

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



18 Wyndham Avenue, Forbes NSW 2871 T (02) 68522666 F (02) 68511071 E forbes-h.school@det.nsw.edu.au

Term 3 - Week 9

Thursday, 15 September 2011

PRINCIPAL'S REPORT

Dear parents, last week the school celebrated NAIDOC Day. Staff and students from our school and Forbes Public enjoyed both the barbeque which included crocodile and a range of activities that followed.

Each Wednesday afternoon has been set aside for transition activities with Year 6 students from Forbes Public and Forbes North as well as the little schools. These transition activities have been well received by the year 6 students and it is hoped that this program will enable each to look forward to next year with enthusiasm and without anxiety. I would like to thank Mrs Pam Schrader for her organisation of these activities and to the many staff who have volunteered their time to make the Transition program such a success.

Year 11 exams have also just been concluded and Year 10 Trial School Certificate exams are occurring in this last week of this term. It is indeed an important part of the year for all senior students at Forbes High School.

The end of term fast approaches and as such it will be a sad day when we get to farewell our current Year 12 group of students on the final day of Term 3 at their Graduation assembly. I am sure Mr Summerhayes, Year 12 Year advisor and all staff will share with me in wishing them the best for the HSC and their future. Whilst I have not known them that long they impress me with their sense of responsibility, friendliness and set of core values. They have indeed been great ambassadors for our school. I would also like to thank the outgoing school leaders Aimee, Tim, David and Sophie for their efforts and the friendly chats we have shared over regular morning teas.

I remind all parents and caregivers of the school uniform policy. It is mandatory and will be enforced with special mention of appropriate footwear. Leather shoes are essential in all practical subjects and students who fail to wear appropriate LEATHER footwear will be excluded from participating in practical classes in Science, Agriculture, Woodwork, Metalwork and Cooking classes. Occupational Health and Safety regulations supported by law enforce the wearing of leather shoes for student safety. I would hate to see students excluded from these classes but it will happen if the footwear is unsuitable. Please be advised that if this issue continues over any prolonged period of time and a student fails to meet course outcomes, then a student's progression may be compromised.

I take this opportunity of reminding all parents that the first day of next term is Monday October 10 and is a teaching day and all students are expected to return from holidays on that date. I hope you all enjoy a good and restful break over the next two weeks.

DAVID HARRIS

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Calendar

September
19 – 21 School Certificate Exams
19 – AECG meeting
23 – Yr 12 Farewell
23 – Last day Term 3

October
10 – School resumes
Students resume
11 – P&C meeting



FHS-Koori Korner

Koori Korner

The Wudhagaragara Award winners have been announced for this year and our very own Isiaha Ramsay has received the Stage 4 encouragement award. Mrs Russell and Isiaha travelled to Dubbo for the Award ceremony on Monday 15th August so that Isiaha could accept his award in person. Wudhagaragara is a Wiradyuri word meaning to listen to learn and Isiaha is doing that in year 7 at Forbes High School. These awards are provided to Aboriginal students for the whole of the Western region, which covers most of NSW west of the Blue Mountains. It is awarded for a combination of good attendance, a good attitude to learning as well as academic performance. While Isiaha is very excited with his win I believe his parents are even more excited. There were six students nominated from Forbes High but with Isiaha being the only winner from the school this year we are hoping for a much larger representation next year.

During Week 8 FHS celebrated NAIDOC week. On Monday we had a Flag raising ceremony with Emily Clarke and Chloe Whitfield raising the flag for this year. We also had the Welcome to Country with Kate McNeil and Bronte Haynes and then Sophie Le-Strange gave a talk about the history behind NAIDOC week and why it is important to Aboriginal people to have their own Celebration. Wednesday saw our main day shared with Forbes Primary coming up to the school to take part in our BBQ and having a taste test of traditional meats. We provided Kangaroo rissoles and sausages, Emu sausages and a very small amount of Crocodile as well as plenty of beef sausages for the less adventurous. Thanks to Larry Towney and Russell Hill for once again helping with the BBQ. The afternoon saw the running of the Indigenous Games with the School Based Traineeship and Girri- Girri students once again stepping forward to organise the afternoon. This year we trialled running the afternoon as a house competition. Winners will be announced at a later date.

This week has also seen many of our School Based Traineeship and Girri-Girri students take part in the Welcome to Country Spectacular as part of the Kalarie River Festival. Many thanks and congratulations must go to Regan, Codie, Aiden (Kevin Rudd), Cristy, Jes-Se, Tom, Taylor (Biame), Eliza (Capt James Cook) Nathan, Kate, Crystal, Bronte and Ashley for their participation on a Saturday night. Also a big thank you must also go to Donna and Tanya for their help in making the costumes for Saturday night.

The Personalised Learning plan templates have been approved by the AECG and the community. The school will be contacting parents before the end of this term and asking for appointments to be made. All Aboriginal and Torres Islander students are required to have a Personalised Learning plan and while we have had them for many years, with this rewrite, the new emphasis will be on student learning styles and how, as a partnership we can improve our student's results together.

Free Dental Clinic

Yoorana Gunya has established a partnership with NSW Health which will give Aboriginal students access to FREE dental. The clinics will run each month from the Forbes Dental Clinic at Forbes Public School and are open to all children aged 0-18 years. The first clinic will be a screening day only and any children requiring follow up work will be booked for the following clinic, unless it is urgent.

