

Forbes High School Newsletter



18 Wyndham Avenue, Forbes NSW 2871 T (02) 68522666 F (02) 68511071 E forbes-h.school@det.nsw.edu.au

Term 4 - Week 9

Friday 8 December, 2017

RELIEVING PRINCIPAL'S REPORT

Well we are fast approaching the end of the school year and as I sit here and reflect on what 2017 has brought to Forbes High School, I am amazed at what we have achieved as a school and the opportunities we have provided the students across all years. We have seen a growth in student numbers and a broadening of the curriculum with teachers training in new Australian Curriculum subjects such as Mathematics, Geography and English. Mr Moore has completed his training in VET Construction and this will be running in 2018.

The launch of the Wellness Hub has been a huge success and feedback from students and parents alike has been overwhelmingly positive, with many graduating Year 12 students saying that it was a key factor in keeping them on track during the Higher School Certificate and associated exams. Forbes High School has also hosted four information days which saw eight schools and a range of other organisations such as Royal Far West, St Vincent De Paul, Rotary, Headspace and various NSW Health staff visit, tour and discuss Forbes High School's journey. This was then topped off by Forbes High School being awarded NSW Secretary for Education Award for an Outstanding School Initiative, a worthy recognition for all the staff who have put in so much hard work in to the set up and ongoing running of the 'Hub'.

Students have been involved in a huge amount of extra-curricular activities on a massive range of topics including; Stage 4 The Great Aussie Bush Camp at Tea Gardens, TAFE Yes Program, MADD Night, Youth Wellness Committee and Road Show, White Ribbon Day and White Ribbon Cup, Kosciuszko National Park Trip, French Cuisine Dinner, Junior Dinner Dance, Sydney Jewish Museum excursion, FHS Show Team and Scone Beef Week, Love Bites Day for Year 9, Breakaway, Meals on Wheels, Western Schools Sport Representation, Ben Hall Shield Blayney interschool visit, Tertiary excursion to Sydney, Wollongong and Charles Sturt Universities, PBL State of Origin excursion, Swimming, Athletics and Cross Country carnivals, Student Representative Council network day, Mock Car Crash just to name a few.

The point I am making is that we offer a huge range of experiences to our students and it is up to the individual to get involved in as many of these as possible so they can grow as individuals and become the best that they can strive to be. I know that 2018 will offer an even greater range of activities to those who want to get involved and we are providing the structures at school to make that achievable for all students.

2018 will see some major changes in the structure of the school that have been brought in after consultation with staff, student and community feedback. There will be other chances for community feedback in Term 1 2018 and I implore parents and friends of student to get involved in helping us guide where the school Strategic Directions will take the school in our 2018 – 2020 school plan. Up to this point some of the changes planned and being implemented include; A move from a 6 to 5 period day, recruitment of a second Deputy Principal, Head Teacher Instructional Leader, a second Learning and Support Teacher and additional SLISO's to support students in class. The replacement of DEAR with a whole school muster every morning before class begins each day. All of these changes have been designed fit into our new Strategic School Plan 2018 – 2020 to support quality student learning and quality teaching and leading at the school and promote a more cohesive and settled learning environment.

Thank you for taking the time to read my report, if I have raised issues you would like to discuss further with the school, please contact the school to allow us to clarify any questions you may have. Have a wonderful Christmas and safe New Year and I look forward to working with all you next year in improving the educational outcomes and quality of life for all our students.



December 2017

8- Presentation assembly

15 – Last day of school for students

January 2018

29 – Term 1 Staff Development Day

30 – Years 7, 11 & 12 students return

31 – Years 8, 9 & 10 students return

February 2018

17 – Tertiary Excursion

13 – School Photos

23 – Annual Swimming Carnival

Inside

DV Cup	pg.2
White Ribbon Day	pg.3
MADD Night	pg.4
Student/ Staff Profile	pg.5
Woolarina	pg.6
Yr. 8 Technology	pg.6
Sacred sites	pg.7
Wellness Hub	pg.8
Tafe program	pg.9
Purple Day	pg.9
PBL	pg.10
DP conference	pg.10
Yr 6 transition	pg.11
Movember games	pg.12
Valid- Science	pg.12
Victor Chang	pg.12
Tea Gardens	pg.13
G'Day USA	pg.14
Geography	pg.14

FHS WINS CMOC- NORTH PARKES MINE DV CUP

Forbes High School was successful in winning the Cmoc- Northparkes Mine Domestic Violence Cup against Parkes High School 32-18 late last month, with a lot of community support there on the day to cheer the teams on.

Both sides displayed great sportsmanship and represented their schools with pride. Both teams played responsibly on the day and were extremely respectful towards our female referee Shanika Harpur, who did an amazing job refereeing the match.

Congratulations to Kristian Markwort for being awarded the Cole Medal and to Michael Murphy for being awarded the Oliver Carlisle Memorial Medal. The event also showcased the talents of our Girri Girri students who performed on the day with a welcome and cleansing ceremony.

