. As the night drew to an end, the boys were sweaty and the girls were shoeless, as we all gathered to take our 'clique' group photos.

The Year 11 river cruise was a very memorable experience that would not have been possible without all of the contributing staff and helpful students. Our biggest thanks and appreciation, of course, go towards our wonderful co-ordinator, Mrs Sookraj who worked very hard in ensuring that the night was a huge success.

Diniera Hasna, Year 11 student



SPECIALIST SPORTS PROGRAMS

Cricket

The following Year 12 students: Jason McGlew, Sean Strachan and Brayden Hesford, have participated in a School Based Traineeship this year. Brayden has been working at Slater Gartrell Sports, Sean at North Beach Squash Centre and Jason at Mt Lawley Tennis Club. The students are completing Certificate II and Certificate III in Sport and Recreation in the work force along with Certificate II in Sport Coaching at school.

Year 11 students, Maddison Cooper and Ignacia Riquelme have now taken on a traineeship at Mt Lawley and Bayswater Tennis Club.

The picture below shows Brayden Hesford coaching the Year 9 cricketers while Central TAFE assessor Pamela Brand watches on.

Peta Verco, Specialist Cricket Teacher



Netball

Regional Lightning Carnival Results

All Netball program teams played in Division 1 in their respective age groups. Year 8's were mixed ability teams and placed fourth and sixth. Whilst this result was below expectations, it gave the advanced players the opportunity to demonstrate their leadership and skills in challenging game situations.

The Year 9 Teams 1 and 2 achieved a slightly better result in placing third and fourth respectively. All games were very competitive with the winning margin only a few goals.

The Year 10 Team was the most successful and placed second, losing by only one goal to Governor Stirling SHS. This result secured a position at the SSWA Lightning Carnival State Championships where our girls achieved a great outcome of finishing fourth.

Coaching staff are expecting better results in 2014.

Champion Schools Tournament 2013

The John Forrest Netball Program had six teams compete in the SSWA Champion Schools 2013 Tournament. Four of the teams played in inter-zone finals but it was our Year 9/10 Teams 1 and 2 who progressed to the final stage of the tournament at Fremantle NC. In wet and windy conditions, our girls performed admirably with the 1st Team achieving a place in the quarter finals. Well done to all players who participated in this very competitive championship.

An Important Date To Remember!!

The Netball Program Presentation Evening is on Monday 28 October. All players and parents are invited and will be receiving an invitation in the post. We are looking forward to celebrating and to farewell our Year 12 Netball students who have been one of the most committed group of players the college has produced.

Tennis

Matchplay Day

This term, Matchplay Day was held at the Robinson Park Tennis Club on hard courts. The students competed in a Singles organised draw format which was run by James Cartledge as part of his Certificate II competency. The rounds were 20 mins in duration using a short deuce format. The tennis students competed in some tight matches and there were a lot of fantastic points played.

To start the day, a special guest Reece Johnstone (who is one of WA's top ranked players and currently on a Tennis Scholarship at Vanderbilt University in Nashville, Tennessee, USA), had a hit with some of the students which was enjoyed by all and he also showed them a few new shots to try.

John Campbell, Specialist Tennis Teacher

MVP Awards (voted by students)

Year 8 Team 1	Chloe White
Year 8 Team 2	Amber Cannon
Year 9/10 Team 1	Emily Anderson
Year 9/10 Team 2	Erin Mackenzie, Kelsey Remmick
Year 9/10 Team 3	Kaitlyn Leatham
Year 9/10 Team 4	Chloe Marshall
Open Team	Talita Engelbrecht

Diane Papas, Specialist Netball Teacher



Girls Football 2013

Congratulations must be extended to the JFSC Girls Football Team who fought through some tough matches against some much stronger, tougher and older teams to win one game in their qualifying rounds. It was fantastic to watch their improvement as each game progressed and not once did the girls give up. Well done to all involved!

Special mention to our 3 best players from each year group:

- Year 8 – Jasmine Cunningham
- Year 9 – Moesha Cooper
- Year 10 – Shannon Rene

Hayley McKee, Physical Education Teacher

WHAT HAS THE CAPS (CRICKET ACADEMY PARENTS) COMMITTEE BEEN UP TO IN 2013?

Welcome BBQ—Each year, a sausage sizzle is held at the beginning of the school year to welcome Year 8 students and introduce parents and teachers. This provides the opportunity for all to discuss the work of the JFSC CAPS Committee. A great opportunity to get involved!

