

Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 4 - Week 3

Friday October 23, 2015

PRINCIPAL'S REPORT

In preparation for this edition of the Forbes High newsletter I took the opportunity to reflect on previous information that I have communicated over the past three years. As a result I want to again share with you information relating to our school and our commitment to Positive Behaviour for Learning (PBL). Our four core PBL values relate to 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 High. In particular I want to focus on being respectful across all school settings and identify examples of positive behaviours that characterise Forbes High students. These include: being polite to each other; wearing school uniform; treating others as you would like to be treated; interacting with others in an 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.

It gives me great pleasure to introduce our school leadership group for 2016 to the community. I congratulate Emily Godden and Oliver Carlisle on being elected School Captains and Samantha Clifton and Mathew Molloy on their election as Vice Captains. As a school we have been fortunate to have had strong student leaders in the past and I have every confidence that our incoming leaders will uphold this tradition and bring their own personal style and skillset to the role.

We have officially launched our Forbes High Facebook page and we have received extensive positive feedback and engagement through this form of social media. Our aim is to involve parents/carers and the wider community in the day to day activities of the school and communicate with all in real time and at a wider level. Thanks to Mr Swan and Mrs Morrison for driving this initiative.

Year 12 are currently completing their HSC examinations. As a school community we wish them all the best for this period and the post school pathways that they will encounter. I would like to thank Mr Brown for his 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.

Our 50th Anniversary celebrations of our current Wyndham Avenue location are fast approaching. I would encourage former students, staff and community members to join us for the cocktail party on Saturday 14th November at the Forbes Inn. Tickets are \$50 and available to buy online at www.trybooking.com/HPUH or www.trybooking.com/133699. If you have any questions relating to ticket information and bookings please phone Anita Morrison on 0405 364 515.

I will be taking leave through weeks 4 and 5. During this time Mr Nottingham will be relieving as Principal, Mr West relieving as Deputy Principal and Ms McConnell as Head Teacher Secondary Studies.



October

**30 – Calf Marking
Excursion**

31 – Kalarie River Arts Festival

November

2 – NAIDOC

Debating Finals

5 – Love Bites

6 – HSC exams finish

6 – Blayney Inter School Sports Day

**9 – Granparents
Day Morning Tea**

12 – Love Bites

14 – 50 Years

Celebration

Cocktail Party

15 – 50 Years

School Tour

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FHS-News

YEAR 12 GRADUATION ASSEMBLY

On Friday 18th September Forbes High School farewelled their current Year 12 Students at the Graduation Assembly.



Staff, students, family and friends joined together to congratulate these young adults on their achievements and wish them luck for the next stage in their lives. Year 12 Music students gave a final performance that captivated and entertained their audience.



The Major Award winners were recognised for their achievements and contributions at Forbes High School:

- Blue and Gold Citizenship Award – Cameron Herbert
- Citizenship Awards – Megan Morrison and Melanie Cowhan
- Reuben F Scarf – Megan Morrison
- Carmel Hodges Humanitarian Award – Cameron Herbert
- Vocational Education & Training Student of the Year – Isac Stewart
- Outstanding Academic Award – Daniel Stevenson
- Principals Award – Brittany Morrison
- Dux of Year 12 – Merrin Isbester



The School Captains, Megan Morrison and Cameron Herbert gave stirring speeches summarising thirteen years of schooling and reflecting on friendships and experiences during this time. After the announcement of the 2016 School Captains and Vice Captains the outgoing school leaders congratulated and presented them with their badges before being farewelled with a standing ovation and guard of honour formed by Year 11 students and teachers.



FHS - News

LAMB MARKING EXCURSION

On Tuesday 20th October Primary Industries students went to Peter Wallace's farm at Bedgerabong to mark lambs.

All students passed every competency test and worked fantastically as a team. All students did themselves and their school great credit with their work ethic and respectful manner towards Peter and his livestock.

Great job all round!



P&C NEWS

The next monthly P&C meeting will be held on Tuesday 10th November at the Forbes Services Memorial Club commencing at 7.00pm. Everyone is welcome to attend and please bring a friend.

STUDENT PROFILE

Name: Erin Turner

School: Forbes High School

Year: 11

Age & Birthday: 17 – 25th July

Do you have any nicknames? Ezza

Do you have any brothers or sisters? Yes – two sisters (Danielle & Katie)

What is your favourite past time? Horse Riding

Do you play any sports? What? Show jumping and Dressage

What is your favourite food? Chocolate

What do you want to do when you grow up?

