

# 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

Friday September 13, 2013

## PRINCIPAL'S REPORT

The past month has been an extremely productive and rewarding time for the staff and students of Forbes High School. It is very pleasing to see our students being given the opportunity to succeed and grow in a wide variety of forums across the school setting in relation to academics, sport, creative and performing arts and leadership. I believe as a school community we need to celebrate and promote these successes as models for what is achievable when you apply yourself to the best of your ability.

Our exhibit at the Forbes Show once again proved to be an excellent opportunity for our students to showcase their talents and creativity to the wider Forbes community. In a testament to their application, effort and quality of work our exhibit was awarded the 'Best Indoor Commercial Exhibitors Award' for the second year running. I would like to personally thank Anita Morrison for her efforts in coordinating the creation of the exhibit and thank the staff who gave up their time over the two days to man the stall and interact positively with the community.

On the sporting field we had several students compete at the NSW Combined High Schools athletics championships, Darcie Morrison, Jess Pascoe, Jarrod Nicholson and LaTonya Mailes. All students represented our school and Western Region with distinction and it is an achievement in itself to qualify for events at this level. Jess' performance in the 800m needs special mention and congratulations as she won a silver medal. A further update on the performances of Isabelle Cowhan, who I mentioned was selected to represent NSW CHS in squash. Whilst competing in New Zealand Isabelle's outstanding performances led to her selection in an Australian representative squad which is a wonderful achievement and honour.

The HSC final examinations are fast approaching and Year 12 will formally graduate from Forbes High School on Friday 20<sup>th</sup> September. The graduation assembly will begin at 10am with family and friends invited to attend a morning tea after the ceremony. I would like to sincerely wish all of our students the very best as they embark on a life of post-secondary schooling. As a school it is our commitment to provide students with the necessary skills to achieve their desired pathway and we hope that opportunities are taken with both hands. To the parents of our students we thank you for your support along the journey.

On Wednesday 18<sup>th</sup> September we will celebrate NAIDOC Day as a school community. In partnership with our local Primary schools a day of activities are planned which includes performances from the Forbes North PS Wiradjuri Choir and 'Predestined' group, Traditional Indigenous Games facilitated by our Girri Girri Sports Academy students and a lunch of barbecued traditional meats. I would also like to congratulate our students who participated in the 'Your Mob, My Mob, Our Mob' peer education training. Students developed skills in teaching others of the dangers relating to hepatitis C and created a spectacular mural that also conveys this strong message.

School holidays will commence on Monday 23<sup>rd</sup> September and school will resume on Tuesday 8<sup>th</sup> October. The Tuesday starting date is a result of the October long weekend. Staff Development Days will take place on the final two days of the school year. I wish all students and their families a safe and relaxing break.

*Charles Dwyer*  
Rel. Principal



## Inside

Forbes Show results  
Agriculture success  
Yr 11 Food Tech  
White Ribbon  
Visual Arts Camp  
Blood Bank  
Year 11 Hospitality  
Western Region League  
Tag  
Immunisations  
Koorie Korner  
Peer Tutoring  
Nic's success  
Junior Dinner Dance  
State Dance Festival  
CHS State Athletics  
P&C News  
Community News

## Calendar

### Sept

18 – Kate Bracks  
18 – NAIDOC Day –  
postponed until  
further notice  
20 – Yr 12 Grad  
Assembly  
20 – Last day of term 3

### Oct

8 – 1<sup>st</sup> day term 4  
8 – P&C meeting  
14 – HSC begins

### Dec

13 – Final Assembly  
18 – Last day students  
2013



## Forbes Show results

### **VISUAL ARTS AT THE FORBES SHOW**

This year we had such an enthusiastic group of students who invested their time and effort into producing a huge range of works for the Forbes Show. This amazing participation was so wonderful to witness, with several students offering multiple works using their weekends to complete them.

The show society decided this year to make a new category in the School Art display section for High Schools. This, added to the two other categories, meant we had a great choice of how to exhibit.

In the Open Fine Arts section....

Chloe Caines of Yr 11 took out first in the under 18 painting and also first in the under 18 drawing.

Jimson Mores Yr 8 second in Fine Art Painting under 15 yrs.

Jack Hodges-Lockwood Yr 8 was awarded a highly commended in the under 15 Painting.