Hot Cross Bun Sale—In the weeks leading up to Easter, we were fortunate to have the assistance of Brumby's Beechboro in providing fresh hot cross buns and Phil Glossop (School Chaplain) who collected orders. Funds raised were \$350.

Quiz Night 2013—The annual Quiz Night was held on Saturday 24 August at the Noranda Sports & Recreation Club. It was a fun filled night with prizes galore, raffles, games of "heads & tails" and auctions, both silent & open.

Mr Adrian Lee was superb as our Quiz Master/Auctioneer. Many thanks to Mr Sam Davis and Ms Peta Verco for their efforts in marking all the answers on the night.

The Quiz Night would not have been a success without the generous donations from our community. Total funds raised were \$2,597 - an amazing effort! Thank you to everyone who supported the event.

Bunnings Sausage Sizzle—The CAPS committee organised a sausage sizzle which was held at Bunnings in Morley on Saturday 7 September. A big thank you to all the wonderful parents and students who helped out on the day: Jodie Hartland, Deb Van Leeuwen, Marie Cowdron, Sam Randall, Paddy & Jack

Kavanagh, Dee Morgan, Helen and William Taplin, Jenny and Dave Hogg and Jazz Killick.

We had the federal election and the elements against us, but made a healthy profit of \$1,046 - a fantastic effort!

Wine Fundraiser—In August, Fish Tail Wines in the Swan Valley closed down and we were fortunate to be able to purchase some of their stock at discount prices. These delicious wines have been very popular and we still have some red, white & bubbly available. Please contact Amanda Harris on 0410 358 811 if you would like to purchase some - remember Christmas is just around the corner!

Cricket Academy Presentation Evening—The annual Cricket Academy Presentations will be held on Monday 28 October 2013 at the College. This year, in addition to farewell the Year 12 students who have been involved in the Academy and celebrating their success, we will be welcoming our incoming Year 8 students for 2014. We will be holding a celebratory supper at the conclusion of the ceremony. Please join us on the night to recognise the achievements of all Cricket Academy students.

Helen Killick, CAPS President

HEALTH AND PHYSICAL EDUCATION NEWS

Soccer News 2013

The 2013 Senior Boys' soccer team consisted of students from Year 8 to 12. Whilst it was a short season, the boys played three very competitive games – two at home and one away. All games were lost but there were instances of improved teamwork and outstanding individual performances. Special mention is made to the captain Micheal Williams, who worked tirelessly and showed admirable leadership skills which led him to be voted Most Valuable Player. He was ably supported by Dean Robertson and Ciaran Fereday who played pivotal roles in defence.

Brandon Huyerman, our goal keeper for the second year running battled gallantly to keep our scores respectable. Individual players who demonstrated great ball skills included Alazar Girmay and Abdi Khalif. Players worthy of mention for their efforts include Atiq Rezai, Tim Sauta and Marlee Gorka.

With greater commitment to pre-season training, we expect a significant improvement in 2014.

Diane Papas, Physical Education Teacher



CERTIFICATE II SPORT COACHING:

First Aid

During the term, Cert II students completed their Senior First Aid course. The program was run by Mr Kulesza who is a qualified First Aid assessor. The students learnt the DRSABCD giving them the skills to treat people and save lives. Thanks to Mr Kulesza and Mrs Verco for organising such a great course.

Squash

The Tennis and Netball students also had the opportunity to play Squash at the Mirrabooka Squash Centre. For some of the students, this was their first experience playing the game. The students also had the opportunity to learn some skills as a Squash Development Officer.

Peta Verco, Specialist Cricket Teacher



HOUSE ATHLETICS CARNIVAL

The House Athletics Carnival took place on Tuesday 10 September, with a large number of students participating. The carnival took on a different format this year with the use of Year Group rotation for the morning session. This format proved popular with students and staff and saw more students participating in the events. The face painting, sausage sizzle and free fruit were very popular as always and thanks to Mrs Redwood, student councillors and Nurse Lily for their contribution. Thanks to all staff for their help in making the day very successful and all the students for embracing the day's activities with enthusiasm. A special thanks to Step into Life Morley for their assistance with the novelty events.

