

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 2 - Week 10

Tuesday, 28 June 2011

PRINCIPAL'S REPORT

Dear parents

Last week the school celebrated the Trimester One Presentation Assembly. I was impressed by the standards attained by our students and pleased with the number of parents who attended to share in their children's success. All trimester 1 reports have now been issued and if you have not received one then you need to contact the school.



I am concerned about the escalating amount of face book gossip that is surfacing within the Forbes community. I use the term gossip as that is what it is with minimal connections to the truth. Unfortunately some people choose to believe some of the rubbish that is communicated in this forum. I cannot control the spread of this but can assure you that it is being monitored and would like to advise all parents that if the gossip can be connected to specific persons, then consequences including school suspensions, expulsions or litigation may result if seen as an appropriate course of action. As parents I hope that you are closely monitoring your child whilst they access the relevant technologies at home. As students can also access face book via mobile phones this is exacerbating the problem as less supervision regarding mobile phone use occurs. There is time when intervention from parents is essential as character assassination through the virtual world is a cowardly and pathetic avenue to address issues. Forbes High School intends to have the local police youth liaison officer present information sessions to selected groups on the appropriate use of social networking. Teachers and Police however, can only do so much but parents share a larger role in preventing unsubstantiated and often defamatory claims from being created or responded to. Virtual networking is a societal issue and cannot be solved by schools alone and requires all parties to be working together. The Department of Education has advised that mobile phones cannot be banned at school but obviously parents can play a controlling role intervening if their child persistently accesses face book inappropriately via their mobile phone.

As parents and teachers, I would hope we would all agree that learning to cope with the occasional compromise, correction and disappointment is a critical part of growing up and developing the necessary resilience to cope with the pressures of life. I know most parents would support what the school is doing. I cannot however sugar-coat my thoughts about a small group of parents who prematurely want to intervene and support their child regardless of the circumstance and without knowing all the facts. Constantly criticising the school for doing its job does not help the staff or help the child develop any long term emotional maturity and be better prepared to respond to adversity with resilience and respect. I would hope that the small group of parents that this message is directed towards take this on board. Less spin and more balanced support from such parents would help us achieve our shared objective.

DAVID HARRIS
PRINCIPAL

Reminder

If you would like to sign up to receive the school newsletter go to our website
<http://www.forbes-h.schools.nsw.edu.au>
and follow the prompts.

Reminder Staff resume

Monday 18 July 2011.
(Pupil Free Day)

Students return

Tuesday 19 July 2011.

FHS-News

Congratulations to Forbes High School students Taylah Hemming, Teagan Berger, Lucy Simmonds, Sam Clarke, Aidan Clarke, Tasheena Hapgood, Eliza Woods and Milann Henderson for their nominations in the Rotary Club of Forbes Fine Young Aussie Award. The aim of the award is to focus attention on students in the Forbes Community who excel in five categories: Study, Sport, Community Service, Participation in Arts and Leadership. To be named Fine Young Aussie for 2011, nominees must meet all these criteria. Particular skills are noted below.

Taylah Hemming-Year 11 High Achiever all round, particularly outstanding in sports and many types of dance.

Lucy Simmonds-Year 10 All-rounder with a special talent in music and playing marimbas.

Teagan Berger-Year 12 Very articulate, talented in all fields, plays the flute like Jane Rutter.

Sam Clarke-Year 7 Dux of Forbes North Primary School 2010 has represented his school in Rugby league. Now involved in both rugby codes, swimming and cricket.

Aidan Clarke-Year 10 Excels all round and spends his precious free time in programmes to help indigenous youth 'come out of their shells'

Tasheena Hapgood-Year 12 Shines especially academically and in drama and community involvement.

Eliza Woods-Eliza needs no introduction to people in Forbes: we have watched her heroic effort to overcome a serious illness and gained inspiration from it.

Milann Henderson-Year 11 A gifted all-rounder, shining especially in leadership, sport and in the academic field.



From left to right- Sam Clarke, Eliza Woods, Aidan Clarke, Tasheena Hapgood, Tegan Berger, Lucy Simmonds, Milann Henderson and Tayla Hemming.

