

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 3 - Week 9

Friday September 12, 2014

NEW PRINCIPAL FOR FORBES HIGH SCHOOL

Following the recent retirement of Forbes High School Principal, Mr David Harris, it is with great pleasure that we announce the appointment of Mr Charles Dwyer into the vacant position.

The Department of Education and Communities undertook a comprehensive recruitment process with the outcome being the unanimous support by the selection panel for Mr Dwyer's appointment to the position. Charles was selected on merit from a field of highly qualified applicants and will officially take up his post from the beginning of Term 4.

The panel has every confidence in Mr Dwyer's leadership ability. He has extensive school leadership experience with strong interest and experience in change management, educational leadership and curriculum innovation, compliance marketing, governance and finance. His experience will be critical in establishing the school's ethos of delivering excellence and innovation in education, and opportunity and success to its students.

Charles joined the Forbes High School family in 2008 as a highly effective educator and developed his leadership skills through professional learning and holding numerous executive positions. In 2012 Charles was appointed as Deputy Principal and has been Acting Principal on several occasions and for varying lengths of time since accepting this role.

Charles, along with wife Lara and two children, Annabelle and Leo, have a strong community focus and involve themselves in many community organisations and sporting groups. They enjoy and recognise the benefits of living in the Forbes community.

Staff and students would like to thank Mr David Harris for the leadership and friendship he has shown during his time at Forbes High School and wish David and his wife, Annette, every happiness in their retirement.

Charles has a passion for public education and the education of young people and strives to improve outcomes for all stakeholders and build a stronger community. The position of Principal carries with it a huge responsibility and workload. Forbes High School would appreciate your support to help Charles achieve the vision he has for our school and students. We look forward to an exciting future with new possibilities under his leadership.

PRINCIPAL'S REPORT

I would like to begin this newsletter by thanking the members of the Forbes High School and wider community for their support and well wishes on the announcement of my position as principal. It is with great excitement and enthusiasm that I accept this position and look forward to working with wonderful students, a committed staff, supportive parents and active community partners. I see the role as an opportunity to have a long term positive impact on student achievement and to actively work with our primary school partners to offer a quality educational pathway from K-12 for our community.

On Friday 19th September we will farewell our current year 12 students at their Graduation assembly. This will be held in our hall from 10am, family and friends are invited to celebrate the achievements and join us for morning tea at the conclusion of formalities. We will also be announcing the students who will form our 2015 leadership group as school captains. I would also like to wish students the very best in their HSC exams and encourage them to implement the advice given in their reports to ensure that they perform to the best of their ability.

Once again the achievements of our students were showcased through our display at the annual show and thanks must go to Anita Morrison and Rex Barton for designing the site. The wide variety of samples demonstrated the broad curriculum options available and the many opportunities for success that our students are exposed to. I would also like to congratulate our students who performed well in the judging of the art, cooking, show jumping and livestock categories and to our musical performers who entertained the public throughout the day.

Finally I would like to thank Ms Edwards for the wonderful job she has done fulfilling the role of Deputy Principal throughout term 3. As we move into term 4 Ms Pizarro will take over the role. The substantive position will be filled through merit selection next term with the successful applicant taking up the role at the beginning of 2015



CALENDAR

September

15th – Stage 4

Debating

16th – Support Unit

League Tag at

Wellington

19th – Year 12

Graduation

Assembly

CALENDAR

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SHOW SUCCESS!

Four year 8 students participated in Baking for the Forbes Show. Josh Forrester, Tiffany Etrich, Claire Maslin and Maggie Wallace cooked scones and damper to enter into the Junior bread section.

All four students did a brilliant job with their baking and demonstrated skills beyond their years. Tiffany's scones were selected as the best with Josh receiving second place. Tiffany also made the best damper, to which Claire was runner-up. Due to two winning entries, Tiffany was awarded champion exhibitor for the section.

Courtney Sinclair, Gabrielle Alley, Alesha Horton, Claire Maslin, Joshua Forester and Maggie Wallace all made an entry into the schools decorated birthday cake section for the show. With the helpful assistance of Leanne Alley each student presented impressive cakes in this section. A big thank you goes to Leanne who donated her time and use of her decorating equipment and supplies to assist each student.

Once again the students of Forbes High School showcased their amazing range of talents in their Visual Arts entries to this year's Forbes show. They were rewarded with a truly outstanding number of prizes for their efforts and only goes to show that their teachers aren't the only ones who think they are fabulous. Congratulations to all entrants for having the courage to participate and support this wonderful cultural celebration.

