

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Issue 9 - Term 2 - Week 6

Monday, 30 August 2010

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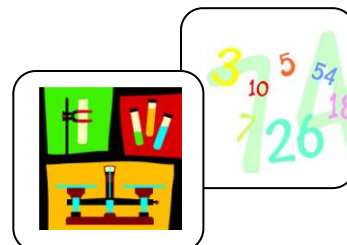
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Year 9 Girls Maths + Science = Choices

Congratulations to Zoe Clarke, Crystal Taylor and Heather Earney who have been selected to attend the University of Newcastle's Summer School in December.

The girls will be participating in an exciting range of hands-on activities which showcase what university is like and the kind of careers that they can aspire to as a university graduate. The activities are based on maths, science, engineering and health related subjects.

They will be joining 180 other Year 9 girls from across the state.

'SAS Staff ... keeping schools afloat'

Last week (16-20 August) was School Administrative and Support Staff Recognition Week. During this week, we acknowledge the hard work done by the school's support staff.

When we think of schools, we often think only of the students and teachers. However, without the hard work of the Support Staff, schools would quickly sink.

Our SAS Staff do an outstanding job of maintaining the school grounds, helping students with learning difficulties, managing the administration and financial matter in the school, producing the newsletter and maintaining student records.

They play a vital role and I thank them for all of their effort and hard work.



FHS News



Tim Prior with the Pierre De Coubertin Award.

Recognition of a student showing leadership and sporting achievements from the Olympic Committee.
A day with 100 students from Public and Private schools

WICKED Excursion

The Wicked excursion is on this Wednesday 25th August. Ninety two students accepted the invitation to see this fabulous show. The criterion for eligibility was to have only positive contacts on the welfare system for the first half of the year. The welfare system called RISC is a database where all commendations, misdemeanours and discipline issues are recorded by staff.

Over half the school were eligible to be invited but unfortunately due to a clash of dates with the Year 12 Trial Exams and Year 10 Work Experience these students were unable to attend. Forbes High School were lucky enough to secure tickets at half price for WICKED and were able to discount the cost of travel to reward these great students. The PBL team was excited to learn that over 260 students were eligible due to their positive behaviour. This justified the hard work being put in by staff to improve the behaviour and attitude of students through PBL.

The PBL team and staff have been explicitly teaching lessons on what it means to uphold the values of PBL. The values of this program are “being respectful, being responsible, being honesty and doing my best.” Students can also earn rewards through the purple tickets staff issue to students exhibiting the targeted behaviours in the classroom and in the playground. There is a weekly draw of these tickets where four students receive a \$5.00 voucher to be spent at the school canteen. There will be other reward opportunities later in the year.

Thank you to all students and parents who have taken this opportunity to experience such a great show as ‘Wicked’ and to all students who have been showing positive behaviour. It’s not too late to start.



FHS News-School on Tour

2010



FHS News-Koori Korner

Well guys it's time again for Koori Korner.

Just letting you know we had our NAIDOC celebrations and it was a great celebration. To start the day we had a dance troupe from Buninyong Public School come and perform for the whole school. Amongst them we had three of our boys perform some dances with them. The boys were Nathan Molloy, EJ Dalton and Jay Kennedy (Great Job guys).

Then lunch rolled around and we had a BBQ with some kangaroo meat and some croc and for non adventurous there were some plain sausages on offer. We had a great deal of help with the cooking and preparing of the food and we would like to thank all who were involved (THANKS, you know who you are couldn't have done it without you).

After we filled everybody up it was time to play some Traditional Aboriginal Games, which were run by our Girri Girri students. Some of the games were Kee'ann (played in areas of Nth QLD where throwing skills are needed), Buroinjin (played by the Kabi Kabi people of Southern QLD) and Goori (played by Aboriginal boys and men in all parts of Australia). Overall the days went really well and let's hope that next year will be just as good.

Congratulations also must go out to Miss Allgood for becoming our first Prize winner at Kee'ann and to Miss Townend for being runner-up. Well done.

We would like to thank the community members who showed up to celebrate our day, the students for taking part in our games instead of going to regular sport and to the staff who helped in the supervision of these games.

