

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 3 - Week 5

Wednesday, 24 August 2011

PRINCIPAL'S REPORT

Dear parents, this is the term for parent teacher night, trimester two reports and for Year 10 subject selection and decision making. Our Term 3 parent / teacher evening held during Education Week was well attended and gave all parents an opportunity to meet with teachers and discuss progress and any areas for concern. Year 10 parents also have had the opportunity of hearing about the choices their child will encounter when deciding about their subject choices for next year as Preliminary HSC students. Subjects offered at Forbes High School are determined on the basis of student choice and by now Year 10 students would have made their first selections in this process. Students entering Year 9 in 2012 will also undertake elective choices and as with all decision making, should consider their own interests and strengths when making these decisions. They should not be overly influenced by their friend's choice when making these decisions. We also enjoyed the company of year 6 parents last week to explain the details of our transition program for students from year 6 to 7 which commences from week five.

I would like to welcome two new staff permanently appointed to Forbes High School. Anne Glynn replaces Ms Acheson in the English Faculty and Kristine Pizzaro replaces Mr Katefides in the Mathematics Faculty. I hope you join with me in wishing them a rewarding tenure and experience at Forbes High School. Kristine is also relieving Mathematics Head Teacher whilst Lindsay Masters is on leave.

Over 80 students attended Canberra as part of our rewards excursion to promote the benefits of our Positive Behaviour for Learning. Whilst it was a long day for all I have been told by many who attended that they had a wonderful day. The school uniform remains instrumental to our school in setting high and positive standards. Be advised that practical classes require the wearing of enclosed shoes with leather uppers. Be mindful of this if you are purchasing new shoes. We remain vigilant at school in ensuring that uniform standards are maintained and look forward to continued parental support. If uniform variations for the day are required be reminded that a note signed by parents is necessary.

Regular attendance is vital for all students to retain a sense of resilience, belonging and to develop positive approaches to learning. Punctuality is equally important both in arriving at school and in terms of getting to class on time. There is no accidental truancy. I remain concerned about a small group of young people who do not attend regularly enough. I remind parents that student attendance should remain above 85% which equates to no more than seven days absence a term. Absenteeism above this level hinders learning and may jeopardise progression into the next stage of learning at the end of the year. It has happened in the past that students have had to repeat a year because of poor attendance and a failure to meet course outcomes. I would hate for this to happen to your child. Any enquiries about attendance please contact Mrs Edwards, Science Head Teacher.

We are participating in the Woolworths "earn and learn" promotion. Dockets can be deposited at the front office and we hope that it will enable us to receive some free resources as a result. I would like to remind you all that the Newsletter is always accessible via our website and remains an important way for you to remain informed. Finally I would like to wish year 12 good luck with their trial examinations which will occur during week 5.

DAVID HARRIS



FHS-News

Goodbye Mr Smart

Mr Andrew Smart died on Monday 8 August 2011 after a long illness. He will be sadly missed by staff and students alike. He inspired them with words of encouragement, his passion for learning, humour, anecdotes and a love of Shakespeare.

He joined the English / History Faculty seventeen years ago on 30



January 1995 and has contributed to the education of students of Forbes High School.

His teaching involved not only English and History but also life lessons he brought into the classroom from his vast experiences of travelling and teaching, firstly in England, then Africa and Australia.

Mr Smart was a man of many and varied talents. Students loved to listen to him reading plays and novels using a multiple range of accents so students gained a better sense and meaning of the text. He loved performing in local M and D Society productions, involvement with school drama productions and judging their performances.

His loyalty, compassion, and support toward his colleagues gained him respect and friendship from past and present staff at Forbes High School. He will be missed by colleagues and students alike but has left a great legacy instilling in his students an appreciation for continued learning.

He was farewelled by a large number of teachers and students in what was a momentous expression of people's fondness for him. I also want to thank the parents for their patience and support on the day of the funeral service.

FHS-News

I have recently been appointed to the TSO position at Forbes High School, taking over from Jason Hargraves at the start of this term.