Become a vet or paramedic

Who is your idol? Cameron Herbert

What are three things you can't do without?

Books, Cameron Herbert & Horses.



SCHOOL SUPPLIES FOR SALE

The following items can be purchased from the school office at very affordable prices.

- Sport Shirts \$30.00
- Beanies \$10.00
- Art Books \$8.00
- Calculators \$25.00
- Tin Whistle \$10.00

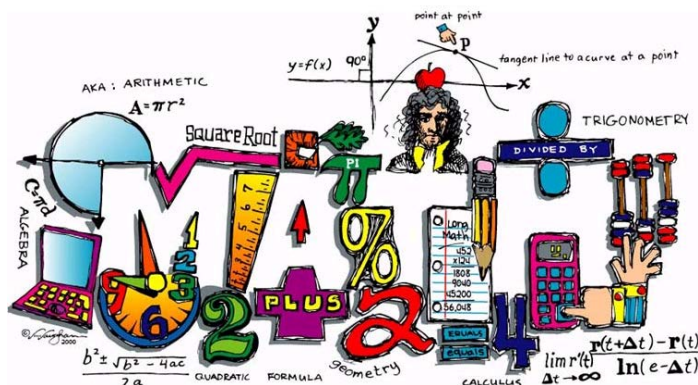


Thank you

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

MONTHLY MATHEMATICS ACHIEVERS



YEAR 7



Matthew Beard



Georgia Palazzi



Taylah Mackinnon

YEAR 8



John Azzi



Jade Carpenter



Henry Earney

YEAR 9



Tailha Cobb



Montana Palazzi

YEAR 10



Tiarna Huggard



Baedon Isbester



Ryan Taylor

ART ATTACK

Forbes High School students achieved excellent results in the art section at the Forbes Show this year. Students entered more than 65 pieces of work in the School section as well as the Open section and received the following results.

Year 11 – Emily Godden 1st Prize – Painting & Jacob Beard Commended – Drawing.

Year 10 – Maddison Cowan 1st – Drawing, Paige Ellison 1st – Painting, Isabelle Herbert 2nd – Drawing & Highly Commended – Painting, Tiara Ramsay Commended – Drawing, Galen Ryan Commended – Drawing, Gabrielle Cotterill Highly Commended – Drawing, Elysse Girot-Serplet Encouragement Award – Drawing and Brooke Howarth 2nd – Drawing.

Year 9 – Jayden Smart Highly Commended – Drawing and LaTonya-Jane Mailes 1st – Drawing.

Year 8 – Toby Hurford Encouragement Award – Drawing and Jessica Bamford 2nd – Drawing.

Year 7 – Savannah Gilchrist Highly Commended – Painting, Kirah Lee Beaumont Highly Commended – Painting, John Darcy 2nd – Painting, Kaitlin Turner 1st – Drawing, Isaac Sutton 1st – Painting and Emily Thom Highly Commended - Drawing



MATHEMATICS IN ART

Students in 8MA3 are investigating the best ratios to mix primary colours to make secondary colours.

They are experimenting to find the combination that produces the “most appealing” secondary colours of purple, green and orange.

Students are using ratios from mathematics to work out the combinations.



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

AECG MEETING DATES

The Forbes Aboriginal Education Consultative Group meet once a term. Meetings commence at 11.30am. Below is a list of the 2015 meeting dates:

Monday 7th December
Mezzanine

STAFF PROFILE

Name: Jacqui Mitton

Place of Birth: Forbes

Star Sign: Don't have one

Where you went to High School?

Forbes High School

How many years working at FHS?

Almost 2 years

Number in current family? 5

What is the most important thing in your life? My family

What is your favourite past time?

Gardening

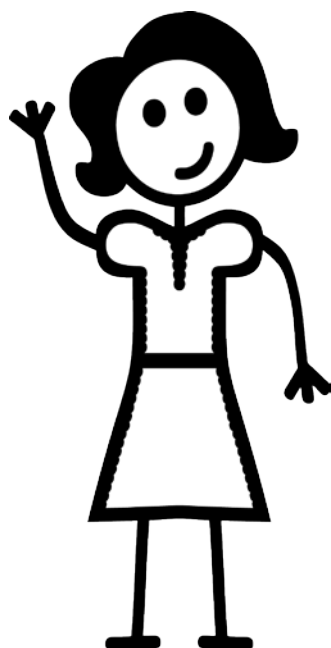
Best book or movie? The Forgotten Garden

What is your favourite food? All food

Best holiday destination? The coast

Who is your idol? Don't really have one.

