

# Forbes High School Newsletter



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Term 3 - Week 6

Friday August 26, 2016

## PRINCIPAL'S REPORT

The past month has been an extremely challenging and emotional time for our whole school community. I would like to take this opportunity to thank the students, staff, parents/carers and the wider community for their continued support throughout this difficult period. I have taken great pride in the way in which compassion has been afforded to all and the positive culture of our school community which has shone through. Our thoughts and prayers continue to be with James, Penny, Haig, Issac, Alister and Sybella Carlisle.

Vale Oliver Carlisle.



**August 2016**

**22-2 Sept- HSC**  
trial

**29- Yr. 7 French**  
Dinner

**30- LEEP program**  
visits

**30- Sydney Uni visit**

**14 Sept- NAIDOC**  
Debating

## EXPRESSIONS OF INTEREST – CASUAL TEACHING POSITIONS

Forbes High School is currently seeking expressions of interest (EOI) for **Casual Teaching Positions** in all subject areas. Successful applicants will be added to our Casual Teaching Pool and called on when required. Normal working hours are seven hours per day, approximately

8.30 am – 3.30 pm.

Salary: In accordance with Department of Education 2016 Salary Rates and relevant award.

An information pack containing position details and criteria is available from the school administration office, during school hours. Call at the office, (Wyndham Avenue entry) or phone 6852 2666 to receive an information pack. Written applications must be on the official application form contained in the information pack.

Closing date/time for receipt of EOI **Friday 9 September 2016, 3.00 pm.**

Contact person: Forbes High School Deputy Principal - Jason Nottingham, 02 6852 2666 (work hours).

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# FHS-News

## FOOD TECHNOLOGY

9/10 Food Technology are a cut above the rest! This semester students studying Food Technology in years 9 and 10 have begun a new topic investigating the food service and catering industry. Students participated in their first practical assessment this week which assessed the ability to perform precision cuts such as Julienne carrots, brunoise onion (diced onion) chopped parsley and crushed garlic. The fine matchstick sized Julienne carrots definitely posed a challenge to the students hand eye coordination cutting a carrot down to a stack of 40mm long by 3mm deep x 3mm wide lengths.



## 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.

## SHOW TEAM FUNDRAISING



### Forbes High School Show Team Fundraiser

We would like to thank the community, parents, staff and Kenny's Baa Moo Oink for their support with the Show Team Fundraiser 100 Club Fundraiser. The money raised will be used to subsidise the show team students for the Dubbo Wether Challenge, Scone Beef Bonanza, The NSW Ayrshire Heifer Show and the upcoming local shows.

The following winners all won a side of pork cut up by Kenny's Baa Moo Oink:

- Tony Lewis
- Linda Rees
- Col Dagger
- Colin Cartwright

Congratulations and thank you for your support.

The Show team will be holding another 100 Club with the prize being a lamb.

## P&C NEWS

The next monthly P&C meeting will be held on Tuesday 13 September 2016 at the Forbes Services Memorial Club commencing at 7pm. We will be discussing fundraising and other important issues. Everyone is welcome to attend and please bring a friend. This is a great way to get involved in your child's education!



# FHS - News

## PARENT/TEACHER INFORMATION NIGHT

Forbes High School held its annual parent/teacher night on Tuesday 26 July. This was a great night allowing for parents, and teachers to come together to support each other and chat about students educational outcomes. The evening also provided the opportunity for parents/ carers and Year 10 students to talk with teachers about subject selections for Year 11 and 12.

Forbes High School P&C also ran a lucky door prize on the night with the winners being:

1. Monique Knights (Emily Knights Yr. 7)
2. Kristine Natoli (Jessica Croucher Yr. 7)
3. Kristen Wilson (Zoe Price Yr. 7)



## SQUASH REPORT

The boys travelled to Dubbo to take on Leeton High in the CHS quarterfinals. We came across a very well drilled team and despite some very close games the boys went down 3-1 with Regan winning in 5 sets. A huge congratulation to all the boys: Reece Davie, Regan Acret, Jake Shaw, Brodie Acret and super sub Jordan Brett on Western Region champions! (And of course super Coach Doyle!)