Successful entries were: Year 8 1st Mixed Media Drawing – Daniel Mewitt, 2nd Mixed Media Drawing – Latonya Mailes. Year 9 & 10 1st U/18 Portrait Photography – Jessy-Lea Byrnes, 2nd U/18 Landscape Photography – Jessy-Lea Byrnes, 1st Mixed Media Drawing – Megan Messenger, 2nd Mixed Media Drawing – Jessy-Lea Byrnes, Highly Commended Mixed Media Drawing – Grace Quirk, 2nd Junior Drawing U/15 – Emily Godden, Highly Commended U/15 Drawing – Oliver Carlisle, Highly Commended U/15 Drawing – Tim Dukes, 1st Junior Ceramics – Paige Ellison. Year 11 1st U/18 Drawing – Elana Sidoretti, Encouragement Award U/18 Fine Arts – Tara Drew, 1st U/18 Painting – Rebecca Roach. Finally, the Grand Slam was also taken out by Jessy-Lea Byrnes when she won overall Champion Junior Photographer. Rex Barton also took out a 1st & a 2nd place in the open photography sections.

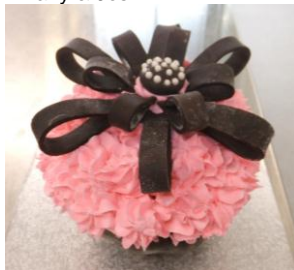
Congratulations to all entrants for having the courage to participate and support this wonderful cultural celebration.



Courtney, Claire, Alesha, Gabrielle, Tiffany & Josh



Maggie & Leanne

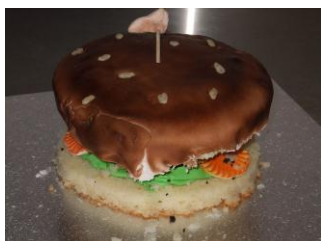


Once again the High School produced a fantastic Commercial Display which showcased the talents of students and staff. The baby chickens were very popular with young and old who stopped to admire our stand. Thank you to all of the staff who manned the stand for the two days and advocated the benefits of Forbes High School.



THEATRE TALK

The Year 12 Drama students, Elly Cheney and Alex Coles, recently completed their external HSC Drama performance. They were completely unfazed by the addition of a third marker, who eventually revealed himself as the Head of Drama examinations in NSW. The students performed well and huge congratulations must go to Year 11 students Bronte Haynes for performing with the students, and to Cameron Herbert for filling the role of Stagehand. The year 9 and 10 students who made up the audience were gobsmacked by the content and quality of the performances. They will hopefully have the opportunity to follow in Elly and Alex's footsteps as they study Drama in 2015 and beyond.



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WOMEN'S BASKETBALL 2014

Forbes High School was represented in the 2014 Forbes Women's Basketball Competition this year by a group of enthusiastic students who made the finals but were narrowly defeated in a very close game against Morrisons. The girls began the season as novices but improved every week and were very competitive in the final rounds against some very experienced teams. The Forbes Women's Basketball Committee were pleased to have Forbes High School enter a team in this year's competition and look forward to this continuing in the future. The 2014 team is pictured below.

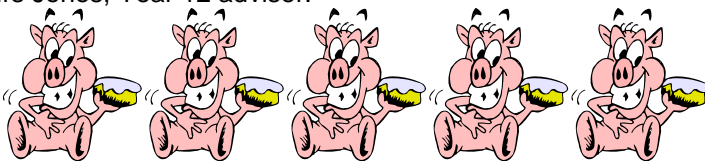


Back L- R: Megan Morrison, Melanie Cowhan, Jessica Pascoe & Isabelle Cowhan.

Front L – R: Raine Peirce, Carly Morrison, Nicole Morrison & Monica Pascoe

YEAR 12 FUNDRAISING PIE DRIVE

As part of year 12 fundraising efforts, a pie drive was conducted, which was successful in raising just over \$600. This money will go towards purchasing year 12's gift to the school. Thanks so much to those that ordered pies and to Mrs Hollstein and the Year 12 Food Technology class for sorting the orders. Mrs Jones, Year 12 adviser.



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.

RED CROSS BAKE SALE

On Friday the 29th August ten of our Year 12 students volunteered their services to assist the Forbes Red Cross with their annual Bake Sale. The students prepared sandwiches, cut cakes and slices then packaged the goodies up ready for deliveries to local businesses who support this fundraising exercise. Businesses pre ordered their morning tea which looked delicious and the students enjoyed sampling some of the leftovers after filling all of the orders. The Red Cross ladies were very impressed with the help and commented how quickly they finished this year in comparison to previous years.



