

# Forbes High School Newsletter

Part of the Lachlan Valley Community of Schools



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Term 3 - Week 3

Friday July 31, 2015

## PRINCIPAL'S REPORT

A warm welcome back to Term 3 and as we enter week 3 we celebrate Education Week. This is a time to recognise the achievements of our students and the valuable efforts of our staff across the school community and Public education as a whole.

Throughout the week students will be participating in a range of activities that highlight their successes, skills and abilities. These activities include a Mock Trial at the Forbes Court House, 'Boys Night In' to raise awareness of domestic and family violence and student performances at both Forbes and Forbes North Primary schools. The latter will take place at 10am and 2pm respectively on Friday 31<sup>st</sup> July.

It was wonderful to see the support of family and friends in recognition of our student achievers at our Semester 1 assembly. The performances by our musicians were very entertaining and the involvement of our student representatives in the running of the assembly complemented the theme of the day and one of our Positive Behaviour for Learning values, 'doing your best'. It was also rewarding to welcome back Jessica Pascoe, Breanna Cotterill and Jake Hemming from our graduating class of 2014. These students along with Sam Williams were recognised for both their school based and external HSC performances and awarded with a scholarship from Barrick Gold Mines. The scholarship aims at supporting students in their tertiary studies and each shared in the \$15 000 award.

On Thursday 23<sup>rd</sup> July we celebrated our community NAIDOC Day. Unfortunately the weather was not kind to us, however, our revised program provided an appropriate setting for a range of activities that saw students and staff support and recognise our local Aboriginal community. Special mention must go to Paige Thomas, Tai Baxter and Warren Baxter who were awarded the Forbes Shire Council Junior NAIDOC Award by our Mayor, Counsellor Phyllis Miller.

Our year 12 students will be completing their Trial HSC examinations beginning in week 5. It is a critical time for them to apply themselves for one of their final significant school based assessments. The results that they earn will provide them with feedback on their progress and possible areas for improvement going forward toward their final exams. The HSC examinations will begin on Monday 12<sup>th</sup> October and managing time effectively in terms of study is of the upmost importance for students as this time nears for them to achieve to the best of their ability.

Within our 2015-17 School Plan we have identified the strategic direction of 'community engagement'. Through this we are seeking to develop effective forms of communication that engages the school community, develops awareness of positive school experiences and promotes a two-way process. One of the strategies we are implementing is to create our own Facebook page and we will be launching this in the very near future. We are aiming to celebrate the day to day achievements and activities that our students are involved in. For this to be successful we need updated permissions for all students before we can post photographs on our page. If you have not yet returned the updated permission to publish form please use the following link to submit your response electronically <http://goo.gl/forms/T3m6pCc9nA> or alternatively, paper copies are available from the school office or easily accessed from the school website (click on Students/Forms/Permission to Publish).

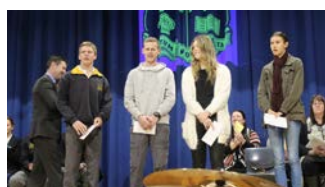


## CALENDAR

**July**  
28<sup>th</sup> – 31<sup>st</sup>  
Education Week  
31<sup>st</sup> – School on  
Tour  
31<sup>st</sup> – Western P&C  
Forum  
**August**  
10<sup>th</sup> – HSC Trials  
Commence

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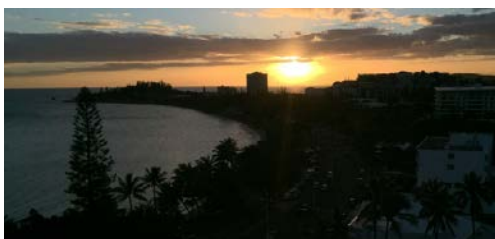


## NEW CALEDONIA CULTURAL IMMERSION EXCURSION

On June 26<sup>th</sup> an excited group of 24 Forbes High School students along with staff Emily Bass, Frank Ward and Anita Morrison departed Australia to spend 7 nights on the tropical Island of New Caledonia. New Caledonia is located 2½ hours flying time from Sydney and is a special collectivity of France, located in the southwest Pacific Ocean. New Caledonia is a French speaking nation with the capital city, Noumea. The excursion provided students with the opportunity to be immersed in the French culture and language, broaden their understanding of the French culture, and experience overseas travel in a safe environment.

