

# Forbes High School Newsletter



Part of the Lachlan Valley Community of Schools

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Term 4 - Week 6

Friday November 15, 2013

## PRINCIPAL'S REPORT

Well where has time gone. Week 6 is already upon us.

### Exams and assessments

Currently Forbes High School is undergoing the assessment and reporting process for Years 7 – 10, where the effort students have put consistently into their school work will pay off. During the next few weeks, Years 7 - 10 will undergo examinations and an array of assessment tasks in their subjects. It is important students are as well prepared as possible for these, so their Semester Two report reflects their best efforts. Even when assessments are over, the teaching and learning process will continue until the end of the term. Students are reminded they are expected to have as close to 100% attendance as possible.

### Year 12 2014 and getting HSC savvy

This term our Year 12 2014 students begin their Higher School Certificate studies in earnest. All classwork and assessments from day 1 of term 4 contribute to the successful award of the HSC. All Year 12 2014 must maintain their focus and work hard right to the end of term 4. The obvious expectation is to also continue to do some work over the Christmas break in readiness for a successful start in 2014. The half yearly exams will be held towards the end of term 1. Your son/daughter by now should have received the Forbes High School expectations document entitled Forbes High School Senior Commitment. Please make yourself familiar with this document as it outlines our requirements of senior students. Furthermore all students were given their preliminary report last week and are encouraged to use it as a guide to set goals for their HSC.

### Working together to develop our children socially, emotionally, physically and academically

NSW public schools have a set of core rules that apply to all students. The core rules state that all students in NSW are expected to:

- Attend every school day, unless they are legally excused, and be in class on time and prepared to learn.
- Maintain a neat appearance, including adhering to the requirements of the school's uniform and dress code policy.
- Behave safely, considerately and responsibly, including when travelling to and from school.
- Show respect at all times for teachers, other school staff and helpers, including following class rules, speaking courteously and cooperating with instructions and learning activities.
- Treat one another with dignity and respect.
- Care for property belonging to themselves, the school and others.

### Forbes High School's Core Values

Our school's core values and student positive expectations for enhancing learning are:

- Responsible
- Respectful
- Honest, and
- Doing your best

We encourage all students to be actively involved in positive behaviour for enhancing learning. Rewards are given to those who are recognised for this and our purple day this month is a celebration of this.

DAVID HARRIS



## Inside

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## Calendar

### Nov

26 – Dec1 – School Spec  
26 – Sydney Uni visit

### Dec

2 – cricket – Cowra  
6 – Purple Day  
13 – Final Assembly  
18 – Last day students 2013



# FHS-News

## FACEBOOK AND CYBER SAFETY

Our students are digital citizens. Communication between teens takes place via social networking sites such as Facebook. As a result, often students don't have the emotional maturity to navigate such sites appropriately and as a result students can find themselves as victims of bullying online. As parents, please actively involve yourself with what your children are doing on line and ensure they are communicating responsibly when on Facebook and other social networking sites. The same rules apply online as in real life, about how to treat other people. Unfortunately, people don't always treat each other well online, and your child may find that they are the target of cyberbullying. It might be teasing or having false rumours spread about them online, receiving nasty messages or even threats. It can happen in school, or out of school, any hour of the day, from people they know, and sometimes people they don't know. It can leave them feeling unsafe and alone. No-one has the right to bully another person. At its most serious, cyberbullying is illegal and can be investigated by the police. It is not necessarily untraceable and is a societal problem and one that we all share a responsibility for.

### Tips for teens

- Ignore it. Don't respond to the bully. If they don't get a response they may get bored and go away.
- Block the person. This will stop you seeing messages or texts from a particular person.
- Tell someone. Tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. Or you can contact the Cybersmart Online Helpline service, call Kids Helpline on 1800 55 1800 or visit their website.
- Keep the evidence. This can be useful in tracking the bully down. Print the screen and save texts, emails, online conversations or voicemails as evidence.
- Report it to:
  - The Deputy Principals at Forbes HS – our policies are there to protect you against bullying and cyberbullying.
  - your ISP and/or phone provider, or the website administrator— there are actions they can take to help.
  - the police—if there is a threat to your safety the police will help.
- Stand up and speak out!

If you see or know about cyberbullying happening to a friend, support them and report the bullying. You'd want them to do the same for you.

## PEER TUTORING

Gail Heinrich and Elizabeth McGuffick came from Condobolin TAFE to assess the peer Tutors in their theory and work with the students. Students still have some time left to complete the number of field work hours of tutoring before they finish. The TAFE teachers said that we had some excellent tutors who learned very quickly and were able to implement the strategies to improve reading and literacy skill very effectively.