Finally, we wish our Yr 12 students Sharnie, Michael, Ashleigh and Tamara Good Luck with the studies, while they do their Trial HSC exams and are fast approaching the completion of their High School time!

Until Next Time, Bye For Now

Joy, Zac and Donna



FHS News-Science

As the Trimester comes to a close the junior classes have completed their assessments and are ready to move on to the trimester 3 topics.

The topics for the trimester 3 are:

- Year 7 Ms Edwards class will do Agriculture while the rest of year 7 will study all things that creep and crawl.
- Year 8 will study "Earth and Environment".
- Year 9 will study "Up and Atom".
- Year 10 will study "Round Up" a revision of Stage 5 to help prepare them for the school certificate next term.
- Year 11 students should be studying in preparation for their preliminary final exams. HSC work for them commences in term 4.
- Year 12 will continue their preparation for the HSC with a strong focus on revision of identified area of weakness from their trial exams.



It is important at this stage of the year that no student loses focus and always strives to achieve their personal best.

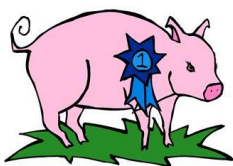
Ms Edwards – Head teacher Science



Agriculture in Trimester 3 will be working in the areas of intensive agriculture including horticulture, poultry and pigs. To help with the horticulture component we would like to request that anyone who could supply large cuttings of rosemary and/or chrysanthemums please provide your name and we will collect them.

Name and address to be supplied to Ms Edwards or Mr Cartwright at school.

Your help is appreciated.



FHS-Chaplain Chat

Hey there,



Well I guess I have a little confession to make, **I don't really like to write.** Each fortnight when I kindly get reminded to write my Chaplains Chat my mind races trying to think of what to write. Then my next thought is '**I wonder if anyone reads it!**' In English I was usually always stuck for ideas in creative writing, and I never was a good poet. The only thing I ever really enjoyed writing was a journal. During my school years I used a journal to write out **frustrations and challenges, joys and achievements**, I knew that no one other than myself would ever read it so it didn't really matter how I wrote or what I wrote... **I could just be me.**

In the past few years I have urged myself to **step out of my comfort zone.** I have pushed myself to do this because I knew that it would challenge me to grow. As I have done this I have not always made the right choices, I have found that I stuff up when I try and be who **I think others want me to be.** However when I decide to be **true to myself** I find that things seem to fall into place and I am no way near as stressed.

You have a greater future than you have a past, so challenge yourself!

Thea



FHS News-Tas

Forbes High School Food Technology Kitchen welcomed the visitation of junior year 6 students from the local primary schools. The students experience an information session on the role of Food Technology and Hospitality in the school syllabus. We discussed wonderful opportunities for future employment opportunities and the benefit of having gain skills in food hygiene and cookery for the rest of your life! The primary school students from Forbes North Primary and Forbes Primary enjoyed a fascinating game of Blind Man's Bluff with a twist! Two students at a time had their eyes bandaged over then given a flavoured iceblock to taste. Each student needed to identify the iceblock flavour correctly to score a point for their team. Fortunately, our lovely, year 10 students were able to help and assist. Naturally, most of the students were correct but flavour tasting isn't as easy as some of you might expect. The primary schools students had a fun afternoon! I hope to see them again next year as our new students in year seven 2011!



FHS News-Textiles

Excursion - With Miss Steyn

Date: Monday 9th August 2010

Venue: Alpaca Country Shop

Classes attended: Textiles Take Your Bag and Textile Arts Units (Year 9 and 10)

Purpose of the excursion was to reach the following outcomes:
Investigate and apply methods of design and processing textiles.
Analyse the influence of historical, cultural and contemporary perspectives on construction and use.
Research impact on the consumer.



FHS-Recipe Corner

Old fashioned chicken curry

Serving size: Serves 4



Cuisine type: [Asian](#)

Cooking time: Less than 30 minutes

Course: [Main](#)

Favourite flavours: [Chicken](#)

This mild and creamy old fashioned chicken curry will definitely keep you away from other high fat take-away curries.