I can be contacted in the school library by anyone who has issues with their school laptop. Recently I have had students coming to me complaining that they have lost their data on the laptops. I cannot stress enough the importance of quality back-ups of all your work. I look forward to meeting you in the coming months and being able to assist you with any laptop related problems that you may have.



Mark Shanahan

New Staff Members



Kristine Pizzaro
Maths Department



Anne Glynn
English Department

LOVE BiTES

On Monday 22nd August, Yoorana Gunya, with the support of other community services and FHS staff, will be running the LOVE BiTES program for Year 9 students at Forbes High School. LOVE BiTES is a relationship violence prevention program aimed at young people aged 14-18yrs delivered as a one day workshop. It discusses relationship violence in all its forms and gives young people an opportunity to learn about conducting respectful relationships and gives them the skills to navigate their choices in relationships when they enter one. The LOVE Bites program is based on best practice standards for education programs and complements the NSW school curriculum. Information letters will be given to all year 9 students about this activity. If you would like further information please contact the school on 68522666

FHS-News

IMAGES FROM AROUND THE SCHOOL



TV Front office display photos



New reception area



Language Lab



School Water Tank



Ag Plot outside Class Area



Trade Centre New Kitchen



Forbes High School Hall



School Volleyball courts



Cola



FHS Notice Board



Tennis Courts Resurfaced



Gym area

Mathematics Department

On August 4 2011, the Australian Mathematics Competition was conducted. The aims of the competition are to:

- ❖ highlight the importance of Mathematics as a subject
- ❖ give students an opportunity to discover talent in the subject

We had thirty four enthusiastic students participate in it under three categories: Junior (years 7 and 8), Intermediate (9 and 10) and Senior (Years 11 and 12). They will receive a certificate or award commensurate with their performance. They will also receive a detailed report showing their performance on every question.

The competition is set to inspire a greater interest in the subject and a love of learning. The school is looking forward to see more students taking part in it in the future.

Mathematics Department



T.A.S. Department

On the 11th of August 2011, 17 students from years ten and eleven travelled to Sydney to watch the taping of Ready Steady Cook. With the help of Mr Ward (our faithful bus driver) and Ms Coote. The excursion kicked off with a exciting two hour tour of Sydney Tower which was finished off with a lavish buffet dinner in the rotating restaurant while watching the sun set over Sydney.

Mr Wards walking tours took us on a eye opening experience of china town and lead us to a ferris wheel which we took in another view of the city by moonlight.

The night ended with a 3D experience of Harry Potter at the Darling Harbour IMAX!

The next morning started with a continental breakfast and another brief walking tour from Mr Ward. Then off to Ready Steady Cook. Some of the highlights of the show where:

1. Meeting Hayden from Masterchef
 2. The warm up guy Steve
 3. Heidi's singing in the talent quest
 4. Shane deliha's Mac n Cheese.
 5. Colin Lane's (the host) funny antics
- The trip home was a little flat to start with but things got going as we got closer .
All in all a great excursion



FHS- Industrial Arts

YEAR 12 MAJOR WORKS 2011



Above Made by Dylan Caines



Above made by Mark Blume



Above made by Adam Coffee



Left made by Bryce Hazell

FHS- Industrial Arts



Left made by Jack Janetzki

Right made by Nick Speed



Above made by Ian White

Below made by Sam Coutts



Recipe

Cauliflower and bacon macaroni cheese

Cooking Time 25 minutes

Ingredients (serves 4)

- 290g (2 cups) dried curly pasta
- 1/2 (about 400g) cauliflower, cut into small florets
- 2 tbs butter
- 250g rindless bacon rashers, finely chopped
- 1/2 brown onion, finely chopped
- 1 garlic clove, crushed
- 1 x 250g pkt cream cheese
- 625ml (2 1/2 cups) milk
- 1 tbs Dijon mustard
- 150g vintage cheddar, coarsely grated
- 2 tbs chopped fresh continental parsley