Jessy-lea Byrnes Yr 8 was awarded a highly commended in the under 15 Painting.

In the School Art Competition....

Yr 7 & 8 Drawing...

1st Place ...Kyle Ryan , 2nd Place.... Janssen Mores

3rd Place ....Jayden Maloney

Yr 7 & 8 Painting

1st Place ...Maggie Wallace

Congratulations must also go to the following for their contributions:

Alesha Horton, Tiara Ramsay, Fiona Beslich, Josh Forrester, Jacob Howarth, Stacie Shanahan, Megan Skinner, Daniel Robb-Potts, Ethan Stewart, Jake Shaw, LaTonya Mailes, Justin Messenger, Matt Withers, Bradley Clifton, Byron Gale, Claire Maslin, Tyler Murphy, Kaitlyn Wright, Malcolm Radburn, Isobelle Herbert, Baedon Isbester, Courtney Sinclair, Riley O'Malley, Grace Quirk, Kelsey Cook, Daniel Todd, Tye Stewart, Tony Li, Brooke Caines, Jackie Aird, Melanie Davie & Samantha Jones.

The High School display also took out best Commercial display of the show and the following students put forward their artworks for this display.

Riley O'Malley, Taylor Hague, Grace Quirk, Tyler Barnes, Hamish Coles, Emily Godden, Tahlia Parsons, Melissa Taylor, Erin Turner, Jessie-lea Byrnes, Paige Ellison, Madeline Dukes and Ellie Tomlinson.

Overall a magnificent effort....Thankyou very much Arties. You are wonderful Mrs Hill and Ms McGeechan!

### **ASSESSMENT EXTENSION VA2 9/10 SOS**

Ms McGeechan's CLASS Assessment Task 3 Case Study & Presentation on the life and work of one Medieval Artist or Craftsperson. You have been given an extension on this assessment task. Now due in on Term 4 Week 2 Monday the 14th October.

Forbes High School was once again successful in winning the Best Commercial Exhibit at the 2013 Forbes Show. Thanks to all the teachers and students who submitted display items as well as the teachers and staff who volunteered their time to man the site over the two days and supply information to interested community members.



### **FORBES SHOW BREAD JUDGING**

A group of 13 Year 9 and 10 Food Technology students travelled with Mrs Jones to the Forbes Show on Thursday 5<sup>th</sup> September to watch and participate in the Bread Judging. This has long been a tradition for FHS students but it has been many years since we've made the trip.

The Bread category at the Show includes entries in beer bread, bread made using a bread maker, sourdough, damper, scones and both white and brown bread. Judges Alison Woods and Mel Bett allowed the students to observe the judging and discussed with them the criteria they used to judge the winners. The students were allowed to touch, smell and even taste some of the baked goods to compare the quality of each product.

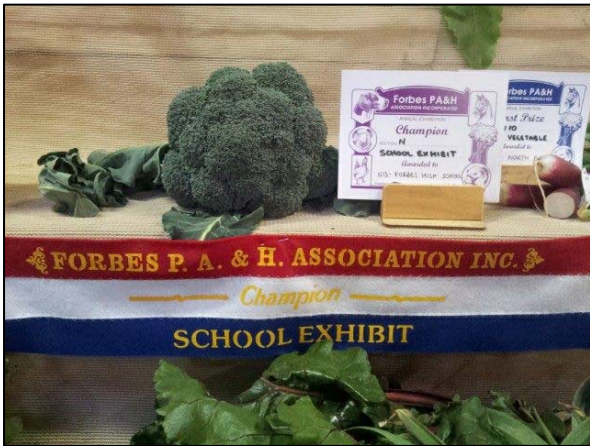
Thanks must go to Mel for allowing us to come along and learn the trade secrets. The students walked away experts and hopefully we may have some show winners in 2014!



# FHS - News

## AGRICULTURE SUCCESS AT LOCAL SHOW

Forbes High School students participated in many sections of the Forbes Show, either by parading, junior judging or exhibiting their produce they had grown at school. Broccoli grown at school won Champion vegetable of the show.



