

Forbes High School Newsletter



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Term 4 - Week 6

Friday November 18, 2016

PRINCIPAL'S REPORT

In news hot of the press I had the pleasure of accompanying 48 of our students to a performance of *Aladdin* at the Capitol Theatre in Sydney on Wednesday 16 November. These students were some of the over 200 that were eligible to attend due to their ongoing positive behaviour through the school during terms 3 and 4. The students in attendance upheld our values of being respectful, responsible, honest and doing their best as we made the long trek to view such a wonderful performance. I would like to thank Mrs Slack-Smith, Ms Northam, Mr Doyle and Ms Haines for giving up their time to provide such a rewarding experience for our students. More information will be made available soon in regards to our final rewards excursion to *Wet and Wild*, later in the year.

Baedon Isbester attended a presentation in Dubbo on Wednesday 16th November to be awarded the Victor Chang Science Award. Baedon was nominated by our science teachers as he has demonstrated the highest achievement in scientific studies throughout the year. I congratulate Baedon on his committed approach to his studies and the recognition that he has achieved.

Year 12 will participate in their final official school function on Saturday 19th November when their graduation dinner is held at the Forbes Inn. 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 the team of Mrs Morrison, Mrs Bass, Mr Doyle and Mrs Hill for leading the organisation of the event and I look forward to enjoying the night.

As a result of our committed Parents & Citizens Association and staff we were again able to stage our Junior Dinner Dance for students in years 9 to 11. The night was a fantastic opportunity for our students to dress up, enjoy each other's company and dance the night away. Many thanks are afforded to the organisers and those who helped supervise on the night.

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. Information is currently 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 9th 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.

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 Friday 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 and family violence and they will be entertained with musical items from our students. I would like to invite all community members to join us on the day.



NOVEMBER 2016.

19- Yr. 12 Graduation

22- Ben Hall Cup

22- LEEP Science/
maths

24- LEEP Drama

25- White Ribbon Day
March

DECEMBER

1-MADD night

9- School Presentation

Inside.

Breaking the cycle	pg.2
Pop up shops	pg.2
Love Bites	pg.3
Mental Health month	pg.3
P&C raffle	pg.3
Student Profile	pg. 4
Staff Profile	pg. 4
Junior Dinner Dance	pg. 5
D.E.A.R	pg. 5
Wellness Group	pg.5
Show team	pg. 6
Food technology	pg. 6
School policy	pg. 7
DWTS	pg. 7
School policy	pg.8
Community News	pg.9
Community News	pg10



FHS-News

BREAKING THE CYCLE OF BAD HEALTH

Members of our Girri Girri sports academy participated in the 2016 "Tour Da Country" which is a campaign that aims to raise awareness about healthy lifestyle choices for Aboriginal people and promotes reconciliation. The riders cover over 700km from Wollongong to Walgett in just 7 days. It was very inspiring to hear the stories of all tour members and be able to participate and show our support on the day.



POP UP SHOPS COME TO FORBES HIGH SCHOOL!

Mr Browns Year 9/10 Commerce class has recently been studying small business. To help them with their knowledge and understanding of how to create a small business, they had to create a product and sell it in the classroom to fellow students and teachers. Over a period of two weeks the students have been preparing for their pop up shops. On Monday 31 October, the class had five minutes to create the shop before the first customers entered the classroom to sample the goods. The event was a huge success with all shops selling out of their products



SCHOOL UNIFORM CLOTHING POOL

If you have any unwanted school uniform articles please drop them into the schools administration office so that they can be added to the school clothing pool. If you require items please contact the school office to help assist you.


LOVE BITES

On Tuesday November 1, the Love Bites program was delivered to all Year 9 students as part of their PDHPE subject strand and to help support students in understanding about what a healthy relationship is. The program was delivered and supported by Forbes DV Committee and various community support services that included Binaal Billa, Forbes Community Health and Lachlan Area command

Students also participated in an art session to decorate hats to wear for the White Ribbon Day march on Friday November 25.