## FARM IMPROVEMENT AT FORBES HIGH

The Agricultural Department at Forbes High has embarked on a regeneration program in an attempt to make better use of the eastern end of the school farm.

The area has been previously planted to salt bush to counter salinity concerns that arose in the area in the early 1990's. A management plan will be implemented in 2014 to improve the effectiveness of the area. This will include a trial of plant species that will suit the soil type and the construction of the farm plan to ensure the sustainable improvement of the farm.



Forbes High School would like to thank Andrew and Anne Earney of Earney Earthmoving for kindly donating their time and equipment to remove the existing saltbush. Funding management plans like this in our school would be extremely hard without the assistance of families and businesses within the community.

## LEARNING AND SUPPORT PLANS

Learning and Support Plans are developed by teachers, parents/carers and students to support students with additional learning needs.

Plans can be created for students who need support due to physical disabilities, learning difficulties, sensory needs such as vision or hearing impairment or for social/emotional reasons such as Anxiety or ADHD.

The plans are used by teachers in the classroom to support students across all areas of learning and in the playground.

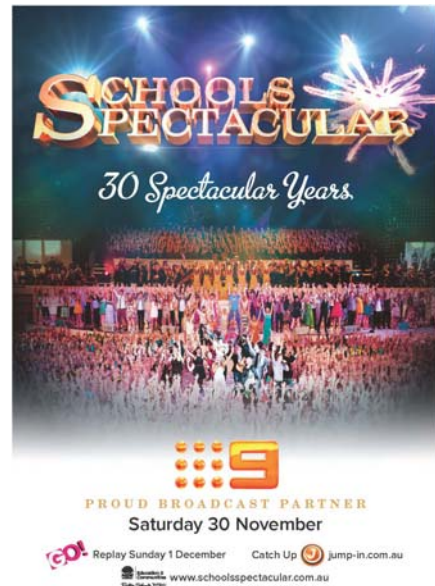
If you would like to develop a Learning and Support Plan for your child or you would like further information on Learning and Support Plans please contact Mrs Jackie Flannery, Learning and Support teacher on 6852 2666.



# FHS - News

## SCHOOLS SPECTACULAR – Not long now!

Once again a selection of Forbes High dancers will have the opportunity to perform at Schools Spectacular. They will be travelling to Sydney on 26 November to take part in this fantastic production that brings together over 3000 performers from around NSW. Each year the show allows students to develop and display their passion, creativity, ability and talents as musicians, dancers, vocalists and entertainers in front of the Australian public in live performances at the Sydney Entertainment Centre on 29<sup>th</sup> and 30<sup>th</sup> November. This year's show is the 30th anniversary of the event and our students are taking part in a segment entitled 'Our Sporting Spirit.' The group of 8 dancers from years 9 and 11 travelled to Dubbo on 7<sup>th</sup> November to work with their choreographer and learn their routine. The girls are rehearsing tirelessly during lunch times and sport to ensure they are well-prepared for the performances. If you would like to see the show tickets are still available from Ticketmaster. It will also be broadcast nationally on Channel 9 on Saturday 30<sup>th</sup> November 2013 with a replay on GO! on Sunday 1<sup>st</sup> December 2013. The entire show will also be available to watch online, for free, at Jump-In from early December: [www.jump-in.com.au](http://www.jump-in.com.au).



## DOODLE 4 GOOGLE

Merrin Isbester was selected as one of finalists in the Nation Wide Doodle Competition. Of over 16500 entries Merrin was selected in the 9-10 Finalist section. This is quite an achievement. The judges found it difficult to select a winner from the 320 entries nationwide who made it through to the finals. Congratulations Merrin, your work is inspiring and a sign of your future success in the Visual Arts. Well done.



## LOVE BITES

On the 7th November 2013, year 9 students were involved in the Love Bites program. This program, delivered in our school by trained facilitators from Binaal Billa, Yoorana Gunya, the Womens Refuge and the Benevolent Societies – Brighter futures, is designed to educate students on equal and respectful relationships and their sexual health. This program was run in the lead up to White Ribbon Day a national day designed to raise awareness about domestic violence and violence within our society. According to NSW Recorded Crime Statistics (2011) Forbes LGA has a very high rate of reported incidents of violent domestic assault compared to its LGA neighbours. On White Ribbon Day – Monday 25<sup>th</sup> November – Forbes High School students and teachers will be leading a community street march to raise awareness about domestic violence. Community members are invited, and encouraged, to join Forbes High School to raise awareness about this important message. We will be meeting at Cross Street at 10.30am, and will march to Victoria Park from there, entertainment; information and a free sausage sizzle will all be included on the day. Students will be receiving a letter home in relation to this event and are being asked to wear white, purple or black to the march. They will also need sunscreen and a bottle of water for this day. As part of this event we are asking everyone who supports White Ribbon Day to, on Monday 25<sup>th</sup> November, please tie a white ribbon on their mailbox or front door to show their support for making our town a more safe, respectful and non-violent place to live.