## SCIENCE AND ENGINEERING CHALLENGE

During the week, 25 Year 10 students from Forbes High School participated in the finals of the Rotary Science and Engineering Challenge in Sydney. Even though Forbes High were not announced the winners the students walked away knowing they had done their best and learnt a lot along the way. Mr Damian Byrne, Science teacher at Forbes High School stated "I was extremely proud of the effort every student put into their tasks. All of the values we endeavor to instill in our students were portrayed. Their tenacity and perseverance across all events was outstanding and I congratulate all of them on their achievement."

## SHOWING SUCCESS IN AGRICULTURE

It has been a busy time in Agriculture with show season upon us. In August, 15 students from Years 8-12 competed in the School Merino Wether Challenge with three teams of wethers. The quality this year was outstanding and unfortunately we missed out on top placing's due to our wethers cutting their teeth, with only four teams out of fifteen still having milk teeth. We look forward to this competition again next year.

Congratulations to Heather Earney winning the handler section and coming second in the Fleece and Sheep Judging at the Dubbo Merino Show.

A big thankyou to Tom and Kate Kirk "Bundemar Stud" Condobolin for supplying us with two teams of wethers and Ken and Kim Noakes "Karowara Plains Poll Merino Stud" Bedgerabong for donating a team of wethers to school.



Forbes High Show team with the wethers and producer Tom Kirk "Bundemar Stud" Condobolin.



Ken Noakes "Karowara Plains Poll Merino Stud" Bedgerabong with Forbes High School students and the team of donated wethers.

## 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

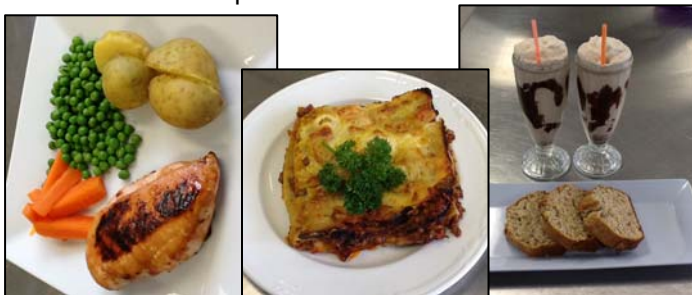
## YEAR 11 FOOD TECHNOLOGY

This term Year 11 Food Technology has been studying Nutrition. For their assessment task they were each required to choose a group, such as Infants, Adolescents or Pregnant Women and research the recommended dietary intakes of nutrients required for this group. The students then created a one-day meal plan to suit the group.

In pairs, the students chose one meal from their meal plans and produced that dish in a two-period practical assessment. Dishes that were produced include pasta salad, banana bread, sweet chilli chicken with vegetables, grilled chicken salad and lasagne.

All students that participated in the prac assessment achieved success with their dish and were able to justify how it would suit the nutritional needs of their group.

Pictured are a few photos of the dishes created.



## WHITE RIBBON

Two of our staff members, Trudi Weyman and Bradley Bainbridge have been attending White Ribbon Australia's Breaking the Silence in Schools Program. This program aims to minimise domestic violence by embedding models of respectful relationships within the school. As part of this, during term 4, Year 9 students will participate in the love bites program and the whole school will take part in the communities White Ribbon Day events.

## VISUAL ARTS SKILL DEVELOPMENT CAMP

An invitation is extended to students from Years 7-12 to apply to attend the Visual Arts Skills Development Camp at Lake Burrendong from 27th to 30th October. Cost \$275.00. Must apply before 20th September. See Visual Arts Staff for Application Form.

## BLOOD DONATION VISIT

The next Red Cross Blood Service visit will be on Wednesday 27th November 2013. Once again Forbes High School have secured a number of visits which can be utilised by staff and students (must be 16 years or older). If you would like an appointment please give your name to Anita Morrison. Students must also have a consent form signed by their parents and returned to the school prior to the visit. Permission notes are available at the office. There are a limited number of appointments so book early.

## YEAR 11 HOSPITALITY

Year 11 Hospitality have been working on a unit this term that focuses on food presentation. As part of this unit students individually prepared and presented Minestrone Soup and Damper to a student of their choice during lunchtime. Each student managed their time well and presented meals of a high standard with many positive comments from our diners, many of whom had never eaten Minestrone Soup before. Below is Chloe Withers soup and damper presented on the day.



## WESTERN REGION LEAGUE TAG

The Support Unit took two teams to play in the Western Region League Tag Carnival for students with a disability in Wellington on Wednesday 4th September. We played in two divisions.