**JOIN US FOR OUR 4TH ANNUAL
FORBES WHITE RIBBON DAY
MARCH
FRIDAY 25TH NOVEMBER 2016**



**JOIN FORBES WHITE RIBBON DAY SPECIAL GUESTS
PETER GIBBS & NOVA PERIS**

& TAKE A STAND TO STOP VIOLENCE AGAINST WOMEN
FORBES COMMUNITY ARE INVITED TO STAND TOGETHER & MARCH
AGAINST DOMESTIC VIOLENCE

FOLLOWED BY A FREE SAUSAGE SIZZLE IN VICTORIA PARK
10am Cross St Forbes for a 10.30am start
FOR MORE INFO CALL: 6850 1234

RAISING AWARENESS ABOUT MENTAL HEALTH

Forbes High School Wellbeing team, along with Forbes Community Health and Centacare were just some of the organisations in our community helping to raise awareness about mental health by promoting Mental Health Month to our school community.

John Ilchef from Centacare attended, with Catherine Anderson from Forbes Community Health who provided a presentation about mental health at the school assembly. A BBQ arranged by Centacare Mental Health worker Natalie Barrett was also provided to students.



FHS P&C MAJOR RAFFLE

Forbes High School P&C have organised a fantastic raffle for the end of year to help raise funds for the school.

A 55" full HD LED LCD flat screen TV is the major prize. Tickets have gone home with students and are only \$2 each. They are also available at the front office. The raffle will be drawn on Friday 9 December at the presentation assembly.



Find us on:
facebook®

To keep up to date with all the news and activities happening at Forbes High School, like us on Facebook.

FHS - News

STUDENT PROFILE

Name: Elysse Girot- Serplett

School: Forbes High School

Year: 12

Age: 17

Star sign: Cancer

Do you have any nicknames? Ricky or Elsie

Do you have any brothers or sisters? 2 brothers

What is your favourite past time? Sports

Do you play any sports? Touch footy, league tag and rugby league

What is your favourite subject? P.E and Math

What is your favourite food? Nutella

What do you want to do when you leave school? Personal trainer

Who is your idol? Ricky Martin and Tasha Shaw

What are three things you can't do without? Family, friends and Ricky Martin



STAFF PROFILE

Name: Pieta Coote

Place of Birth: Sutherland

Star Sign: Sagittarius

Where you went to High School? West Wyalong High School

How many years working at FHS? 7

What is your role at the school?

Technology and Applied Studies Teacher

How many members in your family? 5

What is the most important thing in your life? My husband (he would say running)

What is your favourite past time? Camping and water skiing with family and friends

Best book or movie? Barkley Marathons Documentary - the race that eats its young

What is your favourite food? Chunky Kit Kat

Best holiday destination? Fraser Island

What are three things you can't do without? Family, a pair of sneakers and good food.



FORBES HIGH 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

FHS JUNIOR DINNER DANCE

Forbes P&C held their annual Junior Dinner Dance for students. The evening was a great way for students to celebrate their year at school and just have a fun evening with friends. Thank you to all the parents and staff who assisted with preparations and supervision on the evening.



DROP EVERYTHING AND READ! (D.E.A.R)

DEAR is a compulsory literacy program at Forbes High School, which takes place at the beginning of each day during roll call. This program provides staff and students with the opportunity to bring a fiction or non-fiction book, or appropriate magazine or comic of their choice and read for 15 minutes a day. Reading is an important skill Forbes High School aims to continue to develop and foster for our students through their high school years.