Method

1. Cook the pasta in a large saucepan of salted boiling water for 8 minutes. Add the cauliflower. Cook for 4 minutes or until pasta is al dente and cauliflower is tender. Drain and return to the pan.
2. Meanwhile, melt the butter in a saucepan over medium-high heat. Add bacon, onion and garlic and cook, stirring, for 2-3 minutes or until the onion softens. Whisk in cream cheese, milk and mustard. Season with salt and pepper.
3. Preheat grill on high. Combine 40g (1/2 cup) cheddar and half the parsley in a bowl. Add bacon mixture, remaining cheddar and remaining parsley to the pasta mixture. Stir to combine. Transfer to a 2.5L (10-cup) capacity baking dish. Top with parsley mixture. Cook under grill for 5 minutes or until cheddar melts. Serve.

Christmas dip

Preparation Time 5 minutes

Ingredients (serves 8)

- 2 ripe avocados, halved, stones removed, peeled
- 2 tsp fresh lime juice
- 1 small red birdseye chilli, halved, deseeded, finely chopped
- Salt & freshly ground black pepper
- 1 x 300g ctn sour cream
- 1 tbs taco seasoning
- 1 ripe tomato, quartered, deseeded, finely chopped
- 1 tbs coarsely chopped fresh coriander
- Corn chips, to serve



Method

1. Place the avocado in a large bowl and use a fork to mash until almost smooth. Add the lime juice and chilli. Taste and season with salt and pepper. Spoon the avocado mixture into 2 small serving bowls and smooth the surface.
2. Combine the sour cream and taco seasoning in a medium bowl. Spread a thick layer of the sour cream mixture over the avocado mixture. Cover with plastic wrap and place in the fridge for 2 hours to set.
3. Combine the tomato and coriander in a small bowl. Taste and season with salt and pepper. Sprinkle the tomato mixture over the sour cream mixture to cover. Serve immediately with corn chips.

Notes

- Allow 2 hours setting time.

Community Notices

Come Along to a Night of TRIVIA

Forbes Sport & Recreation Club

Friday 16 September at 7pm

Cost: \$15 (includes a light supper)

Tables of up to Ten

Tickets: Bown's Sportspower

All Proceeds To Golf Club Couse Improvements



Yoorana Gunya
40-70 Church Street
OPTOMETRIST
Wednesday 24th August
Please phone
For appointment
6850 1222



Community Notices



NSW Department of Education and Communities Western NSW Region CREATIVE ARTS CAMP 2011



Dear Parent/ Caregiver,

The Western NSW Region Creative Arts Camp 2011 will be held at Lake Burrendong Sport and Recreation Centre from Sunday October 9 till Thursday October 13 2011.

Excellent tutors for dance, drama, music, singing, circus arts, movie making and visual arts are being appointed for the week. Students will engage in Creative Arts activity groups as well as activities organised by the camp personnel. These may include Grass skiing, Rock climbing and Archery. Again there will be night time entertainment such as an Olympics night and quiz night. A culminating concert will be performed for parents and caregivers on the Thursday before departure.

The total cost of the camp is **\$260.00**. This covers accommodation, meals and tuition. 120 places are available to be filled this year. A package containing the full program of activity/tutor groups, requirements, sleeping arrangements, information, permission notes and medical forms will be sent out to schools once nominations are received.

If you wish your child to participate in the Creative Arts Camp for 2011 would you please fill in the following form and send it back to your child's school with payment by August 22 2011. This form plus payment will then be sent back to Di Reichelt at the Department of Education and Communities Dubbo Schools Office for consideration. Schools will be informed of students who are allocated a place.

If you have any questions or concerns, please phone Di Reichelt, Regional Arts Coordinator, Western NSW Region. Phone: 02 68836328.

Kind Regards
Di Reichelt
Regional Arts Coordinator

WESTERN NSW REGION CREATIVE ARTS CAMP 2011 OPEN TO STUDENTS FROM YEARS 5, 6 & 7



My child _____ Year _____

at _____ School

would like to attend the Creative Arts Camp 2011 to be held at Lake Burrendong Sport and Recreation Centre from October 9 to 13 2011

I understand the cost of the camp will be \$260.00 and will be payable with this nomination by Friday August 26 2011. Please make the cheque out to the Dubbo College Delroy Campus.