Year 12 Hospitality student: Methods of Cookery Prac Assessment 2011



Lucy and Paige cooked chicken and corn mornay with chocolate mousse for Miss Northam



Amber and Blake cooked a quick lamb curry and choc ice for Mr Sharp



Josh Hodge cooked steak dianne with vegetables and choc cheesecake brownie for Mr Harris.



Zac and Sophie cooked a chicken caesar wrap with chips and a strawberry millefueile for Mrs Cowell



Kristy and Laura cooked chicken carbonara and banana split for Mrs Dalle.

FHS-TAS



From left-Mr Ruttan, Mr Harris, Mrs Dalle, Miss Northam, Mrs Cowell and Mr Sharpe.

On Friday 20th May, year 12 Hospitality students had an assessment where they were asked to invite and cook for a staff member of their choice. The task required students to cook in pairs and prepare a main meal and dessert of their choice in 100 minutes. The students looked the part as most were dressed in full chef's uniform. The students came up with some very creative and different dishes to cook.

All students managed their time well and were very composed during prep time. The seminar room in the Language Lab was the venue for our "instant restaurant". Miss Northam, Mrs Cowell, Mrs Dalle, Mr Sharpe, Mr Ruttan and Mr Harris were our guests and all commented on the quality of the food and the service.

Some of the feedback included:

"Excellent meal all round. Very well presented with the chicken and salad complimenting each other very well"

"The students have done a wonderful job"

"A good effort and a credit to the girls..."

"The food tasted fabulous, was presented nicely and the service was good"

Congratulations to Jarrod Andrews-CHS Lawn Bowls 4th in state.

- 5-7th June.
- Warilla Bowling Club.
- Finished 4th in State singles.

Players were divided into 7 pools and they played each person in that group. The top two players in each pool progressed to the next stage. Jarrod finished second in his pool and then played Jake from Nyngan High School in the first match of the finals, defeating him 2 sets to 1.

Jordan from Riverina was his next opponent in the quarterfinals. Jarrod was again winner 2 sets to 1.

In the semi-final Jarrod played Dylan from Warilla High School losing 2 sets to 1 in a very close match.

Pairs was with Brent from Blayney they played 3 games won 1 and lost 2 to finish 2nd in the section and only first got to go through.

Well done Jarrod!



New Youth Worker starts at FHS

My role as a Youth Worker at Forbes High School is an advocacy role. I work with, and support, students to help them achieve their best during their time at school. I also liaise with other services in the community so that the staff and students have access to the programs and support that they can offer the school.

Trudi Weyman



In Design and Technology this trimester Brendan and Jaydon have completed a quilt.

They had to find suitable fabric to make their quilt.

Jaydon decided to make his striped with a green and white fabric and a blue fabric.

Brendan decided to make his striped with red, green and flowers on the back.

They have shown good machine sewing skills and are proud of their finished design.

Written by Jaydon Rennick

FHS-News

Cross Country 2011

Age winners: 12 Boy-Jerin Davis, **13 Boys-**Tom Hemming, Quentin Hapgood. **Girls-** Monica Pascoe, Erin Turner. **14 Boys-**Alex Earney , Michael Todd. **Girls-**Jess Pascoe, Carly Morrison. **15 Boys-**Sam Williams, Hayden Bolom. **Girls-**Denise Morrison, Eliza Woods. **16 Boys-**Jacob Molloy, Adam Stace. **Girls-**Codie Smith.



FHS-Science

CSIRO Visit



This morning we had a visit from a CSIRO employee. She showed us some really cool experiments and some examples of things to do with the unit of work we are working on. She showed us how to make a fire ball, a hero's engine, what a balloon does when it comes into contact with liquid nitrogen and what happens when it comes into contact with warm air. We all learnt a lot from this experience, it was well worth it.