Find us on:  
**facebook®**

Forbes High School Facebook page is a great way to keep up to date what is happening in our school.

# FHS - News

## STUDENT PROFILE

**Name:** Sam Clarke

**School:** Forbes High School

**Year:** 12

**Age & Birthday:** 18yrs old & 12<sup>th</sup> February

**Star sign:** Aquarius

**Do you have any nicknames?** Sammy

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

**What is your favourite past time?** Rugby League, Rugby Union and Fishing

**Do you play any sports? What?** Yes, Rugby League

**What is your favourite food?** Baked dinner

**What do you want to do when you leave school?**

Stock and station agent or construction management

**Who is your idol?** Josh Miller

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

Family, friends & good times.



## STAFF PROFILE

**Name:** Alan Blyth

**Place of Birth:** Melbourne

**Star Sign:** Capricorn

**Where you went to High School?**

Ryde High School

**How many years working at FHS?** 2 Years

**The number of family members?** 3

**What is the most important thing in your life?**

Family & adventures

**What is your favourite past time?** Watching sports or playing sports

**Best book or movie?** The English Patient

**What is your favourite food?** Italian

**Best holiday destination?** South Island New Zealand

**Who is your idol?** Steve Waugh

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

My family, sport and music



## 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](http://www.forbes-h.schools.nsw.edu.au) to find photos and information about our wonderful school.



# FHS - News

## TELL THEM FROM ME STUDENT SURVEY

We are delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the **Tell Them From Me** student feedback survey. 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.

You may remember that our students also participated in a **Tell Them From Me** student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

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 us 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.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 22 August and 21 October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **19<sup>th</sup> August 2016**.

Copies of the form and FAQs are available from the website above.

## DRAMARAMA

Congratulations to all of the students involved in our inaugural Drama performance night. Big thanks to all who attended and supported the students on the night.



# FHS - News

## SPECTACULAR RESULT FOR SUPPORT UNIT

Following the success of previous students, five Forbes High School Support Unit students will have a fantastic experience later this year when they become part of the cast for the 2016 Schools Spectacular. Support Unit teacher Lauren Jordan submitted the audition video and was delighted when she was notified of the success but not nearly as excited as the aspiring dancers.

The dancers will now attend rehearsals in preparation for a week long excursion to Sydney where they will rehearse with their specific dance ensemble prior to two matinee and two evening performances at the Qudos Bank Arena at Sydney Olympic Park on Friday 25 and Saturday 26 November.

The Schools Spectacular is an outstanding showcase of the talent in NSW public schools. The Schools Spectacular is unequalled in the world with a 2700-strong choir, 2300 diverse dancers, an 80-piece symphony orchestra, a world-class stage band and a huge number of outstanding solo performers.

This iconic cultural event engages and showcases students of varying ages, cultures, skills and socio-economic backgrounds from metropolitan, rural and remote regions of NSW. Local organisation, the Forbes and District Lions Club, has shown their support of our Support Unit success with a donation of \$1000 to assist with the costs of accommodation, travel, food and costumes that is associated with attendance at the event. Head Teacher, Debra Slack-Smith, attended the Lions Club dinner recently and was very grateful to accept this generous donation on behalf of the class.



### 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.

## SCHOOL SPECTACULAR FUNDRAISER FORBES FARMERS MARKET

Students from the FHS Support Unit are very excited to have successfully auditioned for the Schools Spectacular 2016! Please help send our students to Sydney by coming to visit our stall at Forbes Farmers Markets this Saturday 27th August 8am-12pm. We are selling some lovely potted plants and delicious sweet treats. Hope to see you there!



## WORK PLACEMENT VISIT

Mrs Slack-Smith, Mrs Gharib and Mrs Morrison enjoyed visiting students at work placement on Wednesday August 3. Thank you to Lachlan House With No Steps and Jack and Darren Clarke at Forbes Golf Club for your support for our amazing students.