Captain on the day Charlie Staines accepted the Cup from Cmoc- Northparkes Mine on behalf of Forbes High School. The event looks set to be maintained on the school calendar for 2018.



SCHOOL UNIFORM CLOTHING POOL

If you have any unwanted school uniform articles please drop them into the school's 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.

WHITE RIBBON DAY MARCH

The Forbes High School community again led the Forbes Domestic Violence Community March last month in support of raising awareness against stopping men's violence against women. With our White Ribbon Boys Group leading official proceedings on the day, our school community, along with other community organisations marched through town to highlight and increase awareness within our community about violence against women. Performances by our year 7 students Sarah Nightingale and Billie Jo Crisp and Forbes North Public School Wiradjuri Choir helped to lighten the mood for members of the community, showcasing their musical talents. As a White Ribbon School, Forbes High School will continue to raise awareness and provide knowledge and understanding for our young people to be able to develop healthy relationships and be able to stand up against violence.



FHS - News

FORBES HIGH SCHOOL HAD A MADD NIGHT!

A fantastic night was had by all with Forbes High School holding its annual MADD night last week. The evening was filled with lots of energy, laughter, fun and creativity. It was lovely to see so much community support for this event, which is continuing to grow each year. Congratulations to all of the students for showcasing their creative talents and to Mr Ruttan, Mr Lemon, Ms Harrigan and Mrs Hilll for putting together an absolutely amazing show. We can't wait until next year!



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: Beau Dukes- Rankmore

Year: 7

Star sign: Pisces

Do you have any nicknames? Cyclone or Tassie devil

Do you have any brothers or sisters? 2 sisters and 1 brother

What is your favourite past time? Play games and spend time with my mum.

Do you play any sports? Parkour

What is your favourite subject? English and language

What is your favourite food? Butter chicken

What do you want to do when you leave school? Game tester

What are three things you can't do without? Mum, gaming and power

STAFF PROFILE

Name: Pamela McConnell

Place of Birth: Forbes

Star Sign: Capricorn

Where you went to High School? Forbes High School

How many years working at FHS? 8

What is your role at the school? Relieving HT Secondary Studies, teacher & SRC Coordinator

How many members in your family? 5

What is the most important thing in your life? International travel

Best book or movie? Frozen

What is your favourite food? Thai

Best holiday destination? Hawaii

What are three things you can't do without? My fur babies, my mum and enjoying time with friends.

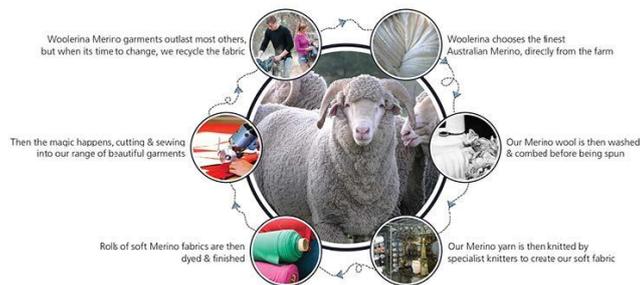


FORBES HIGH SCHOOL WEBSITE

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.

WOOLARINA EXCURSION

A group of students from the support unit visited a local textiles business on Tuesday 21st November. The founder of this business Warwick Rolfe actually goes to farms and hand selects the best wool off the sheep's back, using only long fibre Merino wool.



Penny Rout (daughter of Warwick) explained the process from farm to fabric ready to be designed. We then went through the main hub of the business, the cutting and sewing rooms. Delia Lennae then gave the students the opportunity to cut a 'collar' for a baby singlet wearing a chain metal glove for protection and using a rotary cutter. Melissa Rath then instructed and assisted the students to use the industrial sewing machines to put a collar on a baby bodysuit and begin to sew together a baby bonnet. The students asked lots of excellent questions and had a thoroughly enjoyable morning. Thank you to Woolerina for hosting us.

- Ms Pattern



YEAR 8 TECHNOLOGY

Students in year 8 have been busy developing their skills in mandatory technology. Students have had to design and make a pillow case using the technique applique. Another lesson included students undertaking a practical assessment in which they were given a basic muffin recipe and had to modify it and present the final product. Students demonstrated skill and creativity in their learning throughout both of these learning activities.

- Miss Williams



WIRADJURI SACRED SITES EXCURSION

On Thursday 30 November 8 students from the Support Unit spent the day visiting a variety of traditional Wiradjuri sites in our local area, led by Joy Russell and Barry Merritt (former and current Aboriginal Education Officers). The students had the opportunity to visit a farm with a female birthing site, a burial site and multiple scarred trees. A 'scarred tree' is a tree where the bark was removed many years previous, to be used to make canoes, shields and coolamons. Joy showed the students how to use their hands to predict how long ago the tree was scarred. Joy and Barry shared many interesting Dreamtime stories, as well as their traditional and local knowledge that has been passed down. The boys also visited the Aboriginal Mission, located across from White Bend, then onto Bundaburra where they had to find their own scarred trees, which they enjoyed immensely.

