

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 4 - Week 3

Friday October 24, 2014

PRINCIPAL'S REPORT

I would like to begin this report by reinforcing our Positive Behaviour for Learning (PBL) core values of being **respectful, responsible, honest and doing your best**. Over the past 8 years our PBL matrix has been developed by the school community to explicitly state the expected behaviours that we feel are appropriate and acceptable at Forbes HS. In particular I want to focus on being respectful across all school settings and identify examples of positive behaviours that characterise FHS students. These include: being polite to each other; wearing school uniform; treating others as you would like to be treated; interacting with others in appropriate manner; using technology in a positive way; valuing school and other's property and following instructions, to name a few. If students feel that they are not being treated in a respectful way I encourage them to follow the simple strategy of communicating their feelings to staff so that we can work together and be proactive in addressing the issues relating to the problem. Simply mimicking the behaviour or turning to aggressive language or actions is in no way an acceptable means to react to the issue.

Year 12 are currently sitting their HSC exams and I am sure that the whole school community is with me in wishing them all the best for this period and the post school pathways that they will encounter. I would like to thank Mrs Danielle Jones for her organisation of the graduation assembly last term as it was a wonderful opportunity to celebrate the achievements of our students with family, friends, staff and peers.

I would like to congratulate and welcome Megan Morrison, Cameron Herbert (Captains), Isabelle Cowhan and Will Dukes (Vice-Captains) to our 2015 leadership group. I wish them all the best as they use their skills and abilities to lead the student body and represent FHS within the wider Forbes community. I must also pass on my thanks to our graduating captains Sam Williams, Alexandra Coles, Jake Hemming and Carly Morrison for the committed effort that they brought to the role throughout this year.

Congratulations to Jarrod and Mitchell Andrews on their performances whilst representing NSW Combined High Schools at the state championships in Port Macquarie. The brothers were successful in winning a gold medal as members of the fours team as they defeated CHS C in the final. Mitchell was also a member of the triple's team who collected a bronze medal at the event.

On Tuesday 28th October we will be holding a year 11 parent information night in our school library beginning at 6.30-7.30pm. Year 11 final reports will be distributed and class teachers will be available to discuss student progress. There will also be a discussion surrounding the senior commitment document and the responsibilities of students as they enter their final year of schooling. The night is quite informal and aimed at creating an opportunity for two-way communication to assist your children so please come along and join us.



CALENDAR

October

30th – Drama
Connected Learning
31st – Wheelchair
Sport NSW
Roadshow

November

3rd – NAIDOC
Debating Finals
5th – School
NAIDOC
Celebrations
6th – Drama
Connected
Learning
8th – Year 12
Graduation Dinner
10th-11th – Year 10
Exams
11th – Support Unit
Information
Evening

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FHS-News

YEAR 12 GRADUATION ASSEMBLY



On Friday 19th September Forbes High School staff and students along with family and friends farewelled Year 12 2014 at the graduation assembly. Year 12 music students provided entertainment with some exceptional final performances as students at Forbes High School to the delight of all present.



The Major Award Winners for 2014 are:

Dux of Year 2014

Samuel Williams

Academic Excellence Awards

Brianna Cotterill & Jake Hemming

Caltex Best All Rounder Award

Samuel Williams

Carmel Hodges Memorial Humanitarian Award

Alexandra Coles

Blue & Gold Citizenship Award

Alexandra Coles

Citizenship Awards

Jake Hemming, Carly Morrison & Samuel Williams

Rueben F. Scarf Award

Jake Hemming

Vet Student of the Year

Jessica Cowan

100% Attendance Award

Jake Hemming



Year 12 presented the School with a new clock for the library and a digital camera to use at school events. The slide show prepared by Year 12 was a real crowd pleaser and showed how these bright students have changed throughout their six years at Forbes High.