D.E.A.R

Teacher: Angela Bottaro- Porter

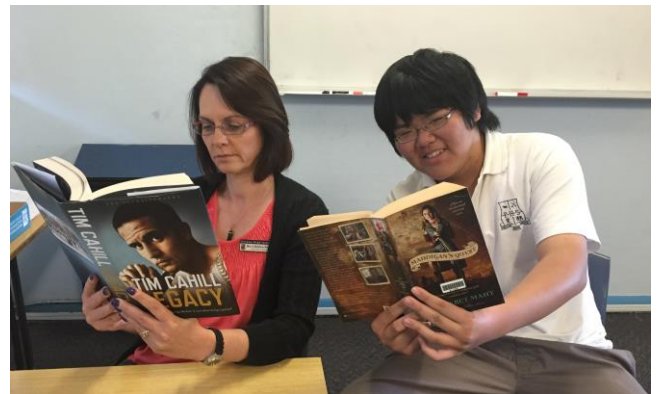
Book you are currently reading? Legacy

Author: Tim Cahill

Student: David Chu

Book you are currently reading? Maddigan's Quest

Author: Margaret Mahy



WELLNESS GROUP ROADTRIP!

Forbes High School Wellness group took to the road to deliver their new film about the LGBTI community to other students in Cowra, and Canowindra with support from NSW Family planning workers Darby and Mary and Forbes Shire Council Youth assistant Clarissa Stewart.



FHS - News

FOOD TECHNOLOGY

Year 9/10 Food Technology class had their Practical Assessment on cake decorating in the last week of October. There were some fantastic cakes created by our very talented Year 9/10 students.



VICTOR CHANG SCIENCE SCHOOL AWARDS

Congratulations to Baedon Isbester on receiving recognition in his achievements in science and being awarded the Victor Chang Science School Award. Baedon was presented his award from Professor Jamie Vandenberg from the Victor Chang Cardiac Research Institute at a special awards ceremony in Dubbo.



Thank you

Forbes High School would like to acknowledge the ongoing support of our student programs from Woolworths Supermarket and Evolution Mining Cowal. Without these partners many programs at Forbes High would not be able to run.

FHS SHOW TEAM SAY THANKYOU TO OUR COMMUNITY SUPPORTERS.

With success seen again at the Scone Beef bonanza, our show team would like to thank the following members of the Forbes Community for their ongoing support throughout the show season, and in particular for our new addition to the show circuit Scone Beef Bonanza. Our many successes would not have been possible without the support from Advanced Animal Nutrition for the donation of premix, Andrew Norton-Knight for picking up the steers feed, the Roundabout Bakery for the donation of bread and rolls, Woolworths Forbes and last but not least the breeders of the steers. We look forward to participating in next year's Scone Beef Bonanza.



FHS SHOW TEAM 100 CLUB FUNDRAISER

Tickets: \$5 each

Prize: A lamb cut up by Kenny's Baa Moo Oink Butchery

Drawn: Winners will be drawn at the End of Year Presentation Assembly on 9th December 2016.

Tickets are available from Mrs Eagles or Mr Byrne at the Science faculty.

All proceeds to go to the Forbes High School Show Team students as a fundraiser to subsidise costs for the Dubbo Wether Challenge, Scone Beef Bonanza and upcoming local shows.

FHS - News

SCHOOL POLICY INFORMATION

School Attendance

Under the Education legislation, as of January 2010 parents have a legal responsibility to ensure the regular school attendance of their children aged between 6 and 17 years.

Whole Day Absence from School

Students should attend school every day, unless:

- the child is too sick to leave the house;
- the child has an infectious disease;
- the child is incapacitated by injury which would prevent movement around the school;
- the child has to honour a religious commitment; or
- the child is accompanying the parent and no alternative arrangements can be made.

If your child is absent from school you can notify the school in one of the following ways:

1. A parent/guardian may phone the school on the morning of the absence to notify the school that the student will be absent and the reason for this e.g. sickness or leave.

2. A parent/guardian may send a signed and dated note to the school prior to or after the leave period.

If the school is not notified within one week the absence will be marked as "Unexplained". In cases where students are away from school for 3 or more days, the school can provide work for the student of appropriate nature. The reason for an absence must be legitimate (e.g. helping at home or going shopping are not acceptable reasons).

