

Forbes High School Newsletter



Part of the Lachlan Valley Community of Schools

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Term 3 - Week 6

Friday August 23, 2013

PRINCIPAL'S REPORT

As we pass the half way mark of Term 3 it continues to be an exciting and industrious time at Forbes High School. In terms of our senior school Year 12 have completed their trial examinations and are working with their teachers on their final preparations for the external HSC exams in. It is also nearing the time where we formally acknowledge their achievements at the Graduation Assembly. This will take place on Friday 20th September at 10am in the FHS Hall with family and friends invited to share in our celebrations.

Year 11 are nearing the completion of their Preliminary studies and will commence the yearly exams in week 9, before beginning HSC courses in Term 4. Year 10 students are currently in the process of selecting a pattern of study for Stage 6. I would like to thank the parents, students and staff who attended our recent information evening as this allowed for constructive dialogue to occur and this has better placed students to make informed decisions regarding their future study.

On Tuesday 3rd September we will be holding our Semester 2 Parent/Teacher interviews in the Hall from 5-7pm. This time offers an excellent opportunity for discussion to take place in relation to your child's progress and other pertinent information. Interview time booking sheets will be sent home with students in the coming week.

Our Year 6 into 7 transition program has continued to be led by Ms Glynn and has approached an exciting time for students. The opportunity has now been provided for students from our local primary schools to attend Forbes High on a Wednesday afternoon to participate in 'taster' lessons and experience what high school classes' look, feel and sound like. The success of this program is built on a strong partnership between our local public schools and is essential in better preparing students for such a major change in their lives.

I would like to congratulate Isabelle Cowhan and Jarrod Andrews on their selection in NSW Combined High Schools sporting teams. Isabelle has earned selection in the squash team and will travel to New Zealand and Jarrod in the lawn bowls team competing at Port Macquarie. These two students have continued the proud history of sporting success at Forbes High and we wish them every success in their respective competitions.

The annual Forbes Show on Friday 6th September is fast approaching and again we will be exhibiting the tremendous work of our students. Last year our display led to us being awarded 'best commercial exhibit' and we are keen to claim the title again. We hope to see you there and come up and say hello. The day has been gazetted as a 'local event day' and not a public holiday therefore the school will be open from 9am to 3.10pm.

Charles Dwyer
Rel. Principal



Inside

Taste of TAFE
Science and Engineering
P&C News
ARCO officer
Blood Bank
News from the library
Sporting stand outs
Brainstorming
40 hour famine
Recipe
ANZAC Art
News from Support Unit
Community News

Calendar

Sept

- 3 – Yr 7-12 Parent teacher interviews
- 11-17 – Yr 11 Prelim Final exams
- 13 – Roald Dahl Day
- 18 – Kate Bracks
- 18 – NAIDOC Day
- 20 – Yr 12 Grad Assembly
- 20 – Last day of term 3
- Oct
- 8 – 1st day term 4



FHS-News

TASTE OF TAFE 16TH AUGUST 2013

On Friday the 16th August 35 Year 10 students attended the Forbes TAFE College to experience what it would be like to be a TAFE student for the day. The students got to experience a variety of TVET courses including welding, automotive, primary industries, hairdressing, children's services, animal studies, business, beauty and fitness. The day was designed to help the students with their Stage 6 selections for their HSC Studies next year as well as informing them about the variety of courses available. The students enjoyed themselves and the TAFE staff were very impressed with the behaviour and attitude of our students.



FORBES HIGH SCHOOL MAKES FINALS FOR SCIENCE AND ENGINEERING CHALLENGE

Year 10 students from Forbes High School have been selected to compete in the finals of the Southern NSW Science and Engineering Challenge in Sydney. Forbes High School won the Regional Challenge in May against the state and private schools of the Lachlan region and has been eagerly waiting their invitation.

This is a great achievement by the students of Forbes High and is a testament to their commitment and their ability to apply scientific and problem solving skills to a range of complex Engineering tasks.

The 25 students will travel to the Silverwater Training Facility on the 11th September to compete in the Challenge which is an initiative of the University of Newcastle.

Forbes High would like to congratulate the students involved who are fine examples of diligence, collaboration and commitment to learning at Forbes High School.