SCHOOL LEADERS FOR 2015

The school leaders for 2015 were announced at the Year 12 Graduation Assembly and it is with great pleasure that Cameron Herbert and Megan Morrison were welcomed as School Captains and Will Dukes and Isabelle Cowhan appointed Vice Captains.



FHS - News

SHOW TEAM SUCCESS!

Forbes High Show Team Excels in Cattle and Sheep Shows
September was a busy month for the Forbes High Show Team with the All Schools Merino Wether Challenge in Dubbo and the Forbes Local Show. Both events required the students to prepare, present and lead Merino wethers and dairy cattle, as well as compete in junior judging.

Forbes High entered 2 teams of 3 wethers in the schools challenge at the Dubbo National Merino Sheep Show on the 6th August. The wethers were judged subjectively as a team of wethers, then shorn and judged on the quality of their wool and finally, fat and muscle scanned and judged on their carcass potential. The students prepared and presented the wether teams extremely well and finished 3rd in the carcass competition out of 26 teams.

The students then competed in wool and sheep judging. All students participated and represented the school extremely well but unfortunately did not make the finals.

Forbes High School would like to thank the Noakes Family for kindly donating the team of wethers as well as the Kirk family who have provided us with wethers over the past 3 years.

A special thank you also goes out to Jason Hoey of Advance Animal Nutrition who donated mineral supplements for the wethers' feed rations and Graincorp Pty Ltd for the donation of grain. Forbes High would find it extremely difficult to compete with the bigger budgeted schools without the generous support of local companies and graziers.

On the 4th and 5th of September Forbes High Show team attended the Forbes Show to compete in the Dairy section. Students helped to prepare and lead animals from a number of local exhibitors. All students also competed in the junior paraders section with Daniel Todd winning the U/15 section and Nathan Molloy winning the 16 and overs section. Sally Downie was also awarded the Lachlan Young Dairy Person of the Year for someone who has potential in the dairy industry.

All students need to be congratulated for their efforts and their positive and helpful attitude. They represented the school extremely well.

A big thank you needs to go to Rachel and Steven Eagles and all the other Dairy exhibitors for allowing the students to work with their stock.



ADVANCED  **ANIMAL**
NUTRITION PTY LTD

BOOK REVIEW:

The Boy in the Striped Pyjamas, by John Boyne, truly captures Nazi Germany from an innocent mind's perspective. It allows the reader to envision Nazi Germany in a simple form and gain an understanding of what it would have been like for a Nazi Officer's son. Although the story is told in third person, John Boyne has highlighted Bruno's innocent view of that period in time.

Bruno is the son of a Nazi Officer who is sent, along with his family, to manage one of Germany's famous concentration camps, Auschwitz. After moving, Bruno is forced to play with his sister Gretel and a young Jewish boy, Shmuel, becomes Bruno's closest friends.

Bruno dreams of becoming an explorer, like many nine year olds he has big dreams. On one of Bruno's adventures, he finds himself along the fence of Auschwitz. Bruno meets the young Jewish boy, Shmuel, who he strikes up an unlikely friendship with. Bruno and Shmuel share many similarities yet Bruno is very innocent and naïve and does not know a lot of what is happening throughout Nazi Germany, whereas Shmuel has experienced being taken away from his home and being separated from his family as well as living in a camp.

This is a novel which I have read and re-read many times and thoroughly enjoy each time. I believe that people of all ages will enjoy this book.

Maddi Quirk



SCHOOL SPORT

Fishing was a relaxing sport for students to participate in last term. The students caught a number of fish at various locations around the lake. Pictured is Baeden Isbester with a whopper of a carp he caught.



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.

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ENGLISH/DRAMA/LOTE & HISTORY NEWS:

A number of students recently participated in the International Competitions and Assessments for Schools (ICAS or commonly referred to as the UNSW competitions). These are independent skills-based assessments with a competition element. Lauren Wright, Codie Reid, Chelsea Turner, Georgia Woods, Stuart McLean all received Participation awards for Writing and / or English competitions. Chelsea also received a Merit Certificate in English, while Taz Harding and Daniel Stevenson both received Distinctions in English. Congratulations to you all, especially for having a go and trying your best.

