

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 6

Friday November 13, 2015

PRINCIPAL'S REPORT

On Saturday 14th November I had the pleasure of attending the 50th anniversary celebrations of Forbes High School at the current Wyndham Avenue site. The evening proved to be a wonderful opportunity for former students, staff and parents to reminisce, share memories and reflect on old times and new. We were entertained by one of our former students, Brianna Cotterill, and I would like to thank her from taking time out from her studies at Wollongong University to join us. I would like to thank the P&C for their organisation and special thanks must be afforded to Anita Morrison for her tireless work in making the celebrations come to fruition. A large number of attendees also visited the school on Sunday to take a tour. Thank you to the staff and SRC students who guided the groups around on the day.

As we move into the second half of term 4 Year 11 students have officially begun their HSC studies whilst students in years 7-10 are completing their final weeks and assessments for semester two. As a result information is being gathered by teachers to complete comprehensive reports that provide an indication of students' strengths and areas for improvement. Reports will be distributed on Friday 11th December which coincides with our Presentation Assembly. Our assembly will begin at 10am in the hall and I invite all family and friends of Forbes High School to attend and celebrate the achievements of our students.

Year 12 will participate in their final official school function on Friday 20th November when their graduation dinner is held at the Forbes Sportsman's Hotel. The night will be an opportunity for our students to celebrate with their family, friends and teachers and to reflect on their time at Forbes High School. I would like to thank Mr Brown for leading the organisation of the event and for his ongoing support of the students as year advisor throughout their high school years.

Once again Forbes HS will lead the way in raising community awareness around domestic violence with the organisation of and participation in the White Ribbon Day march. At 10.00am on Wednesday 25th November students and teachers will be joined by community members in marching from Cross Street to Victoria Park. The community will then participate in activities aimed at raising awareness around supporting victims of domestic violence and they will be entertained with musical items from our students. I would like to invite all family and friends of Forbes High School to join us on the day.



CALENDAR

November

14/15 – 50 Years Celebrations

16 – School Spectacular rehearsal

20 – Year 12 Graduation

22/23 – NAIDOC Debating State Final

24/29 – Schools Spectacular

25 – White Ribbon Day march

December

1 – Learner Driver workshop

2 – Year 6 Orientation

4 – MADD Night

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FHS-News

JUNIOR DINNER DANCE

The 2015 Junior Dinner Dance was held on Friday 30th October. Everyone looked sensational and enjoyed a delicious meal provided by Peter Ashcroft and music with DJ Dukey!



COOKING UP A STORM!

Mrs Coote's Year 7 Food Technology class completed their muffin practical assessment. Students designed their own muffin recipe and prepared their own creations in a practical test environment. Some of the interesting flavours included: Caramel and Vegemite, Carrot, White Chocolate & Coconut, Raspberry with a Coconut, Honey & Cinnamon Crumble to name a few.



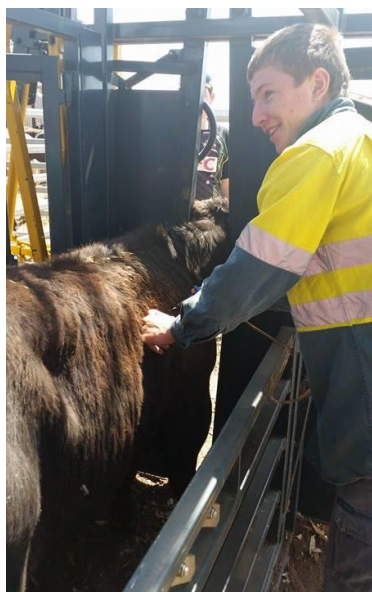
Year 7 Textiles whipped up delicious pancakes that were restaurant quality.



FHS - News

CALF MARKING EXCURSION

Students studying Agriculture gained valuable knowledge and experience during the recent calf marking excursion.



P&C NEWS

The next monthly P&C meeting will be held on Tuesday 8th December at the Forbes Services Memorial Club commencing at 6.30pm. Please note the earlier time as this will be our end of year meeting which will be followed by our Christmas dinner in the club Bistro. Everyone is welcome to attend and please bring a friend.

PING PONG CHAMPIONS

Year 9 have been battling it out in PDHPE!