FHS - News

P&C NEWS

Next P&C meeting will be held on Tuesday 17th September at 7.00pm at the RSL. The Halloween Trivia Night will be the topic of discussion.

Halloween Trivia Night

A great family night keep the date free 31st October, more information will be published as it comes to hand.

Spring Charity Deb Ball Golf Day

This will be held 22nd September. Two person ambrose \$25 per person. For registrations or more info contact Anita Morrison 0405 364 512.

Canteen Special

The canteen special running until 6th September is meat pies, mashed peas and gravy for \$5.00.

BOS DISABILITY APPLICATIONS

The Board of Studies disability applications are now open. If you are in Year 11 and need to apply for a disability provision for the HSC you need to see Mrs Flannery ASAP.

BLOOD BANK

Wednesday saw a large contingent of blood donors from Forbes High School bombard the Red Cross Blood Bank. The next group booking is 27th November 2013.



ARCO OFFICER

The Anti-Racism Contact Officer for Forbes High School is Mrs Yvonne Howarth. Her role is to help students, teachers, parents and community members with any racism incidents.



NEWS FROM THE LIBRARY

Friday the 13th September 2013 is Roald Dahl Day! Roald Dahl is an Australian author who is well-known for his fascinating and enjoyable stories. You can find many of his books in the Forbes High School Library.

This year, we will be celebrating Roald Dahl Day in the library. There will be fun activities for students to participate in, a poster competition and students can vote for their favourite Roald Dahl book! There may even be a GOLDEN TICKET to be found!

So come along to the library on Friday the 13th September and get involved in the mischief and mayhem of Roald Dahl Day!

For further information, see Miss Northam in the Library.



AECG

The next AECG meeting will be held on 20th September at the Forbes Pre-school. All Aboriginal parents are invited to attend.

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

NSW COMBINED HIGH SCHOOL STAND OUTS

Lawn Bowls – Jarrod Andrews

Jarrod Andrews was selected to represent Western in the CHS fours for Lawn Bowls. He was selected in the Western CHS team to play at Taren Point in the CHS fours, where Western came 4th out of 10 sides. After the carnival the selectors at the carnival chose a mixed squad of 15 players of which five had to be girls to represent NSW at Port Macquarie. Jarrod was selected and will now play on the 10 -12th September in Port Macquarie.



Squash – Isabelle Cowhan

Earlier this year Isabelle travelled to Dubbo for the Western region squash trials, she was successful in making this team as the top player. In June, Isabelle travelled to Engadine in Sydney to play in the regional CHS Opens girls team championships. Western were the winners of our division. Isabelle competed in the individual state selections and was selected as the number 3 player for the NSW CHS Opens women's team.



On the 24th August Isabelle will travel to New Zealand to play against squash players from Queensland and New Zealand. This will be Isabelle's second year representing NSW in CHS squash. Congratulations on such a fine effort.

BRAINSTORMING

Thursday 22nd August Yrs 7 & 8 attended a Brainstorm Production which depicts social issues faced by young people today.



FORTY HOUR FAMINE

A team of 24 young people and teachers joined together to support World Vision's 40 Hour Famine from 20 to 22 August 2013. The 40 Hour Famine is one of Australia's biggest youth events raising community awareness and much needed funds to help fight global hunger. Each year inspires a new generation of young people to help break the cycle of poverty. Participants give up something important to them for 40 hours to raise awareness and funds to fight global hunger.

The UN reports that one out of every eight people in the world is chronically hungry. This year, the 40 Hour Famine is focusing on Malawi, in southern Africa, where around 1.9 million people are impacted by drought, failing crops and dramatically rising food prices. In Malawi, \$40 is all that is needed to feed a family of six for one month. The Forbes High School team selflessly gave up things which they considered to be of personal value. Examples of these include: Food, furniture, technology and talking. The experience of going without things that are often taken for granted has allowed participants to form empathy for those less fortunate than themselves and raise awareness around the significant disparities between third world countries, in particular Malawi and the rest of the developed world. Having started at 7:00pm on Tuesday 20th August, the Famine continued until Thursday 22nd culminating with a cake stall fundraiser; which was organised and managed by the senior high school students - Darcie Shaw, Katie-Lea Rushby and Nikki Barber. Thank you to them and all their helpers. Generous donations of cakes, cupcakes, slice, peanut brittle etc, were received from students and their families, without which the cake stall would not have been able to operate. The fundraiser was extremely successful - so a huge THANK YOU to all the students and their families for their generosity! The total funds raised is still being tallied but will be announced in the next newsletter. A sincere thankyou to all who sponsored or donated their money, food and patience; as well as congratulations to the team for completing the challenging, but rewarding experience that is the 40 hour Famine.