Jess Cowan, Elly Cheney, Jake Hemming, Sam Williams, Nick Greenhalgh, Alex Coles, Amelia Callaghan, Paige Godden, Carly Morrison & Brianna Cotterill hard at work .

RECENT HATCHINGS

The Science and Agriculture department will be hatching eggs over the next term with chicks for sale for \$5 unsexed. If students are going to be purchasing the chickens they need to collect a permission slip from the Science staff room and get it signed before the chicks go home.

We can also incubate eggs for a price of \$35 per set of eggs and if more than 35 chicks hatch then \$1 per chick on top of the \$35.

If you have any questions speak to Isabel Cassilles or Damian Byrne.



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SCIENCE & ENGINEERING FINALS

On August 26th, 28 Year 10 students and two Year 9 students travelled to the University of Newcastle to compete in the Science and Engineering Super Challenge. The Super Challenge is the NSW Finals of the event. To make it to the finals the students had competed in the Mid-Lachlan Challenge and won convincingly for the second year in a row.

During the finals the students competed in groups of three or four in a variety of challenges including earthquake towers, catapults, hover craft, doll chairs and bridge making. We were commended on our students' team work skills and inclusivity.

At various times during score updates we were coming 4th, 2nd and finally 5th with a structural crack in our bridge letting us down in the final challenge. In all there were three heats in the finals. We competed in the first heat and have yet to find out our overall placing.

I would like to commend all the students for their exemplary behaviour at all times and their sportsmanship. They should also be congratulated on their placing against much larger State and Private Schools.

Thank you to our generous sponsors: Forbes Rotary Club, Forbes Motor Show, Forbes Small Winemakers and Forbes High School Parents & Citizen's Association. Your support made the trip possible which was enjoyed by everyone.

Toni Edwards and Joe Doyle



Flight – Georgia Woods, Abbey Howell, Dominique Stewart & Sarah Simmonds



String Ways – Maddison Collits, Patrick Turner & Stuart McLean



Who Gets the Water? – Stephanie Greenhalgh, Samantha Clifton, Nicole Morrison & Sophie Fuge



Catapult – Danielle Jenkins, Oliver Carlisle, Jordan Brett & Emily Godden

HELP NEEDED

Parent help is needed for two very important events being staged in Term 4 – 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.

CHALLENGES!



Bridge Making – Lucy Blatch, Monica Pascoe & Nadika Vidler-McKeown



Doll Chair – Matthew Toole, Tom Williams, Matthew Molloy & Reece Davie



Earthquake Tower – Sally Downie, Morgan Penman, Madeline Dukes & Erin Turner



Hover Frenzy – Quintin Hapgood, Mitchell Ashcroft, Tony Li & Taylor Hague

P&C NEWS

The next meeting of the Forbes High School P&C will be held on Tuesday 14th October 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.

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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DANCE TROUPE SUCCESS

On Friday the 29th August, students from Forbes High School's Junior and Senior dance troupes headed off to Orange Function Centre to showcase and compete against other high schools. Both troupes competed in Section 170 of the Open 7-12 High Schools. Orange High School, Henry Lawson High and Canobolas Rural Technology also competed in the section. The Senior dance troupe did a fantastic performance and came 2nd overall. The team comprising of Eliza, Natasha, Emily, Sarah, Danielle, Abbey, Georgia, Stephanie and Samantha have worked very hard over the last 2.5 terms and the judges' commented on the girl's stylish costumes and up-to-date choreography.

The Junior dance troupe comprising of Tai, Nicole, Savannah, Paige, Jodi, Angelica, Jade, Casey, Cassandra, Jessica, Isobelle, Ellie and Jessie (Grace Q absent) received Highly Commended for their fantastic performance. Mrs Bass recently started the new dance with the students and the judge's loved the student's outfits and their choreography.

Both troupes did exceptionally well for their first time in Orange. It is a bitter sweet moment for the Senior Dance Troupe as two of their members, Natasha and Eliza, will be finishing the high school journey in just under a week. I would like to thank the girls for all their help in choreographing and helping me organise the Eisteddfod. I would like to thank Mrs Jones for driving the bus and helping out on the day as well in replacement of Mrs Bass.



Junior Dance Troupe



Senior Dance Troupe

MOCK CAR CRASH

Thursday 4th Sep..... The mood in the bus on the way over to the Mock Car Crash could only be described as one crackling with anticipation. Upon arrival our 47, Yr 10 students were joined by a further 400 hundred plus from Schools both public and private from all over the region. The Parkes PCYC hosted the function and accommodated this huge crowd easily.