STUDENT PROFILE

Name: Nicole Morrison

School: Forbes High School

Year: 11

Age & Birthday: 17 – 19th August

Do you have any nicknames? Nikki

Do you have any brothers or sisters? Yes – two sisters (Darcie & Carly)

What is your favourite past time? Hanging with Core!

Do you play any sports? What? Basketball, netball, touch and dancing

What is your favourite food? Chocolate

What do you want to do when you grow up? Nursing

Who is your idol? My mum

What are three things you can't do without? Oxygen, food and water



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

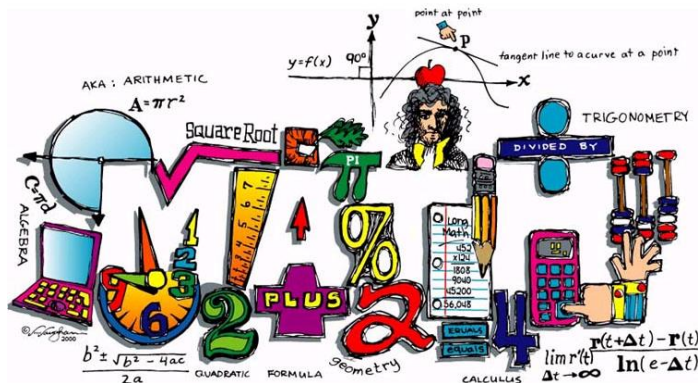


Thank you

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 - OCTOBER



YEAR 7



Amy Gallagher



Kyle Goodall



Ebony O'Malley

YEAR 8



Emma Casey



Georgia Green



Hannah Stewart

YEAR 9



Melissa Taylor



Regan Acret

YEAR 10



Ruth Shipway



Norma Lambe



Daniel Ashcroft

LEAGUE TAG

On Thursday the 22nd of October the girls League Tag team travelled to Grenfell. We arrived at school before 7:30 but as usual there is always one person who is late. This time it was the tallest player to be exact. Now I won't name, names but I'll give you a hint. Her name starts with T and rhymes with asha. Anyway we left at about 7:40. Everyone was pretty tired and Georgia was asleep before we even left the school. We got to Grenfell and met our arch rivals Red Bend, but sadly they weren't in our division so we didn't get to play them. We went and got changed into our singlets got pumped for our first game against Canobolas High, which they won 4-0. Throughout the day our awesome skills began to show especially against Henry Lawson which we drew 2-2. Elysse had a wild boot on for the day and on every 5th tackle she would kick. It was always too big and go dead. At one stage it ended up in the carpark, don't ask me how but it did. Both teachers threatened that she would run home. After our second game we had an hour break, had lunch and our co-coach, Elysse, took us through some drills. From the last minute coaching session we came up with two plays *Banana Cut Out* and *Shoelace*. She also took us through the basics. The coaching tips certainly paid off as we notched up a win in our third game against Tullamore Central winning 5-2. Our 4th game was pretty good, we played Parkes Christian School. We would like to thank Ms McConnell and Mr Bainbridge for all their help and support and thanks for taking us on the trip.

By Grace Martin and Emily Jack



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: Kimberley Jackson

Place of Birth: Parkes

Star Sign: Capricorn

Where you went to High School?

Red Bend Catholic College

How many years working at FHS?

This year

Number in current family? 3

What is the most important thing in your life? My son, Eli

What is your favourite past time?

Reading

Best book or movie? Junk by Melvin Burgess

What is your favourite food? Chocolate

Best holiday destination? The Gold Coast

Who is your idol? Jean Gray from X-Men

What are three things you can't do without? My phone, my insulin and my car.



SCHOOL UNIFORM CLOTHING POOL

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

NRL DREAM BELIEVE ACHIEVE

Barry Merritt and a group of boys were able to engage in the NRL Dream Believe Achieve video conference and got to speak to Nathan Merritt, who played for 13yrs in over 200 games in the NRL, about career aspirations and the challenges that young people face growing up trying to achieve their goals. The boys thoroughly enjoyed the experience and got a lot out of it.



MANDALA LINO PRINTS

Miss Ward's 8VAI class enjoyed working on their Mandala Lino prints last term and were happy to show off the finished products.