SCHOOL WEBSITE

The school website is constantly being updated with new photos, calendar dates and information.

Visit www.forbes-h.schools.nsw.edu.au to find photos and information about our wonderful school.

FHS - News



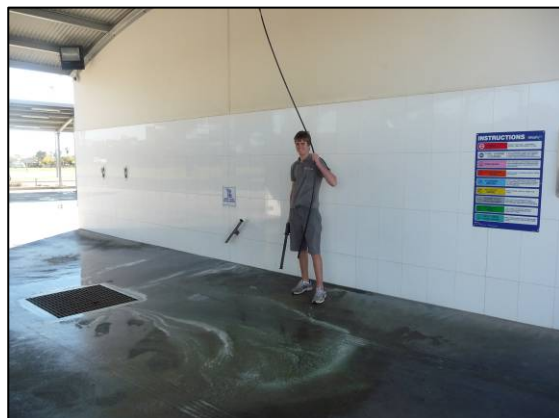
BASIC BUTTER BISCUITS

Ingredients

- 125g butter, softened
- 1/2 cup caster sugar
- 1/2 teaspoon vanilla extract
- 1 egg, at room temperature
- 2 cups plain flour
- 1 teaspoon baking powder
- 1 tablespoon milk
- 100's & 1000's or cinnamon sugar

Method

1. Preheat oven to 180°C. Line 2 baking trays with baking paper.
2. Using an electric mixer, beat butter, sugar and vanilla in a small bowl until pale and creamy. Add egg and mix until well combined. Sift flour and baking powder over butter mixture. Add milk and stir until just combined.
3. Using 2 teaspoons of dough at a time roll dough into balls. Place on baking trays lined with baking paper. Using a lightly-floured fork, flatten biscuits slightly (allow room for spreading).
4. Sprinkle with 100's and thousands or cinnamon
5. Bake for 12 to 15 minutes, swapping trays over in oven after 10 minutes, or until light golden. Allow to cool on trays for 5 minutes. Transfer to wire racks to cool completely. Serve.



ANZAC ART AWARDS

'The Face of ANZAC'

School students around NSW are urged to prepare pencils, paintbrushes and their best ideas for the 2013 RSL ANZAC Art Awards, now open.

This year's theme 'The Face of ANZAC' will both challenge and inspire young artists.

"The new digital platform will open the competition to a broader demographic, giving every primary and secondary school student the opportunity to take part," said Mr Rowe. "I'm also delighted to announce that NSW MP Charlie Lynn has again donated, through the NSW Premier's Department, an exclusive trip to the Kokoda Trail as the major prize for the year 11-12 category".

With cash prizes on offer for six categories, a special school prize for the aggregate of highest five entries and a grand prize of a trip to Kokoda Trail in Papua New Guinea, the competition is sure to again attract some significant quality artworks.

The 30 highest scoring artworks across the competition will be exhibited during November 2014 to launch Remembrance Week.

The competition runs from 1st July to 1st November 2013. Students can view entries online as they are uploaded to the competition website:

rslanzacartawards.com For more information see Ms McGeechan at Forbes High School

OUT AND ABOUT FROM THE SUPPORT UNIT.

Work Placement:

Sam Burton - Year 9 Forbes Car and Boat Wash

Dezi-Lea Goodsell - Year 11 Discount Dave's

Textiles: - Hayden Miller - Quilt made from Canteen Bandannas

Community Notices

KIDS MOSAIC WORKSHOP

Sunday 9.00am - 1.00pm, 11 August, 18 August, 25 August, 1 September, 8 September & 15th September 2013 8 Margaret Street, Forbes Fully supervised by Carly Cowan Cost is \$15 (Materials additional) All proceeds to Pamper the Parents Westmead Children's Hospital For more information phone Jess on 0416578923 Bookings Essential - Limited spaces available.