Our second division team won their pool and after winning their semi-final were just beaten to place second overall.

The third division team also made it to the semi-finals and placed third overall.

The students played well with a highlight being their sportsmanship on the field. One student ran the entire length of the field, but rather than scoring himself passed the ball onto a team-mate to allow them to score. Another example was ensuring that an opposing player (with cerebral palsy) was given the opportunity to run as far as she could manage without anyone attempting to take her tag.

Everyone had a great day, doing their best. The school was awarded a new set of league tags for coming runners-up. Well done everyone who played.

## IMMUNISATIONS

Final immunisation date for 2013 is 10th October-- All year 7 and year 9 boys. Mrs Howarth

## CLAIMING THE DATE

Tricks & Trivia Fun Night – Friday 15<sup>th</sup> November 2013. Forbes High School Hall

## 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.

# FHS - News

## KOORIE KORNER

Hi everybody, it's time to see what's been happening with our students again.

We have had quite a few things happening this term. Firstly, Jes'Se, Aidan, Regan and Joanna attended a Scholarship Presentation at NorthParkes Mines last week. Secondly, Nathan, Sophie, Taylor, Bronte, Jessica, Monica, Tyler, Isiaha, Nadika, Shannon and Cristy attended 'Your Mob Our Mob My Mob' seminar over four days covering Hepatitis C. This covered things like how you can get it, how you can prevent it, and who you can talk to about it. It will also allow them to become peer educators to other students. As part of this they painted a mural about Hep C on the eastern wall of the boy's toilet block. Helping them do this was Ash Johnston, who is a well-known Graffiti Artist from Coffs Coast. Stay tuned as there will be a picture in the next newsletter of the finished mural.

Our NAIDOC Day celebrations are upon us again. Wednesday 18th September we will be hosting a day for primary schools and pre-schoolers. We would also like to encourage community and family members to come up and join in the fun. The day will consist of a BBQ, Traditional Aboriginal Games and singers *Predestined* from Orange. We would like to see as many community and family members here to help us celebrate. PLEASE COME ALONG.

Also students will be performing in the Kalarie River Arts Festival starting on Thursday 24th October till Sunday 27th October 2013.

Just a friendly reminder to all dedicated students, the Homework Centre is still happening on Mondays. The times are Yrs7-9, 3.15pm to 4.45pm and Yrs10-12 is 4.45pm to 6.15pm.

We would like to welcome Barry Merritt to the Ab Ed team. Barry's role will be as a mentor to our male students, as well as attend some classes. We would also like to welcome Maria Lohan as our new Senior North North Tutor.

To all Yr 12 students Well Done on getting through your Trial HSC, with only 5 days to go (but who's counting), till your schooling days are over, we wish every success in your HSC and to whatever your future holds GOOD LUCK.

Joy will also be attending a Certificate II in Indigenous Leadership course in Cairns from the 24th October to the 30th October (lucky her).

Joy, Donna and Barry



## PEER TUTORING ASSESSMENTS

Year 10 Peer Tutors and their Year 7 tutees recently completed a formal assessment by our TAFE teachers from Condobolin. Students spent the morning rotating through the testing room showing the teachers what they have learned in their Peer tutoring sessions during DEAR. Mrs Heinrich and Mrs McGuffick were very impressed with the standard of those who have completed all the fieldwork to date. They will be returning early term 4 to complete the assessment program so all Year 10 tutors can receive their TAFE certificates.

Tutors are required to complete a certain number of hours working with their tutees on a range of literacy strategies in an effort to improve literacy skills including reading for understanding, fluency and being able to use the information appropriately. Students have concentrated on using "authentic texts" from the classroom. This just means they use material based on what they will learn or what they have already learned in the subjects they participate in during the course of the year.

This year Peer Tutoring has been incorporated with the Literacy project which saw the school's timetable adjusted to include a 30 minute Literacy Lesson each Wednesday. During this period it is not just the Peer Tutors and their tutees who practise literacy skills, but the whole school is engaged in these lessons. Some Year 11 and 12 students combine them with Study Skills sessions led by staff members.

Thanks to the year 7 students who participated and worked well with the Year 10 students.

## TEARING UP THE TURF

Nic Tomlinson, a 16 year old student of Forbes High School has taken the title of 2013 Junior Australian Off Road Champion (AORC).