## Thank you

Forbes High School would like to acknowledge the on going support of our student programs from Woolworths Supermarket and Barrick Gold, Lake Cowal Mine. Without these partners many programs at Forbes High would not run.

# FHS - News

## KOORIE KORNER

The mural pictured below is now completed and looks **AMAZING**. A big THANK YOU goes to the Aboriginal Health and Medical Research Centre workers Lisa Patton and Kerry Walker, the girls from Yoorana Gunya and Ash Johnston for helping and to our students for participating in the workshop **Well Done to all**.



NAIDOC Day has come and gone for another year. This year was a great community event. The day commenced with an assembly including students from the three public schools in Forbes. The day began with a performance from the band



Pre-Destined that was well received by the audience.

The harmonies and lyrics from the band were powerful and everybody present enjoyed their singing. Forbes North Public School Wiradjuri Choir then performed a few songs to complete a very successful assembly. Afterwards, the primary schools participated in some traditional Aboriginal games and were then catered for with a BBQ Happening with kangaroo and emu sausages, some crocodile and then for the ones not so adventurous, ordinary sausage sandwiches. Then it was our Forbes High School students turn to participate in the NAIDOC games. Even though the day was hotter than usual everybody participated and finished what proved once again to be a successful event. THANK YOU to the many helpers behind the scenes who gave their time to give a hand to make the day run so smoothly,

Our Year 12's have left. We here in the Aboriginal Education office would like to say well done to Jess and Aidan for being great leaders and role models throughout the year. We would also like to wish Jayden, Joanna, Regan, Tom and Crystal all the best for their HSC results and wherever their destiny lies. Congratulations also to Jake Hemming on being elected Vice Captain for 2014 and hopefully more of our indigenous students will follow in what may become a tradition in years to come.

Some of our students took part in the River Arts Festival held last month. Well done to Bronte Haynes for narrating the night performance. Our students played numerous roles throughout the performance and thanks to all of the students who participated.

Our aboriginal staff members, Joy & Donna, participated in *Through Black Eyes*, a workshop held over two days at Yoorana Gunya. The workshop focused on strengthening an understanding of the many forms of abuse that prevail in society.

Donna was fortunate enough to attend the Certificate II in Indigenous Leadership Course in Cairns in October. The course, whilst demanding, is highly beneficial in enhancing participants' skill set. I recommend it highly. Participants end up with a new network of support to link with, and the confidence to develop leadership skills. If any of our parents are interested in doing the course check it out on the AILC website, you won't regret it.



This Term has been busy, but we have enjoyed every minute of it.

Joy, Donna and Barry

## 4L STUDYLADDER CHAMPIONS

During maths lessons, students in 4L have been using the online maths program "Studyladder". The activities are set by the class teacher and the students work their way through the activities at their own pace. Sarah Duncan recently received a Platinum Trophy certificate, Alex Constable was presented with a Silver Trophy Certificate and Luke Turner, our current class champion, has just received his Elite Certificate 4. Congratulations to these hard working students.



## SCHOOL WEBSITE

The school website is constantly being updated with new photos, calendar dates and information. Visit [www.forbes-h.schools.nsw.edu.au](http://www.forbes-h.schools.nsw.edu.au) to find photos and information about our wonderful school.

# Community Notices

## PARKES RECONCILIATION GROUP

Parkes Reconciliation Group will host an information night on "Recognising Aboriginal and Torres Strait Islander Peoples in the Constitution". The evening is funded by "Recognise" part of Reconciliation Australia and will be held on Wednesday 27<sup>th</sup> November commencing at 6.30pm in the Coventry Room, at the Parkes Shire Library complex.

Guest speaker will be Associate Professor Sean Brennan from the University of New South Wales Faculty of Law.

Enquiries please ring Julie, 0458300705 or Carewest on 63912400 or email [Julie.webb@cw.org.au](mailto:Julie.webb@cw.org.au) or Eileen 0438227491 or Jacque 68631140



KEEPING MEN & BOYS SAFE  
TO BECOME FUTURE ROLE MODELS

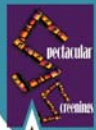
**Men & Boy's Night Out**  
All family members welcome!

