

# Study abroad

## THE FOREST HIGH SCHOOL

Located near beautiful bushland

**PRINCIPAL**

Ms Rosemary McDowall

**INTERNATIONAL STUDENT COORDINATOR**

Ms Jane Dean

**SCHOOL ADDRESS**

135 Frenchs Forest Road  
Frenchs Forest NSW 2086

**WEBSITE ADDRESS**

[www.theforest-h.schools.nsw.edu.au](http://www.theforest-h.schools.nsw.edu.au)

**ESTABLISHED**

1961

**SCHOOL MOTTO**

*Spectemur Agendo* - Let us be judged by our actions

**SCHOOL POPULATION**

800



The Forest High School is located in Frenchs Forest, a suburb on Sydney's Northern Beaches. Students from a wide variety of backgrounds choose to study at The Forest High School because of its high standard of education, outstanding HSC results, sporting achievements, harmonious multicultural school community and reputation for producing fine young men and women. The Forest High empowers students to build confidence and self-esteem and to achieve personal excellence across the curriculum.

**Special subjects**

- Volunteer programs
- Leadership programs
- School magazine production team

**Performance**

- Band program including rock, concert vocal ensembles and stage
- Dance ensemble including jazz, contemporary and classical
- Drama program
- Professional music tuition
- Debating and public speaking programs

**Languages**

- German Beginners and Continuers; Japanese and Chinese (Mandarin) Beginners, Background, Heritage and Continuers
- Other languages offered through the Open High School

**Local area features**

The school is located in an attractive, safe residential area, 20 kilometres north of the city of Sydney and 7 kilometres from the Northern Beaches including famous beaches such as Manly and Collaroy. The school is close to public bus and train transport systems.

**Sports offered**

SUMMER Term one and four January-April • October-December		WINTER Term two and three April-June • July-September	
Basketball	Surfing	Basketball	Tennis
Board games	Tennis	Board games	Touch football
Gym	Volleyball	Gardening	Volleyball
Handball	Yoga	Handball	Walking
Rock climbing	Walking	Soccer	
Skateboarding			

Note: School sport offered in years 7 to 11 (Term 1 only). Generally, school sporting teams do not train outside school hours. Weekend competitions through local clubs also available.