Maddi Quirk-Year 8



On the 6th June the CSIRO states of matter show visited Forbes High School to show us about Science. We got to help make the experiments that was the fun part. They told us about atoms and how many atoms bunched together. We need to see a speck under a microscope, it was about 1million. Bronte volunteered to zap Jordan with the plasma ball. There was a lot of exciting and interesting experiments. The best experiment was when we blew up a balloon, put in a container and then poured liquid nitrogen over the balloon. The balloon shrunk and shrivelled up then they got a student to come up and blow on the balloon, the balloon expanded back to its size. I liked the show it was awesome.

Bronte W-Year 8



FHS-News



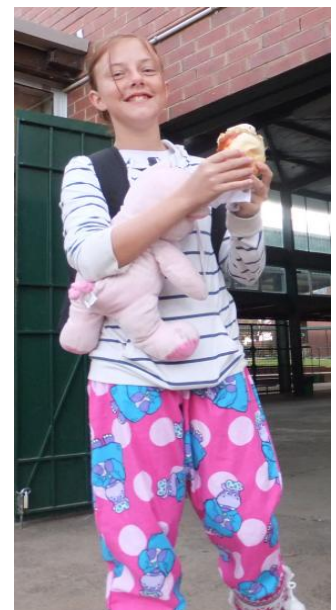
Forbes High Pyjama Day

Forbes High SRC members held a pyjama day on Friday 3rd June with a great number of students who came rugged up in their pyjamas and dressing gowns, to help raise money for the Childrens Hospital at Westmead.

Mr Ward, Staff and volunteers from the SRC helped make the day successful by preparing and selling bacon and egg rolls before school, which boosted the funds we raised over \$450.

On behalf of the SRC, thank you to all the students who participated. The day was a success and was all for a worthy cause.

Forbes High School SRC



FHS-Koori Korner

Our students from both Girri-Girri and our School based traineeship students have been very busy lately with Girri-Girri students going down to Forbes Primary school on 8 of June and running Indigenous games for that schools cultural time. They've been invited back this week 21 of June too again run some more. This time the School Based Traineeship students will go along as Forbes North is not available for this week.

Our School Based Traineeship students have also participated in the 100 days of Kindergarten run at Forbes North last week. This day included our students playing games with children in both Pre-school and Kindi. Staff of Forbes North congratulated both students and our staff saying that how impressed they are with the students participating in the School Based Traineeship program. Both Girri-Girri and the School Based Traineeship students are off to the Pre- School next week as part of their NAIDOC week. They will be running some Indigenous games and some of the games that the School Based Traineeship students play with the Forbes North students.

Our NAIDOC week is not being run until the first week in September with our major day being the 7 September. I'm hoping to get additional funding to make this a really great year. Thought I'd add some fun facts on the NAIDOC timeline each month in the lead up to our celebration.

1920s & 1930s

Before the 1920s, Aboriginal rights groups boycotted Australia day in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware the broader Australian public was largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Till next time

Donna, Mel, Tanya and Joy



Recipe

Sweet potato soup recipe

Ingredients:

½ brown onion, peeled and diced
1 clove garlic, peeled and diced
2 cups Campbell's vegetable stock
400 g sweet potato, peeled and cubed
½ cup coconut cream
1 lime, juice



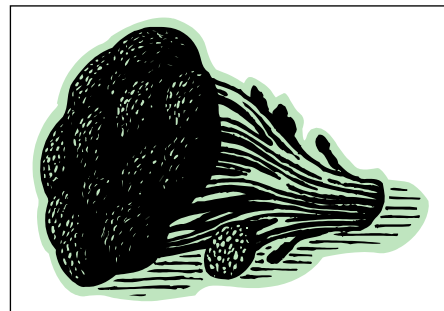
Method:

1. Heat an oiled heavy based saucepan over medium heat. Add onion and garlic and cook for 2-3 minutes.
 2. Add stock and sweet potato to the saucepan, bring to the boil. Reduce to a simmer and cook for 6-8 minutes or until sweet potato is tender.
 3. Blend in a food processor until smooth. Return to the saucepan over low heat and stir in coconut cream, lime juice and season well.
 4. Ladle in a warm bowl to serve.
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Broccoli Soup recipe

Ingredients:

1 tablespoon olive oil
1 small brown onion, chopped coarsely
1 small leek, sliced thinly
200g broccoli, cut into florets
1 1/2 cups (375ml) Campbell's beef stock
¼ cup (60ml) Dairy Farmers pure cream
1 teaspoon finely chopped fresh chives



Method:

1. Heat the oil in a medium saucepan; sauté onion and leek until vegetables soften. Add broccoli; sauté until broccoli is browned lightly. Add the stock; bring to a boil. Reduce heat; simmer, uncovered, about 15 minutes or until broccoli is tender. Remove and reserve three broccoli florets.
2. Blend or process soup, in batches, until smooth; return to same, cleaned pan. Stir in cream; stir over low heat until heated through.
3. Serve broccoli soup with reserved broccoli florets; sprinkle with chives. Serve soup with a dollop of crème fraiche, if desired.

Community Notices

School Biz– 3 June 2011

All age

World Blood Donor Day

World Blood Donor Day is held on 14 June and celebrates the contributions of voluntary blood donors worldwide. Each blood donation has the potential to save three lives. In Australia, only three per cent of the population donates blood while up to 80 per cent of us will need blood in our lifetime. To donate blood call the Australian Red Cross on 13 14 95 or go to: www.donateblood.com.au/

Primary school

Make learning fun

Fun reading, writing, spelling and maths games you can do with your child are available to download free from the Schools website. There are translated versions available too. Just print them out and stick them on the fridge. Go to:

www.schools.nsw.edu.au/news/ezine/yr2010/issue02/d_readnumtips/index.php

High school

Internet safety awareness training

As part of its Cybersmart Outreach program, the Australian Communications and Media Authority (ACMA) offers free general internet safety awareness presentations for parents and students. These hour-long presentations are easy to understand and cover a range of issues including:

- the ways young people use the internet and emerging technologies
- potential risks faced by young people when online such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips and strategies to help children and young people stay safe online.

For more information: www.cybersmart.gov.au/outreach.aspx#ISAP

Resources for kids

The NSW Commission for Children and Young People works with others to make NSW a better place for children and young people. Its website has a large range of information for children and their parents. Visit www.kids.nsw.gov.au for information about working with children, working as a babysitter, useful websites and even a special KidZone space. Here you can enter a poster design competition and win \$500. Info: www.kids.nsw.gov.au/kids/kidzone/posterdesigncompetition.cfm

Volunteering satisfies

Volunteering is doing something for another without expectation of payment or direct advantage. Research shows that volunteers gain a great sense of happiness and fulfilment by helping others, so why not encourage your child to undertake some volunteering in their local community. Opportunities include registered charities, disability services, nursing homes, animal shelters and overseas aid agencies.

More info:

www.volunteering.nsw.gov.au/home

www.volunteering.com.au/

www.youthvolunteering.com.au/

www.curriculumsupport.education.nsw.gov.au/volunteering/parents/index.htm

ALL JUNIOR MUSTER (17 years and under)

To be held at The Forbes Services Memorial Club on Sunday 3 July 2011 commencing at 11am.

PLAY A MUSICAL INSTRUMENT, SING A SONG, RECITE A POEM or TELL A YARN/JOKE and would like the opportunity to perform on stage to a live audience.

Admission for this is FREE.

For further information contact Rorbert or Reika on 0268572139.



FHS-Calendar 2011

COMING EVENTS	
JUNE/JULY 2011	
☺ 28 June - SRC Disco, Taste of TAFE	
☺ 30 June - Snr History Ex, Dare to lead-FPS	
☺ 1 July - Snr History Ex	
☺ 1 July - Term 2 ends	
☺ 18 July - Term 3 Staff Development Day	
☺ 19 July – Students return for term 3	
☺ 25 July- Parent teacher night	
☺ 27 July-Years 7-10 Vaccinations	
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Notification for Preliminary Visual Arts Students 2011.

Please note. The Due Date for Assessment Task 3: Case Study 2 and BOW Stage 2. Has been extended new due date Week 1 Term 3 Friday 22nd July.



Don't count the days- make the days count."