FORBES TOUCH ASSOCIATION

2013 season

14 October to 16 December 2013. Mondays from 6.00pm, Botanical Gardens, Team registration by 20/09/13. Registration fees by 14/10/13. Registration fees – team registration \$500. Family competition individual registrations \$35 \$5 family discount available. Registration forms available from all schools, email forbestouch@hotmail.com or via facebook link. All registrations must be received by 20th September and can be left at Forbes High School and Red Bend College or emailed to forbestouch@hotmail.com

MASTERING THE EXAMS

To assist students in their preparation for the HSC exams, we have scheduled one last session of our popular examination strategy lectures titled "Mastering the Exams". During the course of this exclusive program, students will learn beneficial skills that will help optimize examination performance, as well as strategies that will maximise learning and cut down on study time. Students will also learn a variety of learning skills and concentration techniques that will improve the rate of learning, as well as how effectively questions are addressed in test and examination for those students wanting to maximise examination scores.

This is a free seminar but we do ask that you make a donation of \$10 to the charity representatives that will be in attendance

SPRING FLING FASHION MARKET

Spring Fling Fashion Market day is being held in Forbes on Saturday, **September 21** at Forbes Town Hall from 9am-3pm. The markets are being held to raise funds for the **Forbes Relay For Life** organisation. (From stall registration and gold coin entry fee on the day)

Individuals or businesses who would like to register their stall can email forbes.fashionmarkets@gmail.com, visit Facebook at Forbes Fashion Markets, or call Emma on 0407 108 210 for more information. Stall registration is \$10 and entry on the day is by gold coin donation. All proceeds from stall registrations and door takings will be donated to the Forbes & District Relay For Life.

To find out more about the Forbes & District Relay For Life and how to register, go to www.relayforlife.org.au and search Forbes, or call 6392 0800.

Courtney Tildsley, Rachel Lilley and Emma Gaffney

ENGLISH SOCCER COMES TO THE CENTRAL WEST

Enrol and enjoy the first English Soccer School Program to be held in the Central West, aimed at kids from 3-14, ESS (Australia) brings UK accredited and certified coaching to your kids. Not only is this a brilliant way to stay active during the holidays but we also helps kids of all age groups improve their soccer skills. 21 September – 6 October 2013

Please note registration closes Monday 2nd September.

1. Nipper Roo Program: \$5 per 1 hour session including fruit drink. English Premier League Replica Kit optional - \$10.
2. 6-9 and 10-14 age groups \$40 for 2.5 hrs x 2 days includes English Premier League Kit, drinks, light sandwiches and fruit.

For Inquiries and Registration Please Call: English Soccer School (Australia) Office: 68516199

Mob: 0412287810

Email: englishssaaustralia@yahoo.com.au

To be held at: Forbes Indoor Sports Centre, 42 Sam Street, Forbes.

RENEW AUSTRALIA

Renew Australia is a new national social enterprise designed to catalyse community renewal, economic development, the arts and creative industries across Australia. It works with communities and property owners to take otherwise empty shops, offices, commercial and public buildings and make them available to incubate short term use by artists, creative projects and community initiatives.

Forbes Shire Council is looking at possible opportunities it can further develop and increase business activity within our CBD. Incorporating the Renew Australia model is one way this may be achieved.

To make this project happen, we need to gain feedback from people within the community who have or engage in creative arts/ businesses that would be interested in being involved in this project.

Forbes Shire Council will be holding a free presentation for interested stakeholders to attend on Monday 2nd September 6pm – 8pm at the Forbes Services Club. This is a free event with finger food, tea and coffee provided. Please RSVP to Natalie Walker at Forbes Shire Council by Wednesday 28 August to 02 **6850 2300** or nataliew@forbes.nsw.gov.au If you would like to discuss prior to the presentation please contact either Brian Steffen or Natalie Walker at council on 68502300.

MULTICULTURAL LUNCHEON

Date – 16th September 2013, 12pm at the Youth and Community Centre. Shared luncheon – Australian cuisine with a cooking demonstration, whip cracking and bush poetry. All welcome to bring a shared luncheon.