# FHS - News

## WESTERN ATHLETICS

Congratulations to Monica Pascoe who won the 800 metres for her age and qualified for state!



## WELLNESS HUB LOGO DESIGN COMPETITION

A school competition was held to create a design to support the promotion of the Wellness Hub within our school community and to the broader community.

Runners up in the competition were Montana Palazzi and Jake Ellison, with the winning design being awarded to Tessa Pymont. Tessa received the major prize of an iPad from Deputy Principal Jason Nottingham and will have her design used on brand new signage throughout the school community.



FHS & Community Partners - Working Together for Students Success



## PARENT INFORMATION MORNING

Forbes High School will be holding an Information morning for Year 6 parents on Saturday the 17<sup>th</sup> September. Interested parents and carers are asked to meet at the front office at 9.30am. The morning will start with an information session followed by a school tour. This is a great way to find out more about our school, our teachers and the programs we can offer your child starting High School in 2017. A complimentary bacon and egg roll will be available on arrival. We look forward to seeing you all there.

## OPPORTUNITY FOR STUDENTS TO EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS AND IMPROVE THEIR LANGUAGE STUDIES AT HOME

In late January Student Exchange Australia will be receiving exchange students from Brazil, Czech Republic, Denmark, Finland, Germany, Italy, Norway, France, Japan, Sweden, Slovakia, the USA and the Netherlands. Their new arrivals will live with a host family and attend a local school for 3, 5 or 10 months. As they plan for their arrival, they are keen to hear from suitable families who might be interested to host a student.

Host families come in all shapes and sizes, backgrounds and ages.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

All students have at least basic levels of English, would attend a school in your local area and live the life of a local.

If any students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, call our office on 1300 135 331 or visit our [website](http://www.studentexchange.org.au). Student Exchange Australia staff members will be happy to discuss which student might be best suited to their family. No obligation. For further information contact:

**Student Exchange Australia New Zealand Ltd**  
PO Box 1420, Mona Vale, NSW 1660 Australia  
T: (02) 9997 0700 F: (02) 9997 0701  
W: [www.studentexchange.org.au](http://www.studentexchange.org.au)

# FHS - News

## School Uniform

Our uniform, and the way we wear it, is important for the way the community in general sees us and often judges the school. Although the initial costs of purchasing uniform are considerable, correct uniform use is most economical in the long term. Parents are therefore asked to cooperate *fully* in ensuring that students are always outfitted correctly in the uniform and should strive to support the school in encouraging the wearing of it at all times. If there are difficulties in meeting the costs of uniform please contact the Front Office.

### Girls

#### **Summer**

Forbes High School tunic  
White short/long sleeve shirt  
Navy polo knit – with school crest  
Navy dress shorts - No logos  
Navy/white socks  
Fully enclosed black leather shoes  
No sandals  
No denim garments  
No sneakers

#### **Winter**

Forbes High School kilt  
White long sleeve shirt  
White polo shirt  
Navy jumper  
Navy slacks  
Navy/white socks/tights  
Fully enclosed black leather shoes  
No sandals or denim garments  
No sneakers

### Boys

#### **Summer**

White short/long sleeve shirt  
White polo shirt  
Grey shorts (no board shorts)  
White socks  
Fully enclosed black leather shoes  
No sandals  
No denim garments  
No sneakers

#### **Winter**

White long sleeve shirt  
White polo shirt  
Grey trousers  
White socks  
Navy jumper  
Fully enclosed black leather shoes  
No sandals no denim garments  
No sneakers

### **Sport/PE (Boys/Girls)**

Navy & Gold polo shirt - available from Front office  
Navy shorts  
Navy tracksuit pants (no advertising logos)  
Navy tracksuit top with gold piping on collar & embroidered pocket (a suitable interchange for school jumper)  
White socks  
Fully enclosed sports shoes

### **General**

Woollen navy jumper, navy sloppy joe or navy hoodie with embroidered school crest  
Forbes High School windcheater  
Forbes High School tie (available from school only)

### **Uniform Detention:**

Students who are not in correct uniform will attend detention during Lunch 1 in Room 200.