The series consisted of 12 rounds around Australia. Nic competed at Bulahdelah NSW, Goomburra QLD, Corner Inlet VIC, Coonawarra SA, Bendigo VIC and Dungog NSW.

Nic has also taken out the 2013 Junior NSW sprint/XCountry Series with a 1st. Enduro racing is riding in the bush against a clock over natural terrain (creeks, hills, rocks, logs) and some manmade extreme terrain (cars, pipes, tyres, concrete blocks/slabs). Nic got a second this year at the Hattah Desert Race.

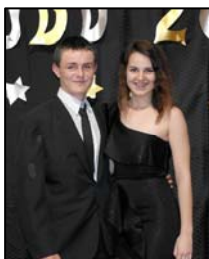
Nic is featuring in an Enduro movie "Ride" to be released in December this year. Filming will take place next month, October in and around Forbes for 4 days



# FHS - News

## 2013 JUNIOR DINNER DANCE

The Junior Dinner Dance was well supported and enjoyed by everyone who attended. Everyone looked amazing and went to a lot of effort to dress for the event. Thank you to All U Want Catering for the great pizzas we enjoyed for dinner and a huge thank you to the teachers and parents who came along to help with catering and supervision.



## CHS STATE ATHLETICS

Last week Darcie Morrison, Jarrod Nicholson, Jessica Pascoe and LaTonya Mailes travelled to Homebush to compete in the CHS State Athletics Championships. All of these students competed exceptionally well and were great ambassadors for our school and region. LaTonya competed in Shot Put, Jarrod in the 200m, high jump and javelin, Darcie in the 100m and 200m and Jess in the 400m, 1500m, and 800m. Jess was successful in winning a silver medal in the final of the 800m which was a fantastic effort considering she had an emergency operation at the end of last term. Her determination and dedication to her training has given her this great result and she will now compete at the All School Championships in October and we wish her every success.

## STATE DANCE FESTIVAL

On Monday 2nd September Year 9 student Nicole Morrison performed at the State Dance Festival at the Seymour Centre in Sydney. Nicole, along with 11 other students from schools throughout the Western Region, spent the majority of the day rehearsing and practicing before performing to a full house at 7.00pm that evening. It was a huge day and the children performed exceptionally well even though they were all exhausted. The Western Dance Ensemble performed earlier in the year at the Western Dance Festival and was selected to perform at the State event. The group also performed at the farewell for Education Director, Carole McDiarmid. Nicole is pictured, third from the right in the back row, with the other members of the Western Dance Ensemble and the dance coach/choreographer.



## CANTEEN NEWS

**"The SNACK SHACK"** There will be no more fortnightly specials for this term. Specials will recommence in Term 4. If you have any suggestions for specials please see Chris or Robyn in the canteen.

## P&C MEETING REMINDER

The next general meeting of the P&C is scheduled for Tuesday 8th October commencing at 7.00pm at the Forbes Services Memorial Club. We will be finalising plans for the Tricks & Trivia Night fundraiser plus many other important issues. Please come along and bring a friend.

## NEWS FROM THE LIBRARY

Just a quick reminder that Friday the 13th September is Roald Dahl Day!

Miss Northam is looking forward to seeing lots of students visit the library to join in the fun – you may even be lucky enough to find one of the golden tickets that are hidden amongst the books!

More photos and information on the activities from the day will be in the next newsletter.

N.B. In the previous newsletter, a slight error was made in the information given about Roald Dahl. He was not an Australian author as previously stated, he was born in Wales and spent most of his life in England. He is however, considered to be one of the most beloved storytellers of our time and his work is enjoyed by many people all over the world. If you would like to learn more about Roald Dahl and his work, you can visit the official website [www.roalddahl.com](http://www.roalddahl.com). Miss Northam.

# Community Notices

## FORBES TOUCH ASSOCIATION

Reminder! All team nominations need to be submitted by Friday 20<sup>th</sup> September. Team registration forms are available from your school office and can be returned to the High School before the end of term. Check the last newsletter for more detail.