Melanie Sutor the Parkes/Forbes Road Safety Officer opened the show by pointing out that it would not have been possible without the huge community support of a multitude of organisations who had donated time and money to make the program possible. They had contributed to it, to save the lives of our communities, young drivers and even if the program saves one life, all the effort will have been worthwhile. The students were challenged by very realistic makeup, believable scenarios, down to earth dialogue and a real response team in action. The police, ambulance and SES were the real thing. The students saw the aftermath of a party, the sequence of poor decisions made by each person in the vehicle, the crash and the disorientation of all involved. The injured in the car went through the trauma of contacting emergency services and making mistakes with directions. They barely managed to save one friend and because of their slow response failed to save the life of another. The ramifications of the crash really hit home when the students were exposed to the friends families and victims some 6 months later. At this point the driver was in gaol, one passenger was paralysed for life and another brain damaged. The final appeal from the mother of the deceased boy was highly emotive and sent the message straight into everyone's heart. Suffice to say, the return bus ride to Parkes was very quiet by comparison to the trip over. One student made a comment in front of a group of all his mates "I go for my licence really soon Miss and this has really made me think". Maybe it was his life or one of his mates that was just saved. A huge thankyou to Melanie Sutor and all those who put this on for our youth...it is an amazing initiative.

For those who missed this opportunity and would like to at least see what went on they can catch the video on the following ABC website. It is a very graphic video and can be upsetting to some viewers so caution must be taken and consideration given to those who wish to watch. <https://www.abc.net.au/local/videos/2013/08/14/382516>.



JUNIOR DINNER DANCE
FRIDAY 14TH NOVEMBER
6.30 – 10.30PM
TICKETS \$20 - ON SALE TERM 4

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COMMUNITY NEWS

AECG MEETING REMINDER

The next meeting of the Aboriginal Education Consultative Group will be held on Monday 13th October commencing at 11.30am at Catholic Education Office, Johnson Street, Forbes.



WIRRINYA
FAMILY PICNIC DAY
Sunday, September 21
First Sunday of school holidays
Age Races (Starting @ 10:30am)
Wirrinya Cup
Billy Boil
Tug-a-war
Novelty Events
50/50 Raffle
FREE ENTRY
Starting 10am at "The Shed" Wirrinya
BBQ and Canteen Facilities available
Bring chairs and shade, tents
DIRECTIONS: From Forbes head out the West Wyalong Road, turn left onto the Wirrinya Road after the service station. Go over railway line at Garema, turn right. Follow the road. At Wirrinya turn right after the white Church.

FORBES LITTLE ATHLETICS

Registrations for Forbes Little Athletics are on Friday the 12th and 19th of September at the Botanical Gardens. 5-7 pm both nights.
\$50, 3-5yrs tiny tots, \$65 6-17 yrs.
Great family fun on a Friday night.
Season starts Friday 10th of October at 5.45pm.

WESTERN DISTRICT LADIES GOLF ASSOCIATION

22nd-24th September @ Forbes Golf Club
2 DAY GOLF COACHING CAMP &
9 Hole 2 Person Ambrose Junior Tournament
FOR JUNIOR GIRLS AND BOYS
9YRS-18YRS
Rego Forms @ Forbes Pro Shop
Contact: Anthony Gordon
agordon@agribusinessplus.com.au
or MB: 0458561156

HOCKEY COACHING CLINIC

Forbes Hockey Inc is holding Junior coaching sessions and fun days for under 16's in the school holidays. Monday 29th and Tuesday 30th September at the Forbes Golf Club on the old croquet court. 9.30-12.00 each day. \$5 per child each day. Please bring drink, sunscreen and morning tea. To book and obtain registration forms please phone Melissa Dukes on 0417 801 091. Children do not have to be a member of Forbes hockey so bring your friends and family.



FREE
School Holiday Fun
at the **DISH**
DATES AND ACTIVITIES
School Holiday Science Workshops at The Dish
DNA DETECTIVES • Monday 29th September
- create your own DNA samples from fruit
ROCKET LAUNCH • Wednesday 1st October
- launch water rockets and shoot for the Moon
MARBLE RUN • Friday 3rd October
- challenge yourself to break the marble run records
Visit our web site for more information:
www.csiro.au/parkes
CONTACT US
t 02 6861 1777
f 02 6861 1770
e parkes-vd@csiro.au
Time : 10:00 am (4 hour sessions)
Ages : 7 - 14
Bookings Essential
20 kms North of Parkes along the Newell Highway