There is no legal obligation for students above the age of 17 to attend school. However, the attendance of non-compulsory students is essential for the award of the Higher School Certificate. Such students are expected to fulfil the same attendance requirements as students under 17 years of age.

Leave Passes

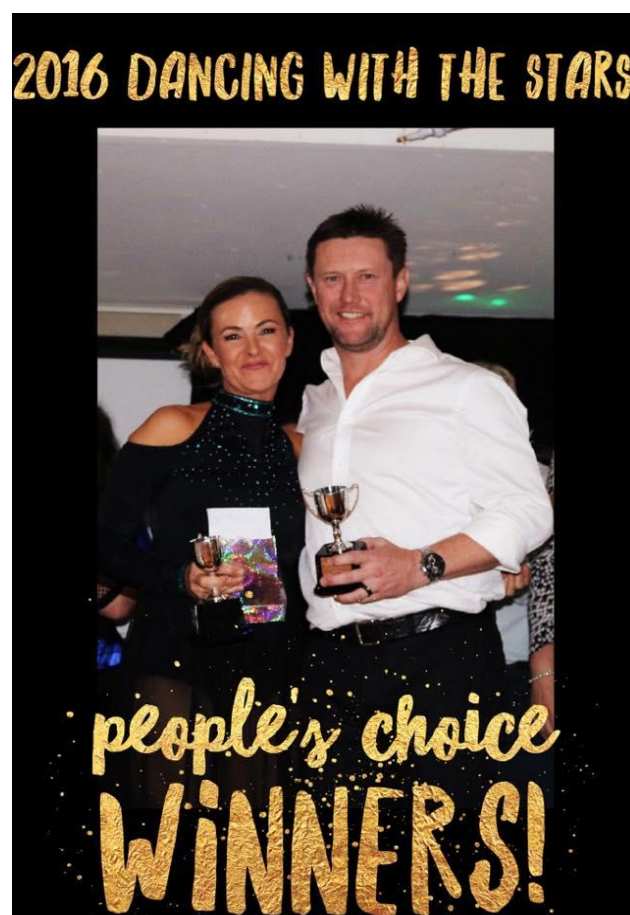
Students wishing to leave the school grounds during the day should apply for a Leave Pass from the Front Office during the day they wish to leave the school ground.

A note is required from the student's parent/carer to request a leave pass. The request to leave the school grounds is a request - the Deputy Principal reserves the right to deny the request.

Leave passes are monitored and no student is permitted to leave the school grounds without a school leave pass.

SCHOOL PRINCIPAL WINS PEOPLE CHOICE AWARD!

Congratulations to Nicole Bernardi and our very own principal Mr. Charles Dwyer whose Modern Ballet dance won the crowd's vote for dance of the evening at the 2016 Dancing with the Stars!



FHS - News

SCHOOL POLICY INFORMATION

Sport and physical activity

The Department of Education has a strict policy on physical activity within Public Schools. This policy is supported by the 'Sport and Physical Activity in Schools safe Conduct Guidelines'. Stated below is the policy statement relating to physical activity requirements offered by Forbes High School that students are required to perform.

Objectives - Policy statement

1.1: Student participation in planned physical activity includes time spent in physical education, sport and other structured physical activities.

1.2: Schools' Sport and Physical Activity programs are consistent with the *Sport and Physical Activity in Schools Safe Conduct Guidelines*.

1.3: School-developed procedures for the organisation and management of sport and physical activity reflect current local information and circumstances, are documented and communicated across the school community as appropriate.

1.4: Students in Years K-10 participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport. Schools are also encouraged to provide Year 11 and 12 students weekly access to a minimum of 150 minutes of moderate with some vigorous physical activity and sport.

Source:

https://www.det.nsw.edu.au/policies/student_serv/student_welfare/safe_sport/PD20020012.shtml

Forbes High School offers a wide variety of sporting opportunities on Wednesday afternoons. All students have the choice to select their desired sport for each term so participation is enjoyable and variety is available. As stated above, students must participate in a minimum of 150 minutes of physical activity per week. This includes PDHPE practical lessons, Sport Lifestyle and Recreation practical lessons, Physical Activity and Sport Studies practical lessons and sporting excursions.