## CHILAX!

As part of Mental Health Month, Forbes Shire Council in conjunction with other local businesses and service providers, are conducting a CHILAX event on Wednesday 2<sup>nd</sup> October 2013 from 11.00am till 4.00pm at the Apex Park near the Aeroplane on the lake. There will be information stalls, photo booth, jumping castle, beer goggles, live music and entertainment, barbeque and many other activities. Everyone is welcome and for more information please phone Brooke on 68635113.

## LOVE FOOD HATE WASTE



As part of the Forbes Love Food Hate Waste activities, a special cooking demonstration by celebrity Masterchef Kate Bracks will be happening at the Forbes High School on Wednesday 18 September. There will be two sessions, 1pm and 6pm for this free event. Kate will demonstrate two dishes and give a presentation on cooking nutritious and delicious menus for families, while making the most of the ingredients and what's in season. This will help households to reduce the amount of food waste that is going in landfill, and to also help with households budgeting. To book your place, please call Rachel at Council on 6850 2327.

## MULTICULTURAL LUNCHEON

Forbes Shire Council will be hosting the next Multicultural Luncheon on Monday 16<sup>th</sup> September commencing at 12.00pm at the Forbes Youth and Community Centre, near the heated pool. The event will feature a Australian Cuisine Cooking demonstration, Bush Poetry and Whip Cracking performances. This is a shared luncheon and everyone is welcome to attend and invited to bring a small plate of food to share. For more information please phone Forbes Shire Council Community Liaison Officer, Anita Morrison, on 0405364512.

## WIRRINYA FAMILY PICNIC DAY

Sunday Sept 22. Starting at 10am at "The Shed" Wirrinya. Free Entry. Canteena dn BBQ operating all day. Bring your chairs and shade tent. Age races, Billy Boil, Tug-a-war, Gum Boot races, novelty events.

## CHARITY GOLF DAY

All proceeds go to Pamper the Parents. 22<sup>nd</sup> September. Forbes Golf Course, tee off 7am. Two person ambrose, \$25 per person, minimum 6 drives. All ages. For more info Pro Shop 68511554, Tony Ross 0417802418, Anita Morrison 0405364512, Janet Callaghan 0428386063.

## LADIES LUNCH – DESTINATION FORBES 2013

Special Guest Speaker Sarah Wilson. Friday 20<sup>th</sup> September 2013, 12PM. Forbes Golf & Sportsman's Hotel Function Room. Tickets can be purchased from Undercover Sleepwear. Tickets \$50. 2 course sugar free lunch. Enquiries Sarah 0419483745

## BINAAL BILLA

Binaal Billa invites the whole community for morning tea. 10am – 11 am on the 25<sup>th</sup> September, 18 Spring St. If you need a lift call 68501234 for a booking.

## FORBES LITTLE ATHLETICS

Forbes Little Athletics is preparing for the new season. Registrations for the 2013/2014 season will be taken on this Friday 13<sup>th</sup> and next Friday 20<sup>th</sup> of September between 4.00 & 6.00pm at Botanical Gardens Sporting Complex, College Road. In conjunction with registrations the committee are holding 'Come & Try Little Athletics' events whilst registrations are being taken. All previous athletes are encouraged to attend and bring a friend.

Registration fees are as follows:

Tiny Tots (3 – 5 years)-\$48

Under (6 – Under 17 years) - \$65

Family Levy - \$50 (fully refunded if parent roster duties are fulfilled)

A special early bird discount of \$5 per registration applies to all registration on or before 20<sup>th</sup> September. Any registrations after this date will be charged the full fee (no exceptions).

If you have not previously registered with Little A's you will need to bring along participants birth certificate or blue book for proof of age for registration. If you are unable to attend either of these registration days please feel free to contact our club Secretary Amanda Hurford on 0424 064 400.

The 2013/2014 Competition season will commence on Friday 11<sup>th</sup> October at the Botanical Gardens Sporting Complex from 5.45pm.

## IT'S PARTY TIME, KIDS, CARS, DRUGS AND ALCOHOL

Date: Tuesday 22 October 2013 Time: 7pm – 9pm  
Venue: Forbes Services Memorial Club

Information evening for parents, carers and community about looking after our youth and the pitfalls they are exposed to regarding drugs, drinking, driving and risky behaviours. RSVP for catering purposes Friday 18 October 2013 Maree Yapp 68523008 at Forbes SaCC  
Or Donna Picker 63691566 Lyndon CC Orange