## MOVIE NIGHT

Saturday 16th November, 2013

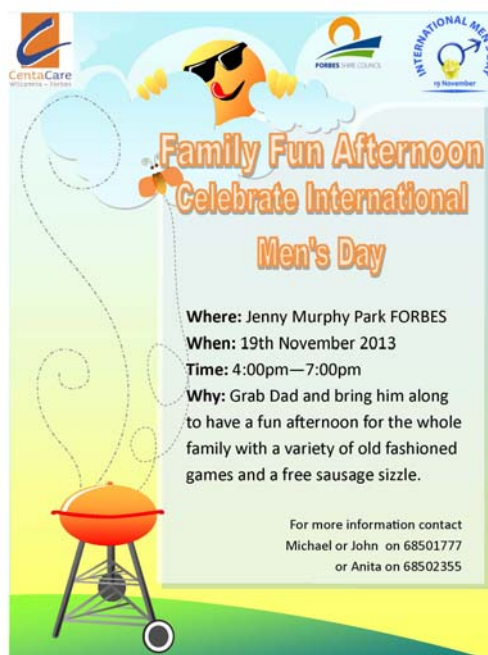
Doors open at 6.30pm

ENTRY \$3—Refreshments Available



Forbes Youth & Community Centre  
Corner Press & Battye Streets, Forbes,

**JOCK—THE HERO DOG**

**Family Fun Afternoon**  
Celebrate International  
**Men's Day**

Where: Jenny Murphy Park FORBES  
When: 19th November 2013  
Time: 4:00pm—7:00pm  
Why: Grab Dad and bring him along to have a fun afternoon for the whole family with a variety of old fashioned games and a free sausage sizzle.

For more information contact  
Michael or John on 68501777  
or Anita on 68502355

## PARENTS AS CARERS TRANSITION SUPPORT – PACTS

PACTS is a series of workshops and resources developed to provide parents with up to date information about career transition, enabling parents to support their children effectively when making career transition decisions. PACTS can be delivered within a school or community setting by trained PACTS Facilitators. CentaCare/Partnership Brokers, in partnership with Youth Connect is offering a Parents As Career Transition Support (PACTS) two day facilitator training session.

19<sup>th</sup> and 20<sup>th</sup> November 2013

CentaCare Forbes, places are limited.

Find out more and book a place, speak to CentaCare on 02 6850 1777

### WHY PACTS?

In 2005, Brotherhood of St. Laurence (BSL) released a report, Supporting young people's career transition choices: the role of parents, which explored the existing research on parents and career transition and the results obtained to date from PACTS program evaluation. The findings were reported from surveys completed

### Parents

- ⇒ 85% of parents have specific concerns about their child's transition
- ⇒ 100% of parents feel it is important for them to be involved in their child's transition
- ⇒ Only 20% feel that they have enough knowledge about choices
- ⇒ Parents clearly occupy an important position with 75% having discussed the options available after finishing school with their child, and the same number saying that their child has wanted their input

### Students

- ⇒ Two thirds of students want more information about career transition
- ⇒ Parents and teachers are the second most likely groups to discuss options with after friends
- ⇒ Around 80% say they would like help from parents in making a decision, and around 90% have specific ideas about what they would like
- ⇒ Discussing careers with parents themselves was ranked significantly higher than other options

It should be noted that when referring to parents as part of the PACTS program, this includes any adult who plays a significant role in a young person's life which may include, but is not limited to a parent, guardian, sibling, aunt or uncle, grandparent, case worker, teacher or an adult friend who may have an influence on a young person's career and transition decisions.

**Find out more and book a Place, Speak to your local Partnership Broker on (02) 68 501777**

International Day for the Elimination of  
**Violence Against Women**

**YOU ARE INVITED**

We welcome **EVERYONE** to come and join the **MEN** in our community who **RESPECT WOMEN**, to **SPEAK UP** against violence & take part in our **WHITE RIBBON DAY MARCH** in **Forbes** on **Monday 25th November 2013**

Forbes Community Takes the Pledge  
**NOT VIOLENT NOT SILENT**

Meet at Cross St Forbes @ 10.30AM, march to Victoria Park where entertainment will be provided as well as a FREE sausage sizzle for all

What if it was your...  
i swear  
never to commit, excuse  
or remain silent about  
violence against women  
this is my oath

Wife  
Auntie  
Mother  
Sister  
Grandmother  
Daughter

Australia's campaign to stop violence against women  
**White Ribbon**

CALL 6850 1234 FOR MORE INFO