THEATRE TALK

Forbes High School has been involved in a state first! It was one of two schools to be a part of the new Connected Performing Arts program delivered by the Department of Education. It connects students in regional and remote areas with expert teachers of the performing arts.

Angus Lamb, a senior Drama teacher from Wagga Wagga High School, will teach performance skills to year 10 students who have elected to study drama next year. Their first lesson saw some serious improvement in performance skills as they learnt about focus and tension and how integral they are to a performance. Pretty soon the 13 students will all be able to reduce us to tears, or tear our sides with laughter. Students spoke about how fun and educational the program was, and it puts them in good stead for their senior studies in drama.

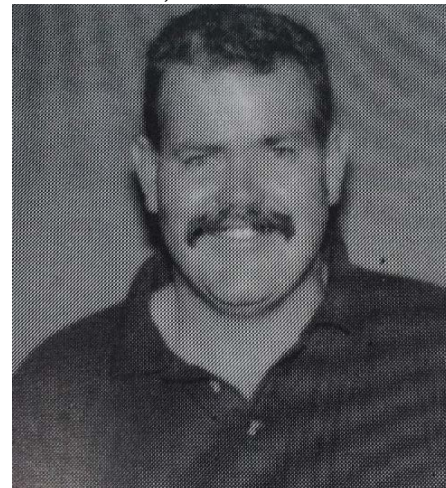


M.A.D.D NIGHT

Forbes High School is pleased to announce that it has secured an Australian celebrity to come to our inaugural M.A.D.D. Night (Music, Art, Dance, and Drama)! The performance night showcases skills of our students in the creative arts. **CELIA PAVEY** has agreed to come along and support the night. She will be available to pose for photographs and sign autographs before she performs a few of her hits! Save the date: 5th December (Friday night, week 9). Keep your eye on the next newsletter for more details!

STAFF PROFILE

Name: Mick Lewry
Place of Birth: Kyabram
Star Sign: Aquarius
Where you went to High School? Karingal High (not Wagga)
How many years teaching at FHS? A lot!
Number in current family? 3
What is the most important thing in your life? Me
What is your favourite past time? Insect collection
Best book or movie? Life of Brian
What is your favourite food? Asian
Best holiday destination? Ootha
Who is your idol? Mr Dwyer
What are three things you can't do without? Air, Water & Food



P&C NEWS

The next meeting of the Forbes High School P&C will be held on Tuesday 11th November at the Forbes Services Memorial Club commencing at 7.00pm. We will be discussing the Year 12 Graduation Dinner and 2014 Junior Dinner Dance. Everyone is welcome to attend and please bring a friend.

The P&C now have a Facebook page so please like us to stay up to date with meeting reminders and other important news.



JUNIOR DINNER DANCE
FRIDAY 14TH NOVEMBER
6.30 – 10.30PM
TICKETS \$20 - ON SALE NOW

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.

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HELP NEEDED

Parent help is still needed for two very important events being staged in this Term – The 2014 Year 12 Graduation Dinner on Saturday 8th November and the 2014 Junior Dinner Dance on Friday 14th November. If you have a student who will be attending either of these events it would be greatly appreciated if you could assist with setting up for the event, supervision and table service (Dinner Dance only) and packing up after the event has finished. Please contact Anita Morrison on 0405364512 for further information or to leave your details.

LEST WE FORGET

A Commemorative Ceremony in memory of Nathaniel Gallagher, a former Forbes High School student who was tragically killed while serving in Afghanistan, will be held on Saturday 8th November in the school grounds commencing at 2.30pm. Following the unveiling of a plaque in his honour guests will be invited to join together at the Forbes Services Memorial Club for refreshments.