Signed _____ parent/caregiver

Please return this form and payment to school by _____

PLEASE NOTE:

#1 This is a nomination form. Schools will be sent an information package when they are allocated a place in the camp as numbers are limited to 120 places.

#2 Students who miss out on a place will receive a full refund of \$260.00.

#3 Unless accompanied by a Doctor's Certificate, withdrawals will incur a penalty of 10% (\$26.00) if made after September 9, and 50% (\$130.00) if made after September 23.



Community Notices

SCHOOL BIZ

All ages

New student portals

Four new student portals have been developed to support the different needs of students: Kindergarten to Year 2, Years 3-6, Years 7-12 and TAFE.

With the success of the Year 7 to 10 rollout, the Years 11 and 12 portal will be available on 25 July, with KIDSPACE (K- 2) to follow on 1 August and finally Student Portal (Years 3-6) on 8 August.

The portals will be accessible from both home and school. The new URL is: <http://student.det.nsw.edu.au> so please change all bookmarks and links for the student portal to this new URL.

Enhanced features include being able to search, access and organise information for school tasks via the student portal on computers used at home or at school, at any time. Dates can be added into a calendar portal as reminders for assessment tasks, homework and other important events and colours can also be customised.

Sailing for everybody

If you have a child with a disability, Sailability is a worldwide charity which promotes sailing to everyone, regardless of physical or mental ability. For a low yearly fee you can sail at a range of clubs around NSW. Go to: www.sailability.org/clubs.cfm and click on the club closest to you.

High school

Nutrition for good sports

Check out the Australian Institute of Sport (AIS) website which has a host of information on nutrition to assist elite athletes, recreational athletes and the general public stay up to date with the latest strategies in sports nutrition. This section also contains fact sheets on diets, training and body size and shapes; there are delicious recipes to download, info on supplements and publications. The AIS also offers sport scholarships later in the year, so if you have an aspiring athlete in the family, bookmark the website (www.ausport.gov.au) for future reference.

All ages

Education Week 2011-This year, Education Week is celebrated from 1 to 5 August. Public schools across NSW will be showcasing the wonderful programs and initiatives they offer. The official launch will occur via a multi school link-up at Sydney Central Railway Station at 12.30pm on 1 August. The theme for Education Week 2011 is 'NSW Public Schools - creating the future'. More info: www.schools.nsw.edu.au/events/eduweek/index.php

National Tree Day

Planet Ark created National Tree Day (31 July) to help address important environmental issues such as habitat for native wildlife, biodiversity, salinity, erosion and long-term carbon offsetting. You can organise a tree-planting site in your local park or school, at a nearby creek, roadside or bushland area, even in your own backyard. More info: <http://treeday.planetark.org> or freecall 1300 885 000.

Primary school

Jump Rope for Heart

Heart Foundation's Jump Rope for Heart teaches school children how to keep fit and healthy. Conducted by teachers, children learn physical activities like rope-jumping to improve their strength, while gaining confidence and stamina to extend their physical abilities elsewhere. At the same time, they are learning about helping to save Australian lives by asking family and friends to sponsor them for being a part of this program. Funds raised go towards research to help the fight against heart disease and stroke in Australia. If you would like your child to participate, contact their teacher or the principal.

High school

Future Leaders indigenous awards open

Nominations are open until 1 October 2011 for the 2012 Future Leaders Indigenous Awards. The national awards recognise and reward young Australians who have shown strong leadership and academic potential. The awards aim to inspire others to engage in environmental and community issues and make a difference. To nominate an indigenous student (who will be in Year 11 in 2012) follow this link: www.futureleaders.com.au/awards/Indigenous_Awards_2012.pdf#zoom=100
Nominations close 1 October 2011.

Community Notices



Become a WEP Exchange Student or Host Family!

World Education Program (WEP) Australia is now accepting applications from students wishing to live and study overseas for a summer, semester or year. Students can choose from 26 destinations to study and experience life with a welcoming, volunteer host family.