50
Years at Siding Spring Observatory
★ ★ ★
StarFest
3rd-5th October 2014
Science in the Pub
Friday 3 October
An evening of banter with ABC science broadcaster, Robyn Williams. The panel will comprise internationally acclaimed astronomers Dr Amanda Bauer, Dr Charley Lineweaver, Prof Joss Bland-Hawthorn and Prof Fred Watson.
Open Day Siding Spring
Saturday 4 October
Take a look at the operations of Australia's largest optical telescope site. There'll be music, food and refreshments, science exhibitions, cake stalls, talks from ANU and AAO astronomers, and science activities and astronomy talks for children.
Milroy Cocktail Party
Saturday 4 October
Cocktails under the stars at Milroy Observatory with special guest Astronomers Prof Brian Schmidt, Prof Fred Watson and Dr David Malin. Star gazing and talks about the history of the 40".
Bok Lecture
Sunday 5 October
Enjoy Q&A with Australia's own NASA Astronaut, Andy Thomas. Andy will describe what it's really like to live and work in space.
For more details, go to: www.starfest.org.au or www.facebook.com/starfestsidingSpring

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PREPARING FOR EXAMS

What should I revise?

- Make a list of all the topics you have covered that might come up in the exam.
- Reduce the list down to those you intend to revise.
- When reducing the list, consider any topics which you have spent a lot of time studying or that your teacher emphasises, your own interests and what you are good at.

Making a revision Plan

- Work out how much time you have to revise before the exams. Make sure you factor in days off from any revision. Use this time to relax and play sport and other social activities. If you work constantly, your brain will become overstressed. Similarly, make sure you take regular breaks on the days you are revising to allow your brain to refresh itself.
- Now you need to decide how much time you need to give each subject. Allocate more time for your weaker subjects. Break down these harder subjects into smaller bits. Give yourself rewards such as a game of footy, some TV time or another favourite activity as you achieve each revision goal.
- Make sure your revision plan is flexible. It is unlikely that you will be able to stick to it exactly. Keep some time with no specific revision planned so that you can catch up on missed topics.
- Leave sometime between revising and going to bed so that your head hasn't got lots of facts and figures rolling around it making it impossible to relax and go to sleep. Spend some time after revising doing something that you enjoy and you find relaxing.

How Do I Revise?

- You should now know what you are going to revise. Make sure you have it broken down into small, manageable chunks with rewards in between each chunk.
- Put all thoughts of failure out of your head, focus on the process of studying rather than the end result of the exam. (ie. passing or failing)
- Remind yourself that you are studying to better yourself, not anyone else.
- If you find it easier to work with a friend or in a group, make arrangements to do so. You can then test each other as you go.
- Highlight or colour code key facts and figures when revising.
- Make cue cards to revise from that are easily accessible to whip out for a quick look. Keep notes very brief, don't overcrowd the cards.
- Mind maps are a good way to summarise notes. If available, look at past exam papers and work through them by yourself. This will give you an idea of the style of the exam and will help you identify where you may need help.
- Make posters of key words and facts to stick up around your bedroom where you will regularly catch sight of them.
- Test yourself and get your friends to test you wherever possible.

In the Exam.



- Make sure you have had a good nights sleep before the exam.
- Eat a good breakfast (or lunch) before the exam to make sure you aren't drowsy. Drink water to stay hydrated.
- During the exam, read the entire question paper through once. Highlight any key words or instructions. Do not panic if you feel you can't answer any of the questions.
- Now read it through again, marking those questions that you have a choice to do that you feel you could answer best.
- Answer questions in the order from the easiest to the most difficult so that you can build up confidence.
- Make sure you attempt all the questions you are required to answer. Particularly with multiple choice questions-have a guess if you don't know the answer as you have a one in four or five chance of getting it right. Never tick off two answers in a multiple choice question-you must make a choice.
- ALWAYS plan any answers that require an extended response (such as an essay, a discussion, exposition etc) Don't be put off by students around you who might be scribbling away, writing off the top of their head. They will not have their ideas organised. Remember it is not how much you write but the quality of what you write.
- Nobody expects you to do more than the best you can. If you have prepared yourself adequately you will get through the exam. If you have a shocker where nothing you have worked on turns up-it isn't the end of the world. Put it out of your mind and focus on the next exam.
- Ask for help if you need it. Go back to your teacher and ask for help with topics you are having difficulty with. Check your answers to past papers with your teacher.
- Use all the resources you have at school to help you- Home work Centre, Senior Study, lunch time help in the Library and your class teachers.

Good Luck!