50 YEARS OF SCHOOLING



2015 will mark the 50th Anniversary of the opening of Forbes High School in Wyndham Avenue. Originally Forbes High School was located in Browne Street where Forbes Public School is currently located and was moved to its new location in November 1965.

We are currently seeking past students and staff to assist with preparations for celebratory activities to be held in November 2015. Anyone who has useful information or would like to assist please contact Anita Morrison on 0405364512.

KOORI KORNER

Well it's been awhile since our last Koori Korner, so let's update you all on what's been happening these last months.

We would like to congratulate all our Year 12 students, Patrick Mayberry, Jake Hemming, Dezi-Lea Goodsall, Thomas Haynes, Emma Jones and Codie Smith for getting through Year 12 and wish them all the best for their HSC and for whatever the future holds for them.

WELL DONE and GOOD LUCK

Monica Pascoe and Nadika Vidler-McKeown have been successful in gaining a spot for the U@Uni Summer School Program being held at the University of Technology in Sydney. The girls will head down on the 12th to the 23rd January 2015. The program includes programs for High School students that aims to:

- ❖ Build aspirations for tertiary study
- ❖ Support academic attainment
- ❖ Widen participation in higher education

So, to both of our girls **Well Done**, have fun and hopefully come back with a head full of information.

AECG Annual General Meeting will be held on the 27th October 2014 at the Catholic Education Office at 11.30 am, so come along to find out what's been happening at your kids schools.

Our NAIDOC Day will be held on Wednesday 5th of November at the town pool. The students get the opportunity to participate in some traditional Aboriginal games run by the Girri Girri Students, as well as trying some of our traditional meats that will be cooked on the BBQ. The rest of the day will be up to the students they will be able to swim to their hearts content or just lounge around by the pool with their friends. Parents and caregivers are more than welcome to come along and enjoy a day at the pool. **Hope to see you there.**

The Homework Centre is still running on a Monday night from 3.15 to 4.45 for the juniors and 4.45 til 6.15 for the seniors. So, if your child needs that extra help with work, what a great way to get that. Just remember though if you would like your child to leave early then they must have a note from you saying that they have to leave early, also when your child arrives an SMS will be sent to you letting you know your child is there.

We are in the process of updating our PLP's (Personalised Learning Plans) for our students, so we will do our best to get in contact with parents to arrange an appointment. If we try but are unable to contact you, please feel free to ring the school to make an appointment. Our number is **6852 2666**. To make it easier for us to do this we would like to encourage parents to let us know if their personal contacts have changed so that we can update our information here at the school.

BroSpeak is still happening here at school, Barry and the boys are in the process of doing their own didgeridoos. They have had a visit from Lenny Frail who has been 30 years as a parole officer here in Forbes. Joe Peden from North Parkes will be coming to speak to the boys next week on Indigenous pathways to Traineeships in the mines.

The NAIDOC debating team head off to compete in the State NAIDOC debating competition in Sydney next month, so congratulations to the team and good luck! A big **THANK YOU** goes to Mr Swan for giving up his time to help the students to get as far as they have.

So that's what's been happening here at school, and until next time enjoy the beautiful weather and hopefully we will catch up soon.

Donna, Joy, Barry and Westy

FHS - News

WHAT'S COOKING

With the silly season fast approaching, the number of parties, BBQs and gatherings increase. Below are some simple canapé ideas that will surely please your friends and family. This recipe makes four of each canapé.

Canapés



Smoked salmon

4 rye toasts
2 Tablespoon cream cheese
50g smoked salmon
1 sprig dill

Caprese

1 slice white bread
1 Tablespoon butter
4 bocconcini
4 sun dried tomatoes
4 basil leaves

Ham

1 slice bread
1 Tablespoon butter
1 slice ham
20g camembert
2 strawberries

Method:

1. Preheat oven to 200°C.
2. Cut crusts off bread.
3. Melt butter and use a pastry brush to brush both sides of the bread. Cut bread into four (squares or triangles).
4. Bake in the oven for 5-10 minutes until golden. These will be used as the base of the Ham and Caprese canapés.
5. Arrange toppings for your canapés keeping in mind presentation and ease of eating.