INGREDIENTS

2 tsp vegetable oil
1 medium onion, thinly sliced
2 clove garlic, crushed
500 g skinless chicken breast, cut into chunks
1 tbs curry powder, (mild)
1 tsp ground coriander seed
2 whole chicken stock cube, dissolved in 400ml hot water
25 g desiccated coconut
25 g almond meal
25 g sultanas
150 g skim plain yoghurt
1 small banana, sliced
1 1/2 tbs flaked almonds, (15g)
3 tbs fresh coriander

METHOD

Instructions

Heat the oil in a large saucepan over medium-high heat. Add the onion and garlic and cook, stirring for 5 minutes, or until soft and light golden.

Add the chicken and cook for 3-5 minutes to seal in the juices and brown the meat. Add the curry powder and ground coriander and cook for a further minute.

Pour in the stock, then add the coconut, ground almonds and sultanas. Heat until almost boiling, then reduce the heat to low and simmer gently for 20 minutes. Cover partially with a lid.

Spoon the yoghurt through the curry, reserving a little for garnish. Stir in the banana. Heat gently so the yoghurt doesn't split, then serve garnished with the remaining yoghurt, flaked almonds and fresh coriander.

Notes

This curry is best made the day it is to be served. Any leftovers can be stored in an airtight container in the fridge for 1-2 days and reheated in the microwave.

FHS-Community Notices

Brief Stories and Parent Tips– 06 August 2010

All ages

Head lice

Did you know? Anyone can catch head lice regardless of their age, sex, or how clean their hair is.

How can you get rid of head lice? Daily combing using white hair conditioner with a fine-tooth comb is effective in getting rid of head lice and eggs (nits).

How can you help reduce the spread of head lice?

- Regularly check your children's hair.
- Teach older children to check their own hair.
- Tie back and braid long hair.
- Keep a fine-tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

There is a great video about preventing and treating head lice at www.youtube.com/watch?v=RmhOMrP_XqE

Lunchbox idea - Gluten-free pear muffins

(Free of egg, dairy, gluten, nuts and soy)

- Canola oil for greasing or use silicone tray
- 2 cups soy-free gluten-free self-raising flour
- 2 tsp gluten-free baking powder
- $\frac{3}{4}$ cup lightly packed soft brown sugar
- $\frac{3}{4}$ cup rice milk
- $\frac{1}{3}$ cup canola oil
- 2 eggs or equivalent egg replacer
- 2 ripe pears peeled, cored and mashed

(Skinless pears, followed by golden delicious apples have the least natural chemicals which some people may react to)

1. Preheat oven to 180°C. Lightly grease a 12-hole muffin tray with canola oil.
2. Sift flour and baking powder into a large bowl and add the sugar. In a separate bowl, combine the rice milk, oil and egg (or replacer). Add the wet ingredients and mashed pears to the flour mixture and use a metal spoon to mix until just combined. Spoon into the muffin pan.
3. Bake for 18-20 minutes until a skewer inserted comes out clean. Leave for 5 minutes before turning out onto a wire rack.

Variation: If your child is tolerant to moderate food chemicals, replace the pears with two large ripe bananas mashed, or $\frac{1}{2}$ bunch of rhubarb washed and cut into 2cm pieces. Increase the rice milk to $\frac{3}{4}$ cup if using rhubarb.

Lunchbox idea - Salmon rissoles

(Free of gluten, egg, dairy, nuts and soy)

- 1 x 210g can pink salmon, drained
- 1 cup mashed potato
- 2 tbsp finely chopped onion
- $\frac{1}{2}$ cup gluten-free plain flour
- 2 tsp gluten-free baking powder
- Salt and pepper to taste
- $\frac{1}{4}$ cup finely chopped parsley

1. Flake salmon. Mix with all the other ingredients.
2. Divide into eight portions. Shape into rounds, flatten slightly and shallow fry in canola oil until golden. Drain on paper towels.