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/>

FHS - News

INDUSTRIAL TECHNOLOGY

Year 10 Industrial Technology timber class have been working hard to produce high quality bedside cabinets this semester. Baedon Isbester's strong work ethic and eye for detail has helped him produce a job that he can be proud of.



Not only does Baedon have a flair for woodwork he is an excellent fisherman – catching the first fish of the term at sport.



INTER-SCHOOL CHALLENGE

On Friday 6th October Blayney High School made the journey to Forbes High to defend the Ben Hall Shield which they won last year. Forbes High School staff and students would not be beaten again and were able to claim the sort after trophy convincingly with wins in basketball, netball and volleyball. Touch saw them win one and draw one which was not enough for Blayney to re-claim their title. Both schools played hard but fair and were commended for their sportsmanship and conduct throughout the day.



FHS - News

DANCING WITH THE STARS

Two of our staff members performed dance routines at the Forbes Dancing With The Stars fundraising event for Forbes CanAssist. Barry Merritt and Tim West did an amazing job with their partners Rachel Wythes and Kristy Hartwig. The event raised in excess of \$30,000 which will be used to assist local cancer patients with the costs associated with their treatment including travel, medication and accommodation. Well done guys you are legends and we are all very proud of you.



MADD NIGHT

A poster for MADD NIGHT. The word 'MADD' is in large white letters with colorful icons (a musical note, a paint palette, a person dancing, and a person holding a sign) integrated into the letters. Below it, 'ART' and 'Drama' are written in colorful, stylized fonts. 'NIGHT' is in large white letters. Below the title, it says 'Friday 4 December 2015' and 'At the Forbes High School Hall'. At the bottom, it lists 'TIME: Doors open at 5.30pm, for 6.00pm sharp start.', 'COST: Gold coin donation at the door.', and 'Proceeds going to the Forbes Women's Refuge. Snacks, tea and coffee will be available for purchase.' There is a small FHS logo in the bottom right corner.

TIME: Doors open at 5.30pm, for 6.00pm sharp start.
COST: Gold coin donation at the door.
Proceeds going to the Forbes Women's Refuge.
Snacks, tea and coffee will be available for purchase.



DEBUTANTE BALL

Forbes High students recently made their debut at the Forbes Golf and Sportsman's Hotel. They chose Relay for Life as the recipient of fundraising profits to support cancer research. The group raised more than \$1000 for their chosen charity which was a phenomenal effort. The girls looked stunning and their partners scrubbed up alright as well. The dance, taught by Rachel Wythes, was beautiful and the lift brought the house down. Congratulations and well done!



KALARIE RIVER ARTS

Many of our students performed at the Kalarie River Arts Festival. Our students were involved in drama performances, musical entertainment and dancing. It is great to see so many of our talented representing our school in community events.



FHS - News

COMMUNITY NEWS

FREE BABY & KIDS CLINIC

1st Thursday of the Month
10am – 1pm

No appointment necessary – drop in at Yoorana Gunya
For more information contact:
Yoorana Gunya on (02) 68501222

Forbes Aboriginal Cancer Network Community Gathering

Wednesday 9th December
(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.

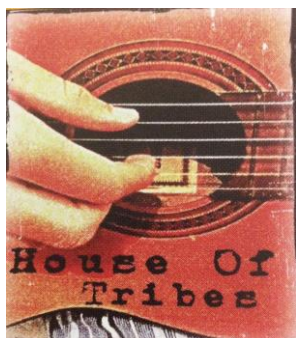
FREE Healthy Lunch

Enquiries: Dee (Yoorana Gunya) – 6850 1222

Shelley (Forbes Medical Centre) – 6851 1300

Cindy (Forbes Community Health) – 6850 2233

HOUSE OF TRIBES FIRST ALBUM – PAINT IT RED NOW ON SALE



CD'S \$20

AVAILABLE THROUGH HOUSE OF TRIBES
FACEBOOK PAGE, WEBSITE OR PHONE/TEXT
STUART 0459 903 399

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.



ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:

Forbes

Harold Street behind the Cenotaph in Victoria Park

Monday 30 November	9.40am – 2.50pm
Tuesday 1 December	9.40am – 2.50pm
Wednesday 2 December	9.40am – 2.50pm
Thursday 3 December	9.40am – 2.50pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate
Eat! Have a good sized breakfast or lunch
Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au

 Australian Red Cross
BLOOD SERVICE