# FHS - News

**NOTE: Enclosed leather footwear is compulsory for all practical classes. This is a WHS requirement and students will be excluded from practical lessons if they wear inappropriate footwear.**

## Forbes High School - Correct Footwear

### UNACCEPTABLE



NOT, fully enclosed

### GIRLS



NOT, fully enclosed



NOT, fully enclosed black leather – heel is open.

### UNACCEPTABLE



NOT, fully enclosed

**WEDNESDAY ONLY**



### ACCEPTABLE

*Fully enclosed black leather*



### BOYS

### ACCEPTABLE

*Fully enclosed black leather*



# FHS - News

## COMMUNITY NEWS



**THE 141st FORBES SHOW**  
9th & 10th Sept 2016

**Featuring ShowMow Lawnmower Racing**

2 GREAT FAMILY DAYS OUT!

**SHOW SCHEDULES AVAILABLE ON FACEBOOK, WEBSITE & THE FORBES ADVOCATE**

**Find us on facebook**

**CONTACT DETAILS: SHOW OFFICE 6852 1311 or [www.forbesshow.com](http://www.forbesshow.com)**

**EVENTS:** SIDESHOW ALLEY, GRAND PARADE 3PM, MISS SHOWGIRL, HORSE RING EVENTS, DOG & UTE SHOW, YARD DOG TRIALS, HARNESS RACING, SHEARING COMP, FIREWORKS

**SPONSORS:** COUNTRYSTYLE, AgriWest, BONGARIAL PASTORAL CO., BERNARDIS, MCCAHERN CULINARY CHALLENGE, MCC, FORBES, FORBES MACHINERY CENTRE, PLATINUM SHEARING, NICHOLSON TETRACOLIN, WHITE LINES SHEARING

## Tuesday Twilight Mixed Netball Comp

### Competition Details:

- Start Date:** Tuesday 6<sup>th</sup> September
- Competitors:** Women and men high school age and over
- Cost:** \$300 per team + \$76 Netball NSW Registration for all non-registered players (non-registered players need to register online, link available on the Parkes website)
- Please note:** There are multiple grades of netball in this comp. (Whilst the level of athleticism demonstrated in this image may enable you to win the comp – it is not a requirement for participation!)

### Registration:

- When:** Tuesday 16<sup>th</sup> + Monday 29<sup>th</sup> August (5:30pm – 6:30pm)
- Where:** Parkes Netball Clubhouse – next to the courts (Baker Street)
- How:** Print and complete these forms:
- Netball NSW Individual Participation Form
  - Individual Code of Conduct (passport sized photo attached)
  - Team Registration Sheet (if applicable)
- Forms are available to print at: <http://parkesna.nsw.netball.com.au/>
- FULL payment must be made NO LATER than Monday 29<sup>th</sup> August**
- Note:** Individuals are invited to register and have the opportunity to either join a team that is short of players, or will be combined to create a new team

### Contact:

- Comp Co-Coordinator:** Sarah Smith: 0416 878 300
- Facebook:** Parkes Netball Association Group (updates, weather cancellations + forfeits)
- Website:** <http://parkesna.nsw.com.au> (competition draws + ladders)

## FORBES NETBALL ASSOCIATION SPRING NIGHT COMPETITIONS FOR BOTH MIXED AND LADIES TEAMS.

The FNA will be organising the Spring Wednesday night competitions on the following dates.

Nominations close August 10.

- First grading games August 17.
- Second grading games August 24.
- First competition games August 31.
- Finals December 7 TBC.

Players must be attending secondary school to open men and ladies.

Nomination forms are available on the FNA website, and can be emailed to Secretary Lyn Ford email

[secretary.forbesnetball@gmail.com](mailto:secretary.forbesnetball@gmail.com)

Everyone welcome to come and join in the fun of playing netball.