What are three things you can't do without? My licence, my friends and my family.



SCHOOL UNIFORM CLOTHING POOL

If you have any FHS uniforms sitting at home unneeded can you please donate them to the FHS clothing pool.

DRAMA NEWS

Stage 5 Drama students have been learning about Ancient Greek Theatre and have created their own masks. The Greek masks were either tragic or comedic and had to be exaggerated so that people in the back rows of the amphitheatre could see the actors masks.



The official Forbes High School Facebook has been launched. The page will enable the school to become more connected with students and their families and keep them up to date with school news and events.

Follow the link below to the page and "Like Us" so you can keep up to date with what is happening at the school.

<https://www.facebook.com/Forbes-High-School-660389217421634/>

SPRING IS IN THE AIR!

Year 8 Agriculture students have been enjoying harvesting radishes, spinach and carrots from their gardens as well as planting watermelons and pumpkins. The warmer weather has brought rapid growth of both vegetables and weeds which has kept the students busy.



FHS - News

LOCAL SHOW SUCCESS

The Forbes High Show Team had a busy time through term 3 with our sheep teams dominating the Bedgerabong and Dubbo shows.

Forbes and Eugowra Shows also were held at the end of term 3 with the show team competing in the beef and dairy sections at Forbes show. Our bull was judged 1st in his class and the dairy heifers also placed well, receiving 1st, 2nd and 3rd in the kids and calves section. The students prepared and lead the animals very well. They all then competed in judging and parading competitions in dairy, sheep, wool and grain sections.

Eugowra show was held on the 18th of September and the Show Team attended with our bull and 2 heifers kindly supplied by Lachlandale Limousin stud. The competition was extremely strong with 1 of our heifers receiving a 3rd place. The students competed in numerous judging and parading competitions with Jessie Alcorn performing well in parading and Judging events, and Morgan Penman placing in the Cattle judging.

This term we are sourcing steers for the Canberra Steer Show in Term 1 next year. The students will be busy breaking and training 3 new animals in preparation for the show.

Mr Byrne and Mrs Eagles were again impressed with the student's behaviour and developing skills at the shows. They have been outstanding examples of the values expected at Forbes High School.



grand
parents day

Morning Tea – Open Day
Monday 9th November 2015
Forbes High School Hall
10.00am

Phone: 0405 364 512 for more information

FINAL WORDS FROM YOUR CAPTAIN

Name: Cameron Herbert

School: Forbes High School

Year: 12 - until I sign out

Age & Birthday: 17 – 14th November

Do you have any nicknames? Cam

Do you have any brothers or sisters? Yes – one brother (Nicholas), one sister (Isabelle) & one step brother Josh

What is your favourite past time? Spending time with my friends

Do you play any sports? What? Soccer, football, netball and swimming

What is your favourite food? Spagetti

What do you want to do when you grow up?

Primary School Teacher

Who is your idol? Erin Turner & Adam LZ

What are three things you can't do without?

Internet, Social Life & Oxygen



Office of the
Children's
Guardian
www.kidsguardian.nsw.gov.au

The Office of the Children's Guardian was established under the [Children and Young Persons \(Care and Protection\) Act 1998](#) to promote the interests and rights of children and young people living in out-of-home care. It is an independent statutory authority that works to improve the protection of children in NSW by helping organisations, employers and individuals understand the meaning, importance and benefits of being child-safe.

As a parent or carer you play an important role making sure your kids are spending time in places that are safe. The "Is it A Safe Place For Our Kids" guide will help you look out for 'Child Safe' places.

The guide is available from the Office of the Children's Guardian website.

Use the following link to access this information.

<http://www.kidsguardian.nsw.gov.au/publications-and-resources/fact-sheets>

FHS - News

COMMUNITY NEWS



VOLUNTEER AWARD – YOUTH & OPEN

Sport and Recreation are again holding the **Central West Winter Sport Volunteer Award**. It's the end of the winter sporting season, but its not too late to recognise the efforts of the outstanding volunteers who keep sport going in our communities. The Award has separate categories for both open and youth (25years and under) to recognise the importance of all aged volunteers in grassroot sports.

In 150 words or less tell us how your volunteer is worthy of being nominated. All nominees will receive a certificate, with the winner and runner up being awarded \$250 & \$100 (respectively) to spend on approved sports development programs. It's a great way to say thank you to a coach, committee member, official or manager. It's a simple process that wont take long, but will make the nominee feel valued as a volunteer.

Nominations can be made online via the Sport and Recreation website sportandrecreation.nsw.gov.au/volunteeraward or call 6362 6623.

