

# Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 4 - Week 5

Friday 11 November 2011

## PRINCIPAL'S REPORT

Forbes High School is an extension of the community, and we need our community to support us and serve as a pillar for our foundation. Our team of executive and staff are committed to ensuring that our students receive a high-quality education; however, we need our students to take ownership for doing their part. We have set guidelines so that we can maintain a safe and orderly environment where teaching and learning can take place as we strive for academic excellence.

Parents and guardians, we are limited in what we can achieve without your support. Your partnership is necessary, for without it we can only scratch the surface of our potential as a school and community. Face book, community issues and inappropriate phone use continues to disrupt the daily routine of the school and distract students from their core function of learning.

Attendance rates continue to concern me. I remind you all that we aim to prepare our young people for life beyond school. Punctuality and attendance are both integral to school success and life success. Please reinforce this. From a school perspective your assistance is needed with updating contact and emergency information regularly.

At Forbes High School we are working to "Master The Positives". We need your assistance. This is done through respectful, positive communication focused on ensuring students take accountability for their actions and finding outcomes that are aligned with policies and procedures.

On a positive note, I would like to congratulate two students who have excelled in extra curricula activities.

Nick Tomlinson on the October Long Weekend completed his rounds and took out the J3 Australian Off Road Championships in the 13 – 15 yrs. Also, Laura Herbert took out the Gold Medal for the Hammer Throw at the NSW School Athletics Carnival held recently at Homebush Bay Sydney, Well Done to you both.

By the time you read this report, the Higher School Certificate and the School Certificate examinations will have been completed. We wish our students well as they await their results.

The Year 12 Graduation Evening will be held on the 17th November and it will be satisfying to share an evening to celebrate their success without the exam angst that has engulfed their lives for so long.

DAVID HARRIS

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## Calendar

November

14 – 18 – Stage 4 excursion

December

9 – Yr 10 Assembly

9 – Major Assembly



## Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- **Maintain perspective:** Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person’s mental health or their relationship with their parents may not be worthwhile.
- **Tune into what your child wants to achieve.** This may be completely different to the goals that you hold for your adolescent.
- **Help your child to think about goal setting –** knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.
- **Support your child to find a level of balance** in their life of study, socialising, and recreation that is appropriate to the goals that they wish to achieve.
- **Notice and praise your child’s efforts** at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.
- **Ensure that child has an appropriate environment for study.** They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.
- **Provide emotional support:** Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.
- **Be supportive by giving your child space and leeway** as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.
- **If your child feels unprepared and anxious,** don’t panic with them or make things worse with “I told you so’s”. Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child’s despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC student with one of our professional counsellors, call 1300 1300 52 or visit our website [www.parentline.org.au](http://www.parentline.org.au) for tips sheets and parenting stories.

# FHS-News

## Disability Provisions 2012 HSC Examinations.

Applications are now open for Disability Provisions in the 2012 HSC examinations. If you believe your child is eligible for Disability Provisions please contact the Year Advisor. Supporting documents may need to be submitted along with an application from the school.

Who can apply for Disability Provisions?

Any HSC student with a disability recognised in the Commonwealth *Disability Standards for Education 2005*. The definition of 'disability' in the *Disability Discrimination Act 1992* (Cth) includes:

- physical
- intellectual
- psychiatric
- sensory
- neurological, and
- learning disabilities, as well as
- physical disfigurement, and
- the presence in the body of disease-causing organisms.

Note that the disability provisions apply only where the disability is such that a practical arrangement is required to reduce disadvantage in an exam situation.

Disability provisions also apply to temporary and emergency-related disabilities. A typical example of an 'emergency' is where a student breaks their writing arm a week before an examination.

The Disability Provisions applications close with the NSW Board of Studies on the last day of Term One 2010.

# Recipe

## Apple and Cinnamon Muffins

### Ingredients

- 1 1/2 cups SR flour
- 3/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1/3 cup vegetable oil
- 1 egg
- 1/3 cup milk
- 2 apples - peeled, cored and chopped

### Topping

- 1/2 cup white sugar
- 1/3 cup Plain Wholemeal flour
- 1/2 cup butter, cubed
- 1 1/2 teaspoons ground cinnamon



### Directions

1. Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
2. Stir together SR flour, white sugar and cinnamon. Mix in oil, egg and milk. Fold in apples. Spoon batter into prepared muffin cups, filling to the top of the cup.
3. In a small bowl, stir together Topping ingredients. Mix together with fork and sprinkle over unbaked muffins.
4. Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into centre of a muffin comes out clean.

# Community Notices

**Real Kids in an Unreal World** – Building Resilience and self esteem in Today's children. Stimulating, innovative seminars with author, parenting and resilience educator Maggie Dent. Maggie's seminar will explore how the 10 essential building blocks will build resilience and self esteem for all children from birth to 12. These building blocks improve the cognitive, psychological, emotional and social health of children for life. Her informative, insightful and entertaining seminars inspire parents to make small changes for young children – small things that become big things later in life. Seminars are for parents, teachers, health professionals and family consultants and counsellors.

When: Monday 14 November 2011. Venue: Forbes North Public School. Time 2pm – 4pm. Cost FREE. RSVP to [Leeann.Weber@facstaff.nsw.gov.au](mailto:Leeann.Weber@facstaff.nsw.gov.au) or for more info please contact Leeann 02 6826 7436.

## **The Time of Your Life - WEP Student Exchange!**

Choose from over 20 countries around the world and experience life as an overseas teenager for a summer, semester or even a year. Request a FREE information pack!

Visit [www.wep.org.au](http://www.wep.org.au), Call 1300 884 733 Email [info@wep.org.au](mailto:info@wep.org.au)

### **Early Bird Special**

World Education Program Australia (WEP) is offering students in years 9 to 11 a \$500 discount off the 2011/12 program fee towards a semester or year program to any of the following countries departing in July - September 2012: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Turkey, Thailand or the USA.

"My host family was waiting for me at the airport with big smiles and open arms. All that worrying for nothing! They are the sweetest people and I feel very lucky to be staying with them."

### **~ Chelsea, semester program to Italy**

WEP is an independent, not-for-profit Australian student exchange organisation registered with the education departments in QLD, NSW and VIC.

## **Mezzanine film screenings**

Future Shorts film screenings are now happening quarterly rather than monthly and the next event is on this coming Saturday Nov 5.

There is an OPEN MIC from 7-8pm with the films from 8-9.30pm on the big screen.

Open mic (all types welcome, keyboard supplied) will continue from 9.30 until you're all content!

Tix are \$10 at the door, with bar and snacks also available.

As always, you can get in contact with Mezzanine on Facebook, Twitter, send us your mobile number or check out our website.

And we're still looking for stallholders for our next Market @ Mez on Dec 10. 68514056.

## **CAPS – The Child Abuse Prevention Service**

Parenting isn't always easy, so it's good to know that help is available! For free and confidential support call CAPS on 1800 688 009. CAPS support workers can help:

- If you are finding it hard to cope with your children.
- If you are having issues with the behaviour of your children.
- If you would like information about communicating with or disciplining your children.
- If you have concerns about the safety and welfare of a child you know.
- If you think you might harm a child.
- If you need clarification about what child abuse actually is.
- If you want to report abuse but don't know how.
- If you have any questions or need any information about child abuse.
- If you need help but don't know where to get it.

Or if you just need someone to talk to. You don't need a reason to call.

You can find out more information at [www.childabuseprevention.com.au](http://www.childabuseprevention.com.au) or call 1800 688 009.