Yoorana Gunya is offering a free bus service for students (and their parents if they would like to attend).

The screening day will be held on Wednesday 26th October 2011.

For students under the age of 15 we do require parental consent, so if a student's parent/carer is not attending the appointment, then we will require consent forms to be filled out and returned prior to the day. Appointments are essential and must be booked through Yoorana Gunya.

FHS-News

P&C News

Next meeting: October 11, 7pm, at Forbes Services Club
End of year raffle prizes are: 1st - \$600 at IGA, 2nd - \$350 at BP Service Station, 3rd - \$300 suitcase donated from Harvey World Travel. Students have been sent home ticket books. More books are available at the front office. Tickets are also available at the front office. To be drawn at end of year assembly. Thanks Janelle Berger, President



Forbes High students performing at Forbes Show



Show Cooking

Eighteen students from years 7-10 participated in cooking for the Forbes Show on Tuesday 6th September. The students could choose two dishes to cook and enter into the Bread section for high school students, the choices being scones, muffins, sausage roll and pikelets.

All of the students cooked very well and took full advantage of the facilities in the new commercial kitchen. The following students were successful in gaining places for their entries:

- Darcie Morrison (2nd – scones)
- Eliza Woods (1st – sausage roll)
- Carly Morrison (2nd – sausage roll)
- Elly Cheney (1st – muffins)
- Natasha Goodall (2nd – muffins)

Eliza Woods also gained the highly prestigious prize for champion exhibitor as her sausage roll was judged the best cooking of the competition.

The following students were commended on their outstanding entries: Erin Turner, Jessica Pascoe, Lauren Fraser, Brianna Cotterill, Grace Goodall, Erin Moon, Jessica Cowan, Alex Coles, Shannon Eddy, Mel Davie, Aidan Clarke, Heidi Stewart and Tom Smith.

Recipe

Ingredients:

1 whole orange, skin and all
180g melted butter
3 eggs
1 cup castor sugar
1 ½ cups SR Flour

Method:

Preheat oven to 180oC
Grease and flour a ring tin.
Cut the orange into quarters and using a Food Processor, process the orange until well pureed.
Add all the other ingredients to the processor and process until well mixed.
Bake 40 – 45 minutes.
When cold ice with an orange icing.



This cake is made by adding all the ingredients to a food processor or blender. It is always moist and so easy.

Whole Orange Cake

Community Notices

AECG meeting

Reminder that the next AECG meeting is on the 19th Sep 11.30am at Mezzanine. Thanks Joy

Free Aboriginal Dental Clinic

Free Dental Clinic for Aboriginal children and Youth aged 0-18 years of age. When: Wednesday 26th October 2011. Where: Forbes Dental Clinic (at Forbes Public School). Free pick up and drop off service available, for appointments phone Yoorana Gunya 6850 1222.

Make, Bake & Grow Market – Sunday 2 October

The next Make, Bake & Grow Market will be held on Sunday 2 October 8am -12noon at Sir Frances Forbes Park, Camp St, Forbes.

The feature stall this month is Dave's Jam stall. As well there will be seasonal fruit & vegetables, home cooked sweets, jams and pickles, local honey, olives and lavender products, handicrafts including woodwork, jewellery, babies/children's wear and variety of other handmade items.

Further information contact Therese: 0413 274 735 or 6851 2792

Forbes Junior Cricket Association

Spring/Summer Competition Registration Day 2011

Cricket is a great team activity and contributes toward healthier happier kids.

Please be advised that the registration day for this seasons competition is Saturday 17th September.

To register a team or players, we will be manning a table outside of Bowns Sports Power on the Saturday morning or you may contact Sue Mawberry on 02 6852-3335.

Wirrinya Family Picnic Day

25th September 2011, Age Races, Catch the Rooster, Gum Boot races, Tug-a-War and Novelty Events. 11 am start at "The Shed" Wirrinya. Canteen Facilities BBQ and Drinks, BYO Chairs and Shade Shelter. Directions – Head out the West Wyalong highway, first left after the Service Station on to the Wirrinya Road. Go over the railway line at Garema, turn right. Go past Church at Wirrinya then turn right. For further info contact Tami on 0268552243 or tami@ipstarmail.com.au

Forbes Little Athletics

Registration & Come & Try Days - Friday 16th September & Friday 23rd September, 5.00pm to 7.00pm Halpins Flat Sporting Fields. For More Information Contact Anita Morrison on 0405364512.

EXPERIENCE ANOTHER CULTURE IN 2012 - HOST FAMILIES NEEDED IN NSW

Host an International Exchange Student

- Gain a new family member
- Make a life long link to a family in another country
- Learn about another language and culture
- Share the beauty and culture of Australia
- Contribute to international goodwill

By offering to act as a host family in a volunteer capacity, you will provide an international student with the opportunity to study and experience life here in Australia.

With new students arriving in January 2012 from over 20 countries, why not give the students in your local area the opportunity to learn about other cultures and make international friends!

If your family can offer a friendly, supportive and caring home environment, contact us today. Note: opportunities exist for families to host on a long term basis (5 or 10 months) basis as well on a temporary and short term basis (2 or 3 months).

To hear more about this wonderful opportunity or our student exchange programs out of Australia Call 1300 135 331 or visit our website: www.studentexchange.org.au

Mistakes are part of the dues one pays for a full life.

- Sophia Loren