If a student does not satisfactory participate in a minimum of 50% of sport each semester, they are at risk of not meeting Department of Education requirements. This includes being absent for appointments, work commitments, truancy, and lunch pass outs. This may affect their ability to meet ROSA and Preliminary requirements (some exceptions apply).

Any student that has not satisfactory met Forbes High Schools physical activity guidelines will receive an official notification indicating risk of not meeting satisfactory requirements. If you have any questions, you can contact the school on (02) 68522666 and speak with the Sports Coordinator Bradley Bainbridge.

FHS - News

AQUA FITNESS FOR MUMS AND MUMS TO BE



Starting Tuesday 1st November 2016
Tuesdays and Thursdays for 6 weeks

10.00am – 11.00am

Forbes Town Pool

\$2.60 pool entry for Mums

To Register: Registrations will be taken anytime during the 6 week period at the pool.

Further Info: Contact Denise or Jane
Forbes Community Health Centre
68 50 7305 or 68 50 7310

Email: denisehopkins@health.nsw.gov.au or
jane.omalley@health.nsw.gov.au



The Office of the Children's eSafety Commissioner is presenting a workshop on:

- the Office's power to remove serious cyberbullying material
- current technology trends
- advice to support safe and enjoyable online experiences.



Join the discussion with an eSafety expert on:

Monday 21st November

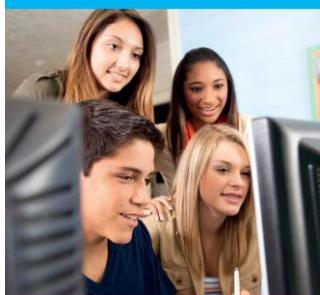
Auditorium (Coral Sea Room),

Orange Ex-Services Club

Session 1: 11am - 1pm

Session 2: 5pm - 7pm

(*content is for parents, teachers and community- not suitable for under 16yrs)



Workshop includes:

- Key cybersafety issues including cyberbullying, unwanted contact, digital reputation and sexting
- The cultural context of social media and technology use by young people
- Practical strategies to safeguard and minimise risk with online interactions, to support conversations and safety measures with young people

Rotary
Ipomoea

CHRISTMAS Tree Festival

Friday 2nd to Sunday 4th of December
2016

Forbes Town Hall

Make an entry for your family, club, business, or school.
Cost per entry is \$5.
Make an entry, call Helen 6851 4930
OR Sue-anne 6851 5197

Forbes SES Fundraiser Concert

Hosted by The Forbes Country Music Club

Forbes Services Memorial Club / 27th November 2016

1.00 pm - 6.00pm



FHS - News



Save the Date

**Forbes High School & our Community Partners
invite you to**

Save The Date for our

Wellness Hub Official Launch & Expo

Term 1 2017, Week 5 – Wednesday 22nd February 2017

More information and invites to follow

"Forbes High School and community partners working together for student success."



Come meet Santa 6:30 – 8:00 pm

Local Performers on stage

Come along and sing

Drinks and Glowcandles on sale

BYO Chair or Blanket

Lions BBQ



Jemalong Residential Village

Residents' Market Day

Stalls & BBQ

10am Tuesday 6 Dec

All welcome



FORBES COMMUNITY PLAN WORKSHOPS

Forbes Town Hall

6pm – 7.30pm on Tuesday, November 22

Ootha Fire Shed

6.30pm – 8pm on Monday, November 21

To register your attendance at one of the
community workshops,

visit forbes.localvoices.com.au

The survey can also be filled in online at
forbes.localvoices.com.au

YOUTH GROUP

WHEN: Friday nights

TIME: 7pm

WHERE: Generosity Church, cnr
Rankin st and Riley st
Games, food and drink and music.
#aplacefor everyone