The excursion included a variety of cultural immersion tours including a tchou tchou train tour around the island, a visit to the aquarium, French lessons from a native speaking French teacher and many sightseeing opportunities including a full day tour to Amédée Island to visit the world renowned Amédée lighthouse and see the many tricot rayé sea snakes lounging around the island. Students spent the day at Amédée soaking in the sun, snorkelling, paddle boarding and catching a glimpse of the green turtles from a glass bottom boat. They enjoyed a traditional buffet lunch and island performance. In addition to this the group visited Duck Island for some swimming as well as a guided tour of the Tjibau cultural centre to learn the interesting history of the Kanak people.

The excursion provided the students with many opportunities to practise their French and the locals were very impressed with the students' use of the language. The group enjoyed a night of French karaoke, a disco on the resort grounds and many fantastic meals with beautiful French dishes including deserts like crème brûlée and crème caramel. Forbes High School would like to thank everyone involved in the organisation of the excursion, the students and staff and the parents and carers for their support throughout the 12 month process and preparation.





# FHS - News

## BEDGERABONG PIG YOUTH SHOW

On the 11<sup>th</sup> of June Forbes High Show Team attended the 1<sup>st</sup> annual Pig Youth Show at Bedgerabong.

The students participated in tutorials around preparation, showing and judging of pigs as well as breeding and marketing of pigs.



All students represented the school well and had a great time, especially the washing and grooming sections. Our thanks go to the Bedgerabong PA & H Association for running the event.



## School Sports Shirts

Now \$30

Available from the School office.

New Stock Now Available

## P&C NEWS

The next monthly P&C meeting will be held on Tuesday 11<sup>th</sup> August at the Forbes Services Memorial Club commencing at 7.00pm. Everyone is welcome to attend and please bring a friend.

## STUDENT PROFILE

**Name:** Emily Godden

**School:** Forbes High School

**Year:** 11

**Age & Birthday:** 16 – 23<sup>rd</sup> November

**Do you have any nicknames?** Emmy G

**Do you have any brothers or sisters?** Yes – one sister Paige

**What is your favourite past time?** Drawing

**Do you play any sports? What?** Yes, Dancing

**What is your favourite food?** Satay Chicken

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

Archeology

**Who is your idol?** Estelle Lazer

**What are three things you can't do without?**

Dancing, Art & Reading



## SCHOOL UNIFORM CLOTHING POOL

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

## TOM KEMP SHIELD

At the end of Term 2 students competed in the Tom Kemp Shield Rugby League competition in an attempt to win back to back titles. The team played hard and displayed great sportsmanship but were unluckily beaten in the final and were runners up.



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

## TELL THEM FROM ME STUDENT FEEDBACK SURVEY

Our school, like many others in the state, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey this term. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

The survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 17<sup>th</sup> August and 28<sup>th</sup> August. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey has been sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 7<sup>th</sup> August. Copies of the form and FAQs are available from the website above.

**YEAR 12 VISUAL ARTS**  
**BOW State Lockup Date/Finalisation Task 4:**  
**Due: Monday 24<sup>th</sup> August**

## PBL LOGO REVAMP

Forbes High School is giving students the opportunity to revamp the PBL Logo for 2016. For your chance to win a \$50 Find It In Forbes Gift Card, either draw or digitally design a new PBL Logo. We are also introducing a new mascot for PBL events and you are invited include a mascot as well. Make sure you incorporate the PBL values of RESPECTFUL, HONEST, RESPONSIBLE and DOING YOUR BEST into your design.



## DRAMA NEWS

Welcome to Term 3 Drama! Term 2 finished on a high note and Term 3 is shaping up to be much the same! Term 2 saw 18 students travel to Sydney to the prestigious Belvoir Street Theatre to see a schools-only performance of *Mother Courage and her Children* by Bertolt Brecht. This was a valuable experience as this play is one of the four texts that students will study if they choose to study Drama in their HSC year. For many students it was their first experience seeing live theatre and it certainly made an impression with some students even shedding a tear at the rather tragic ending of the play.