The House results were as follows

Mitchell	1562
Giles	1319
Stirling	1160
Hasluck	1002



Top 3 students in each Year Group for Best performance were:

Year 8

- 1st
- 2nd
- 3rd

Female

- Chloe White
- Rachael Davies
- Lucy Pacino

Male

- Kieran Berry
- Tyler Lehner
- Noah Kapor

Year 9

- 1st
- 2nd
- 3rd

Female

- Moesha Cooper
- Gaby Ilich
- Brooke Steinnokel

Male

- Udom Quartermaine
- Tark Wanteee
- Meihana Broadbridge

Year 10

- 1st
- 2nd
- 3rd

Female

- Louise Hall
- Chloe Staggard
- Elizabeth Cartledge

Male

- Giles Irakoze
- Daniel Henry
- Abdi Khalif

Year 11

- 1st
- 2nd
- 3rd

Female

- Courtney Blissett
- Shea Connolly
- Kimberley Millar

Male

- Jake Andrews
- Dean Robertson
- Arun Kamaraju Shanthi

Year 12

- 1st
- 2nd
- 3rd

Female

- Lynn Lu
- Talita Engelbrecht
- Kaylah Heta

Male

- Tongchai Quartermaine
- Jake Watson
- Caelan Fagence

John Campbell, Head of Health & Phys Ed

BE THE BEST THAT YOU CAN BE

Recognition of Outstanding Achievement at John Forrest Secondary College



Congratulations to Alex Di Placido who was selected to represent Western Australia in State Football Trials during August. Western Australia won Silver (Runners Up) to South Australia. Alex and 4 other WA players were also selected for the All Australian team to play in South Africa to promote AFL. Well done Alex.

Congratulations to Declan Powell who attended Golden Gloves Boxing competition in Queensland on 20 August 2013. In two fights, he won Silver Gloves (second place). Well done, Declan.

Congratulations to Mackenzie Epps who has been selected to represent Western Australia in U15 Women's National State Hockey Tournament to be held in Busselton September to October 2013.

Congratulations to Meihana Broadbridge who has been selected to represent Western Australia in the 2013 State Touch Team competing at the National Schools Championships in Darwin from 12-19 October 2013.

COLOURS & HONOURS AWARDS—SEMESTER 2, Term 3 2013

Year 8

Nathan Brown.....Sporting Colours
Nathan Brown.....Sporting All Rounder Colours
Amie Clamp.....Sporting Colours
Chelsy Loveridge.....Sporting Colours
Fang-Yu Chen.....Academic Colours
Daniel Downey.....Academic colours
Alexandre Joseph.....Academic Colours
Tim Sauta.....Academic Colours
Mikhael Soirs.....Academic Colours

Year 9

Henry Mills.....Sporting Colours
Ethan Verity.....Sporting Colours
Moesha Cooper.....Sporting Colours
Keira McNamee.....Sporting Colours
Ruby Donnelly.....Sporting Colours
Shanele McCullaugh.....Sporting Colours
Latiesha Schindler.....Sporting Colours
Erica Ketterer.....Academic Colours
Jasmyn Hesford.....Academic Colours
Ke Wen Lim.....Academic Colours
William Cook.....Cultural Colours
Rebecca Harris.....Cultural Colours
Alexis Milton-Brown.....Cultural Colours
Cathrine Sheridan-Brown.....Cultural Colours

Year 10

Jack Hartland.....Sporting Colours
Chloe Bradshaw.....Sporting Colours
Abdisalam Khalif.....Sporting Colours
Atiqullah Rezai.....Sporting Colours
Jenny Huang.....Academic Colours
Alex Downey.....Academic Colours
May Mang.....Academic Colours
Brianda Delgado.....Cultural Colours
Jenny Huang.....Cultural Colours

Year 11

Nikita Hill.....Sporting Colours
Thi Lan To.....Academic Colours
Raureti Engelen.....Cultural Colours
Ciaran Fereday.....Cultural Colours
Simone Ostle.....Cultural Colours

Year 12

Paul Christidis.....Sporting Honours
Brayden Hesford.....Sporting Honours
Cameron Longworth.....Sporting Honours
Tongchai Quartermaine.....Sporting Honours
Jack Moxham-Hughes.....Sporting Honours
Kshitij Bhatt.....Academic Honours
Scott Buckley-Hewitt.....Cultural Honours
Bettina Tran.....Academic Honours
Amelia Trenaman.....Cultural Honours