## M & M Gala Day

A Mixed and Men's Gala Day will be organised for Sunday October 16 at the Forbes netball courts.

This Gala day will be the first Mixed and Men's carnival held in the West/Central West Region.

The two competitions will be run independently on the same day.

Grades are A Grade (opens); B Grade (under 18 years) and C Grade (13-15 years).

All players must be registered members of Netball NSW.

Team entries close October 10.

Start organising your mixed and men's teams now for a great day of netball.





**Central West**  
**AUTISM**  
& Special Needs Awareness Group

"Our aim is to create awareness, provide information, and offer support to families of children with special needs, in the Central West of NSW"

**All are welcome to attend our meetings!**

**When** – Monday mornings, 9:30-11:30am  
**Venue** – Generosity Church  
(located in Bogan st, Parkes, next to the library)

**Dates for 2016 Meetings**

- 30th May
- 27th June
- 1st August
- 29th August
- 19th September
- 17th October
- 14th November
- 12th December

For more information, please contact the facilitators of the group:  
Deb Collier and Angela Wilson  
Email: [cwautismspecialneeds@gmail.com](mailto:cwautismspecialneeds@gmail.com)

**Awareness creates Understanding which brings Acceptance**



**AUTUMN 2016**  
find us on  **ParentLine** NSW

Newsletter for High School parents

**ParentLine** is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

**What do young people need?**  
Lots of recent research shows:  
 \* Young people want to talk about tough issues with family  
 \* Young people also need to learn how to stay safe.  
 \* Young people respond best to parenting that is not unduly harsh but neither is it unduly lenient  
 \* Young people want parents that are available to them even if they don't talk to parents that much

Not sure how to navigate these needs and wants? Our counsellors can help find strategies that best fit with each family and engage parents and young people more positively.

**5 signs of a healthy family**  
Whilst every family is unique, researchers find there are common signs of healthy families:  
 \* Members are committed to one another  
 \* Families engage in positive communication  
 \* The family spends significant time together  
 \* Members show affection to one another  
 \* The family actively engages together to resolve crises as they arise

Our counsellors can help families develop these ways of being together. Simply call us on 1300 1300 52 or email a parenting question to [info@parentline.org.au](mailto:info@parentline.org.au).

**TOP 5 concerns in 2015**  
Last year we were most often asked about:  
 1. Mental health  
 2. Reducing parent/young person conflict  
 3. Technology  
 4. Peer relationships and bullying  
 5. Impact of parental separation and family violence

**NEW ParentLine ONLINE**  
We want to make it as easy as possible for busy parents and carers to connect with us and obtain the information they need. We now have Online Counselling via our website at [www.parentline.org.au](http://www.parentline.org.au) you can email us a question using [info@parentline.org.au](mailto:info@parentline.org.au) or find us on Facebook for our latest tips and useful research.

**Only the best will do**  
Parent Line counsellors use research-based understanding of young people and families together with proven parenting strategies to help parents develop more positive relationships with young people. We support parents to find strategies that best work for their family and we provide thousands of referrals every year to services all over New South Wales.

**1300 1300 52** 7 days a week  
[info@parentline.org.au](mailto:info@parentline.org.au) [www.parentline.org.au](http://www.parentline.org.au)



**BOARD OF STUDIES  
TEACHING &  
EDUCATIONAL  
STANDARDS NSW**

## BOSTE CONSULTATION STAGE 6 SYLLABUS

Parents are encouraged to have their say in the Stage 6 (Yrs. 11-12) [English, Mathematics, Science and History draft syllabus consultation](#).

Full details about the consultation opportunities and the draft syllabuses are available on the [BOSTES website](#) <http://www.boardofstudies.nsw.edu.au/syllabuses/curriculum-development/senior-years.html>

BOSTES seeks your feedback through face-to-face meetings, online surveys and written submissions until **Wednesday 31 August 2016**.



**Headspace** is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. For further information contact 1800650890 or visit their website <https://headspace.org.au/>