The last week of Term 2 saw Mr Swan take part in a mentoring program at the State Drama Camp in Sydney. This camp takes the best of the best year 11 students and gives them the opportunity to take part in workshops led by industry professionals and network with other students who will be going through the HSC next year. Mr Swan got to observe these workshops and meet with other teachers. He returned in Term 3 with new resources, games, and teaching strategies and is hoping to nominate several students to attend the camp next year.

Term 3 will see Year 11 focusing on learning a variety of Theatrical Styles and Traditions and they will revisit the beloved Drama essay. Our stage 5 class is focusing on mime and movement. They will be athletic performers by the end of the term as they learn to balance, mime, and convey emotion through their bodies.

The Drama Ensemble is still running during sport. Students are getting an appreciation for the way physical theatre can create visually interesting performances. They are currently working on a performance that centres on the theme of bullying and anxiety. Watch this space!



## 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

## STAFF PROFILE

**Name:** Frances Hinchcliffe-Emmett

**Place of Birth:** Wollongong

**Star Sign:** Virgo

**Where you went to High School?**

*Holy Spirit College Bellambi*

**How many years working at FHS?**

*Nearly 1 Year*

**Number in current family?** 2

**What is the most important thing in your life?** *Family & Friends*

**What is your favourite past time?**

*Star Gazing*

**Best book or movie?** *Amelie*

**What is your favourite food?** *Chocolate*

**Best holiday destination?** *Latin*

*America*

**Who is your idol?** *My Mum*

**What are three things you can't do without?** *Family, Food & the Ocean*



# facebook

The official Forbes High School Facebook is ready to launch. 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. Due to Departmental policies it is necessary to update Permission to Publish information for students and staff. The Permission to Publish letter and note can be collected from the school office or is easily accessed via the school website ([www.forbes-h.schools.nsw.edu.au](http://www.forbes-h.schools.nsw.edu.au)), alternatively you can submit your response electronically by using the following link <http://goo.gl/forms/T3m6pCc9nA>. It would be greatly appreciated if this information could be updated as soon as possible allowing the page to be launched.

## WESTERN ATHLETICS TRIALS

On Friday 24<sup>th</sup> July our aspiring athletes, accompanied by Mr Doyle and Mr Bainbridge, travelled to Dubbo to compete in the Western Sports Association Athletics Trials. The new synthetic track and facilities at the grounds were amazing and the students enjoyed competing on the new surfaces. Everyone competed to the best of their ability and Tasha Shaw and Amy Gallagher both earned a spot in the Western Team to compete at the State competition in September for High Jump. Special thanks is extended to Mr Doyle for organising the day, Mr Bainbridge for his bus driving skills and Mrs Morrison and Mrs Hodges for volunteering on the day to run the track events.



## BRING YOUR OWN DEVICE

Next year our school will be implementing a Bring Your Own Device policy. "Bring your own device (BOYD) refers to technology models where students bring a personally owned device to school for the purpose of learning. A personally owned device is any technology device brought into the school and owned by a student (or student's family), staff or guests" (Alberta Education 2012). BYOD is a solution where students quite literally bring their own device to school in order to access the internet and/or school network by 3G or Wi-Fi, be it a smartphone, tablet, laptop or other device.

In order to best implement this within our school, we feel it is important to gather information from all involved. We ask that you, as parents, go to the link provided and complete the survey.

This data will then be used to formulate a policy suited to our school and community needs.

Your assistance is appreciated.

**Parents Survey –** <http://goo.gl/forms/ZMFvewfcTu>



## 50 YEARS IN THE BAKING - RECIPES WANTED

As part of the 50<sup>th</sup> Year Celebration, the P&C are professionally publishing a stylish cookbook. Please help us compile this wonderful cookbook by submitting your favourite family recipes.

It is simple to submit your recipes!

Go to [www.publishedauthors.com.au](http://www.publishedauthors.com.au) and submit your recipes using their quick and easy online template. If you do not have access to the internet drop your recipes into the school and it will be entered for you.

# FHS - News





# FHS - News



## Nationally Consistent Collection of Data

School Students with Disability

Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Notification to Parents and Carers

From 2015, all Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the educational needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education and Communities is provided in such a way that it cannot be used to identify any individual student or school.