Plan Ahead and Save \$500!

For applications received before 30 November 2011, WEP is offering students in years 9 to 12 a \$500 discount off the 2011/12 program fee towards a semester or year program to any of the following countries departing in August - September 2012:

Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Turkey, Thailand or the USA.

Become a WEP Host Family!

Extend your family with a motivated international exchange student and make new friends from around the world. Students are arriving in January for a term, semester and year.

Request a FREE Information Pack!

Contact WEP to find out more about this once-in-a-lifetime opportunity.

Phone: 1300 884 733 (for the cost of a local call)

Email: info@wep.org.au

Online: www.wep.org.au

Upcoming Information Evenings:

Sydney: 3 August, 23 August

Brisbane: 3 August, 23 August

Townsville: 9 August

EXPERIENCE ANOTHER CULTURE IN 2012 - HOST FAMILIES NEEDED IN NSW

In January 2012 Student Exchange Australia New Zealand Ltd will be receiving exchange students from Japan, Europe, the USA and Latin America. Our new arrivals will live with a host family in NSW and attend a local school for 2-10 months.

As we plan for their arrival, we are keen to hear from suitable families located in FORBES who might be interested to host a student. Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter/bulletin or mention it on your website. Please note that all our host families are interviewed in their homes and carefully checked for suitability.

You can download the newsletter notice here in [Word format](#), as a [JPG](#) or in [PDF format](#).

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. If you would like to provide your students, parents or language teachers with further information on our inbound students you can also download some student profiles in [PDF Format](#). This is just a small sample of all the students who will be arriving. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education & regulatory authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

If you have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, you can either respond to this email or call our office on 1300 135 331. No obligation.

Community Notices

A collage of five photographs showing various softball activities: a pitcher in mid-throw, a catcher in red gear, a player in a blue jersey, a player in a green jersey, and a large group of players in orange and black uniforms posing for a team photo.

Softball....
A SUMMER OF FUN FOR EVERYONE!

2011-2012 REGISTRATIONS NOW OPEN !!!
SOFTBALL SIGN ON DAY - Jack Brabham Softball Diamonds
Saturday 3rd September from 1.30 - 3.30pm
Competitions are held on a Saturday
Teeball – U11 years
Modball – U13 years
Softball – U15, U17, Opens and Mixed Competitions
Orange & District Softball Association - Chris (AHT) 63625879
Bitchington Softball Club - Jacquie 0407934471
Pink Panthers - Craig 0429623252