More great recipes at www.schools.nsw.edu.au/schoolparents

Cyber-safety tip

Keep computers out in the open

Your child might think twice about looking at inappropriate websites and won't be able to chat to their friends all night and neglect their homework if the computer is in a common area of your home. More cyber-safety tips at www.schools.nsw.edu.au/click

Let me know your feedback

Which topics would you like to see more of?

Send me an email with your preferences to celia.heffernan@det.nsw.edu.au

FHS-Community Notices

Brief Stories and Parent Tips– 20 August 2010

All ages

Free download - weekly planners

Take advantage of free weekly planners and never miss an appointment again. Download here:

www.schools.nsw.edu.au/news/ezine/yr2010/issue01/d_weeklyplan/index.php

Lunch box treat - apple or carrot cake

Free from gluten, dairy, eggs, nuts and soy

- 1¼ cups rice flour
 - 1 tsp gluten-free baking powder
 - 1 tsp baking soda
 - pinch salt
 - ½ cup soft brown sugar
 - 1 cup grated apple or grated carrot (about 2 medium apples or carrots)
 - 3 tbsp canola oil
 - 2 eggs or egg replacer (for egg allergies)
 - 6 tbsp golden syrup
1. Preheat oven to 180°C. Grease a 20cm round sponge tin and line with baking paper.
 2. Sift rice flour, baking powder and baking soda and add salt. Mix in the sugar and apple or carrot.
 3. Beat together the oil, egg/egg replacer and golden syrup, and fold into the flour mixture.
 4. Pour into the prepared tin and bake for 45 mins. When cold, sprinkle pure icing sugar on top. Serve warm with milk-free custard or margarine.

Help your child learn about length

Compare the height of family members and discuss who is shorter and who is taller.

More ideas at www.curriculumsupport.education.nsw.gov.au/primary/mathematics/assets/pdf/helpchnwith/length/eng_length.pdf

FORBES JUNIOR CRICKET ASSOCIATION INC

President: Hamish Steele-Park (6851 6466)

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Secretary: Leanne Allegri (6852 3080)

Assistant Secretary – Kay Somes & Gabby Smith

Treasurer: Lester Piggott (6851 2003)

Registrar: Jane Tomlinson (6852 3438)

Publicity Officer: Gabby Smith (6851 6535)

All correspondence is to be forwarded to: PO Box 328, Forbes NSW 2871

16th August, 2010

MEMO TO ALL SCHOOLS IN RELATION TO JUNIOR CRICKET REGISTRATION

We would be grateful if you could kindly place this notice in your next 2/3 Newsletters in relation to the impending registration for the Junior Cricket season.

JUNIOR CRICKET REGISTRATION DAYS

Registration will be held for the Forbes Junior Cricket from 9am to 12 noon on Saturday 18th and Saturday 25th September in front of Sportspower

- In2Cricket (Milo Program) ages 5-8 :\$45.00 per child
(Includes In2Cricket pack of hat, bat, ball and misc items)
- Junior Cricket Competition—ages 8-17. BOYS and GIRLS both welcome.
Fee: \$50.00 per child up to three children.

Competition commences Saturday 9th October 2010.

Registrations close on Saturday 25th September 2010.

For all enquiries, please call Hamish Steele-Park 6851 6466 or Brett Slacksmith 6851 5313,
Jane Tomlinson 68523438, Leanne Allegri 6852 3080 or Lester Piggott 6851 2003

FHS-Calender

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Week 7 A	2	3	4	5
6 Week 8 B	7	8	9	10 Show Day	11	12
13 Week 9 A Year 11 Yearly Exams	14 P&C	15	16	17	18	19
20 Week 10 B	21	22	23 YEAR 12 Farewell Assembly & evening function	24 Last day of the term	25	26
27	28	29	30			

Study Centre Roster Term 3 2010

Week	6:00pm – 7:30pm	7:30pm – 9:00pm
2	McGeechan	Cunningham
3	Townend	Northam
4	Dwyer	Edwards
5	Sharpe	West
6	Hoy	Schrader
7	McGeechan	Cunningham
8	Townend	Northam
9	Dwyer	Edwards
10	Sharpe	West

Although yesterday is behind us, we have earned the right to reminisce with warm memories, as well as learn from the mistakes we've made.