Nominations close Friday 6th November 2015.

Forbes Aboriginal Cancer Network Community Gathering

Wednesday 11th November
(Second Wednesday of each month)

11.00am – 1.00pm

Church in the Schoolyard
Johnson Street, Forbes



Information sharing, educational activities and local and visiting health service providers.

FREE Healthy Lunch

Enquiries: Dee (Yoorana Gunya) – 6850 1222

Shelley(Forbes Medical Centre) – 6851 1300

Cindy (Forbes Community Health) – 6850 2233



Children's Rights are Human Rights

Celebrating the 25th anniversary since Australia signed the United Nations Convention on the Rights of the Child.

Friday 23 October 2015- Spectacular Screenings Movie Night presents "The Book of Life". At the Forbes Youth & Community Centre. Cost: Adults \$3 Children FREE, Doors open at 7pm, movie to commence at 7:30pm.

Monday 26-Friday 30 October 2015- Children's Week Talent Quest at participating schools

Wednesday 28 October 2015- FREE Children's Fun Day 0-5yrs, Forbes Youth & Community Centre 10am-12pm. Loads of fun activities to do.

For further information on any of the activities please contact Natalie Walker 02 68502300 or nataliew@forbes.nsw.gov.au or Maree Yapp 02 6852 3008 or maree.yapp@det.nsw.edu.au



Forbes SaCC
Forbes Shire Community Centre



WEP Student Exchange Learn and Discover the World!

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in NSW, QLD and VIC. Applications for short and long-term programs commencing from November 2015 onward are open now. Students can choose from over 25 countries to live with a volunteer WEP host family and attend an overseas high school for a summer, semester or year. To request program information for your family, visit www.wep.org.au, email info@wep.org.au or call 1300 884 733.

Jemalong Residential Village Fete

Sunday

1 November

10am to 1pm

240 Edward St



FHS - News

skillset.
workforce
YOUR FUTURE OUR FOCUS

SAFER DRIVER COURSE FOR YOUNG DRIVERS

Preparing you for your **P** s

Become a safer driver and earn 20 hours of bonus log book credit by enrolling in a Safer Drivers Course.

14th November 2015

Time: 9am – 12pm

Where: Cooke Park Community Hall, Parkes

Cost: \$140.00 for 20 log book hours

To Book: Call Skillset

Ph: 63301400 or email cevens@skillset.com.au

Should I limit all technology?

"Moderation, moderation" is the name of the parenting game. I have two parenting analogies for moderation parenting. If you have ever attended a kindergarten or first-grade birthday party, you will be able to observe the candy obsession. There is always one child who devours the cake, the ice cream, and the candy. Often this is a child who is not allowed sweets or treats at home, but placed in a social setting where parents can't interfere, the child jumps straight into the chocolate cake. Jump forward 12 years, to the teenager who has to sneak out in the middle of the night and the college freshman who is drunk the entire year. Often these young adults will head to extreme behaviour because they felt that their parents were too strict. They didn't learn how to manage food, alcohol, or partying when they were at home. You can sniff these kids out in the digital world as well. They run to the forbidden iPad or video game. They are obsessed with deceiving their parents. The take-home message is that kids need to learn how to manage and live with technology, which means they need access.

What types of rules should I have?

* Keep technology out of the bedroom as much as possible.

* Don't let your kids sleep with technology.

* Teach your children to ask permission to use technology.

* Limit weekday technology (this will vary from family to family).

* Download/buy games and apps yourself, don't let your children do so.

* Oversee YouTube.

* Keep family computers in as public a space as possible.

* Tell your children to report inappropriate games/sites/social networks to you.

* Don't permit technology use during meals.

* Designate screen-free times for the entire family.

* Make technology a privilege, not a right. Developmentally, your kids are able to follow rules but are much more likely to abide by and internalise rules that they fully understand. I recommend calling a family meeting and asking all family members to contribute a rule to the list. This meeting can be a forum for explaining the rationale of all rules agreed on. Don't forget to make rules for yourself too and ask your kids to help enforce them.

**Pieter Rossouw
Presents**

THE ADOLESCENT BRAIN WORKSHOP

**A two day training workshop for Counsellors,
Social Workers, Psychologists, Educators and
Special Education Teachers.**

Date: 12th & 13th November 2015

Time: 9am to 5pm

Morning tea, lunch & afternoon tea provided.

**Centacare Bathurst
107 William Street
Bathurst NSW 2795**

Phone: 6331 8944 for further information.