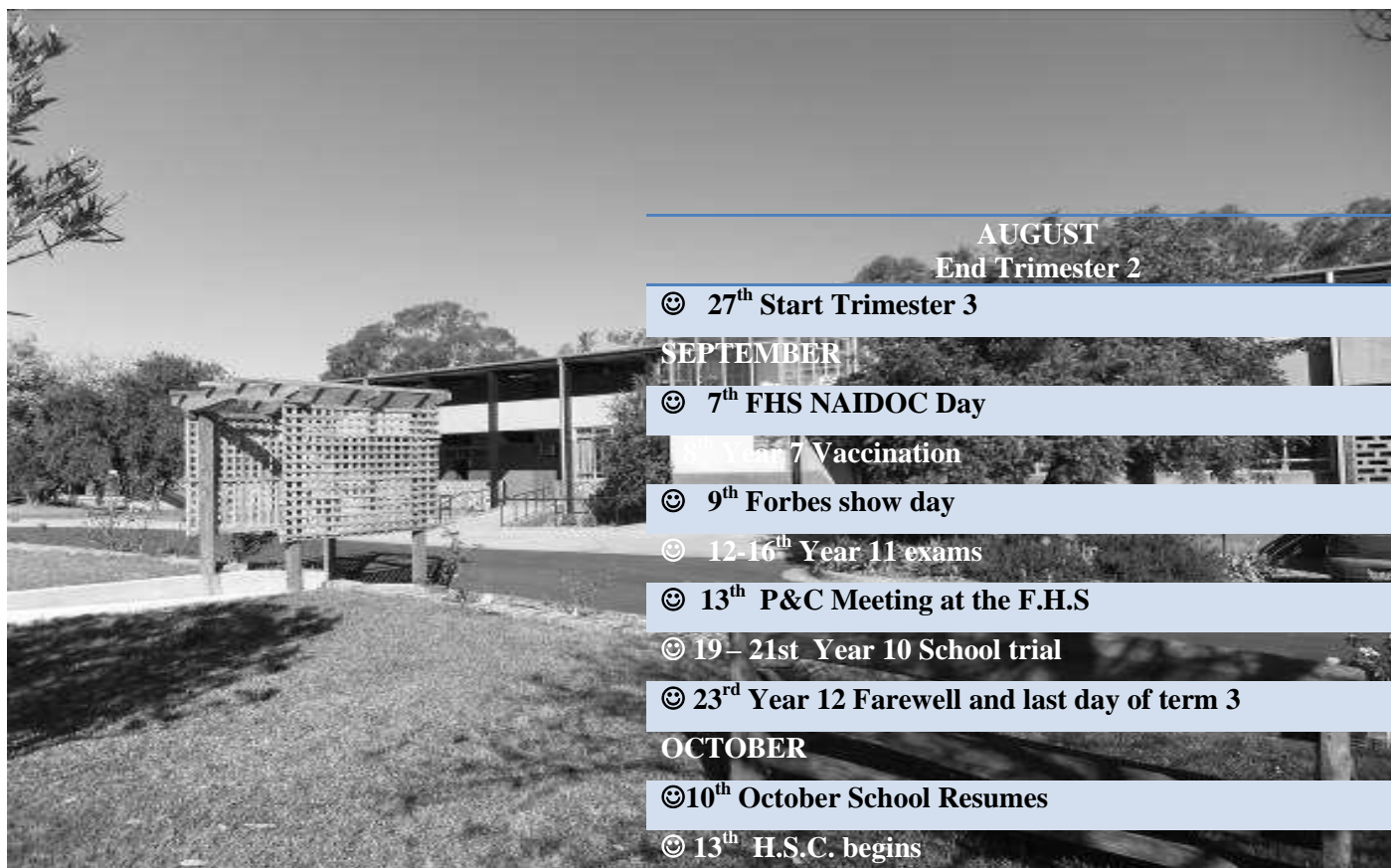
The logo features a stylized orange and white baseball with the word "Orange" in a script font and "SOFTBALL ASSOCIATION" in a sans-serif font below it.

Forbes Netball Association Summer Night Competitions

Players must be attending secondary school and above to be able to play. Ladies may play in both mixed and ladies competitions. Nominations close August 18 at the monthly meeting. First grading game will be August 24, and second grading game will be August 31.

The first round of competition will be September 7. Finals will be played on December 7 2011. Nominations may be emailed to secretary.forbesnetball@gmail.com or Publicity officer 0407235326 after hours.

FHS-Calendar



AUGUST
End Trimester 2

☺ 27th Start Trimester 3

SEPTEMBER

☺ 7th FHS NAIDOC Day

☺ 8th Year 7 Vaccination

☺ 9th Forbes show day

☺ 12-16th Year 11 exams

☺ 13th P&C Meeting at the F.H.S

☺ 19– 21st Year 10 School trial

☺ 23rd Year 12 Farewell and last day of term 3

OCTOBER

☺ 10th October School Resumes

☺ 13th H.S.C. begins



You can not always
have happiness
but you can always
give happiness

Diary Of A Wimpy Kid

Brought to you
by
Spectacular
Screenings

Date: Saturday 3rd September 2011

Time: Doors open at 7:00pm and movie starts at 7:30pm

Cost: \$2 per person

Location: Forbes Youth and Community Centre

Admittance: All children under the age of 10 must be accompanied by an adult

Tickets: Can be purchased at the door

Refreshments available

**For further information please contact Natalie Walker at
Forbes Shire Council 6850 2800**

In partnership with the Kalari-Lachlan River Arts Festival