INTER-SCHOOL SPORTS CHALLENGE

Wednesday 22nd October saw the inaugural inter-school challenge held between Forbes High School and Blayney High. Students from Year 7 through to Year 10 were able to compete in two divisions, Years 7/8 & Years 9/10, in Netball, Basketball, Touch and Cricket. Blayney was the overall winner on the day but all teams were very competitive and the end result came down to the wire.

Forbes High dominated the Boys Touch events with 7/8's & 9/10's winning over Blayney 13 -8 and 10/5 respectively. Blayney Girls Touch teams proved too strong for Forbes High winning both games in strongly contested games. Netball saw Blayney win the 9/10's game 39-37 and Forbes High victorious in the 7/8's 24-16. The end results for Basketball were also even with the 7/8's boys and girls both going down to Blayney – Boys 18-6 & Girls 27-12. The 9/10's dominated in this sport defeated the opposition convincingly – Boys 61-7 & Girls 43-0. With results even it was an anxious wait for the cricket results which were the deciding factor. Unfortunately Blayney were the eventual winners with success after the completion of the match. A sausage sizzle was provided for everyone and the visiting teams were amazed by the variety offered by the school canteen and sales were up for the day. The event was enjoyed by all participants and all players displayed great sportsmanship. Thanks is extended to the organising teachers and also to all of the people who assisted with refereeing, umpiring and scoring. Based on the success of the day this tradition is sure to continue in the future.



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COMMUNITY NEWS

AECG MEETING REMINDER

The next meeting of the Aboriginal Education Consultative Group will be held on Monday 27th October commencing at 11.30am at Catholic Education Office, Johnson Street, Forbes. The Annual General Meeting will be followed by a general meeting.

FORBES NEIGHBOURHOOD WATCH

Forbes Neighbourhood Watch is a community organisation whose main goal is to enable safer and vibrant communities through the negotiation and exchange of information and by promoting crime prevention, quality of life and social inclusion. Neighbourhood Watch achieves its mission and vision by upholding the following values:

- Leadership
- Integrity
- Support
- Inclusiveness
- Professionalism
- Accountability

Forbes Neighbourhood Watch meet on the first Monday of each month at the Forbes Services Memorial Club commencing at 7.30pm with the next meeting scheduled for Monday 3rd November.

FORBES AMATEUR SWIMMING CLUB

Registrations for membership of Forbes Amateur Swimming Club are now open.

Time Trials start Thu 30 Oct.

For further information please see

<http://forbes.swimming.org.au/> or email swimforbes@westserv.net.au

VOLUTEERS NEEDED!

The Forbes Primary Ethos Coordinator is currently seeking Volunteers to train and teach these classes on a Wednesday at Forbes North Public School.

Ethics has evolved over many years as Australia has become a diverse culture with many religious beliefs. Primary Ethics classes enables students who do not attend scripture classes an opportunity to do something educational and interesting during this time which equates to over 30 hours a year.

Forbes North Public School is the first school this side of the Blue Mountains to host this great program with more schools to roll out the program next year.



Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?

For more Information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:

Phone: 1800 023 982 **Email:** aus.hosting@afs.org

Website: www.afs.org.au/host



2015 LAUNCH

**Sunday October 26
5pm @ Forbes Town Hall**
Entry by gold coin donation

featuring
Organ Recital by Richard Morgan
Theatre Sports Games
'A Moment in Time' short play by Melody Ruhmund
Performances by local musicians
& much more.



Experience The Magic Of Hosting



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In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my respects to Toon's parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn't have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

Request student profiles now to find out more!

www.wep.org.au **1300 884 733** info@wep.org.au