General information about the national data collection can be found on the Australian Government Department of Education and Training website at <http://education.gov.au/fact-sheets-nationally-consistent-collection-data-school-students-disability>

Privacy Protection

The NSW Department of Education and Communities follows the requirements of the *Privacy and Personal Information Protection Act 1998* and the *Health Records and Information Privacy Act 2002*. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students' personal details will be kept confidential.

Under Clause 52 of the *Commonwealth Australian Education Regulation 2013*, data collected by the NSW Department of Education and Communities for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the *Commonwealth Privacy Act 1988* when handling any data provided by NSW Department of Education and Communities in connection with the national data collection. A privacy notice has been developed by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department's website at <http://education.gov.au/notices>

## COMMUNITY NEWS

### FREE BABY & KIDS CLINIC

1<sup>st</sup> Thursday of the Month

10am – 1pm

No appointment necessary – drop in at Yoorana Gunya

**For more information contact:**

**Yoorana Gunya on (02) 68501222**

### 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 24<sup>th</sup> August - Red Bend Catholic College**

**Monday 19<sup>th</sup> October - Catholic Education Office**

**Monday 7<sup>th</sup> December - Mezzanine**

### 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



### Forbes Aboriginal Cancer Network Community Gathering

Wednesday 12<sup>th</sup> August

(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

# FHS - News



Healthy people.  
Strong communities.

## Parents: two conversations you should have with your child before schoolies

<http://grogwatch.adf.org.au/2015/06/parents-three-conversations-you-should-have-with-your-child-before-schoolies/>

### Keeping it real

Most of us have gone away with friends more than a few times and know what it's like, but for your schoolie this is probably a pretty new experience. That means they may not have necessarily considered everything when they're planning their trip.

- Have they budgeted for food, and do they have a food plan? If so, is it realistic?
- Have you talked with them about alcohol consumption, and set clear expectations for them? Check out The Other Talk for more info on how to have this conversation in a way that isn't forced or awkward, and the sort of points you might want to get across.
- Sort out an emergency plan, so in case things do go wrong you can stay in contact
- Let them know that honesty's the best policy: that if things do go wrong, or they're feeling uncomfortable, they should get in touch — that you won't be mad, no matter how late they're calling or what they've done, but that it's important you're kept in the loop.
- In 2011, nearly one in three schoolies reported having sex, so consider having a chat about making sure they do so safely.

Remember to keep it friendly and light, so they don't feel they're being interrogated or condescended to. Most likely they've already worked all this out ahead of time with their friends anyway, but nine times out of ten, your questions will spark the realisation that they've missed something.

In case they're travelling further afield – overseas, for example – or you need more to feel at ease, have a think about these optional extras:

### Better safe than sorry

- Have they got ambulance cover? Each alcoholic drink consumed increased the potential for involvement in aggressive incidents by 8 per cent and alcohol related accidents and injuries by 5 per cent.
- Do they know basic first aid, or could they do with a refresher course? First aid skills are great to have at any time in life, but especially when you're going into an environment where minor injuries are relatively common.
- If they're travelling to a different country, have they registered their travel plans with smarttraveller, and do they know the laws of the land? Places like Singapore and Malaysia can have unfamiliar rules around the consumption of alcohol, for example.
- Check out some schoolie resource websites like schoolies.org.au, which can give you (and your schoolie!) a better idea of the sorts of things that go on, the types of behaviour you need to be aware of or avoid.

The most important thing is that you feel comfortable with them going away. Remember that there are lots of non-schoolies options for end of your celebrations, including volunteering abroad, and there are info sessions where you can find out more — celebration shouldn't and doesn't always mean getting wasted with your mates in a strange city, after all.

Remember too that you've got the final say, and that however you and your schoolie choose to celebrate their entrance to adulthood, there are very strong odds they'll come out of the experience with fresh memories of an incredible adventure.

In the comments on last week's post, Encounter Youth had some extra great tips:

- Remember the most important thing is to reassure your young person that you can be contacted no matter what the situation. You may want to discuss another person that they could contact eg. family friend or older sibling.
- Consider organising a routine time and communication method with your young person over the weekend. If the celebrations are taking place at night and into the early morning a call in the early afternoon may be appropriate.
- Discuss the options if your young person were to lose contact with their friends. You could suggest they organise a meeting point at the event, if someone were to lose contact with the group.

Readers can also visit the Schoolies Festival 2015 Facebook page for more of our tips throughout the year.