Thank you to Joy and Barry for organising such an interesting and insightful tour of Forbes.

- Ms Pattern



FORBES HIGH SCHOOL & COMMUNITY PARTNERS WELLNESS HUB QUOTE OF THE WEEK

"The real value of setting goals is not the recognition or reward; it's the person we become by finding the discipline, courage and commitment to achieve them!" -Anonymous



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 - News



WELLNESS HUB INFORMATION

"Forbes High School and Community Partners working together for student success"

In cooperation with our community partners Forbes High School has created a safe place for students and their parents/carers to assist with a wide range of concerns. We have provided our community partners with six onsite offices for these interactions.

Forbes High School Wellness Hub provides free private and confidential services to our students and their parents/carers who may have a wide range of issues; from everyday topics such as family, friends and school or simply feeling 'down' to more serious issues of child abuse (exclude), bullying, nutritional health, mental health, smoking, alcohol and other drug use, homelessness and suicide.

Wellness Hub services we currently have available to students and their parents/carers are;

Organisations	Positions
Binaal Billa	Counsellor/Caseworker
LiveBetter	LiveBetter/Ability Links Team Member
Centacare	Links2Home Youth/Homelessness
Centacare	Mental Health Team – Early Intervention
Community Health Services	Women's Health Nurse
Community Health Services	Nurse Practitioner
Community Health Services	Caseworker
Community Health Services	Dietician
Community Health Services	Orange Sexual Health Nurse
Community Health Services	Dietician
Community Health Services	Community Health Drug & Alcohol
Hearing Support	Itinerant Support Teacher
Lifestyle Solutions	Psychiatrist
Yoorana Gunya	Parenting Program Coordinator
Youth Hope	Youth and Family
Uniting	Family Connector

Contact Forbes High School on 02 68 522 666 if you would like to make an appointment. Or you can fill out a referral form from the front office or from our website and send it to forbes-h.wellnesshub@det.nsw.edu.au and we will contact you. If you would like further information please also visit our website www.forbes-h.schools.nsw.edu.au/caring-for-students/wellness-hub

It is important to seek help early if you notice any major change in your child's behaviour.

FHS - News

TAFE YES PROGRAM

A selected group of Year 10 students attended TAFE to complete the YES program. It is a program that offers students the chance to try different areas of TAFE and future careers. They had three days of automotive and two days of welding. The following week consisted of two days welding and three days of construction.

- Mrs Price



PURPLE DAY

Purple Day was a great day to celebrate our students being Respectful, Responsible, Honest and Doing their Best!

They were treated to a free BBQ lunch with a lolly and ice cream stall as well. After lunch they all made their way to the hall to dance up a storm. There was a fashion parade, a serious limbo competition and much more. Thank you to the SRC for organising such a great afternoon for us all.

- Ms Hinchcliffe- Emmett



FHS - News

PBL ASSEMBLY AWARDS

Congratulations to the following students Eliza Fahey, Ryan Glennan, Jessica Cole, Daniel Radburn, Sophie Piper, Nicholas Beard, Jessica Williams, Claire Ormsby, William Stamp and Sam Taylor on receiving recognition for consistently displaying our school values of being Responsible, Respectful, Honest and Doing your Best during the last few weeks. Well done everyone!



DEPUTY PRINCIPAL CONFERENCE

On the 30th of November and the 1st of December our year 11 hospitality class catered for over 33 deputy principals all around our region. Over the past few weeks our class has been preparing for this particular event and it was a major success. Our menu consisted of a variety of things as we catered for morning tea, lunch and afternoon tea on Thursday and morning tea and a packed lunch for the go on Friday.

Some of our menu consisted of:

- Making cappuccinos
- Freshly baked brioche
- A variety of cakes, pavlovas and slices
- Many Salad dishes
- Freshly made fruit platters
- Moroccan spice coated chicken breasts
- Lemon & garlic marinated lamb cutlet

The menu was proudly made by our lovely students Bianca Lincoln, Tahlia Dellow, Alesha Horton, Janssen Mores, Kyle Ryan, Latonya Mailes, Melissa Taylor, Meg Sladek, Sophie Piper, Jess Alcorn, Andrea McLauclan and Claire Maslin.

- Bianca Lincoln and Tahlia Dellow



FHS - News

YEAR 6 TRANSITION DAY

Year 6 students from surrounding primary schools attended the transition to school program this week at Forbes High School. This was a great opportunity for students to meet other young people attending high school next year and to gain a deeper insight into our school. Students were involved in some team bonding activities, after being placed in their house teams, participated in class lessons, had a tour of the school and enjoyed a BBQ with some new friends.

House Leaders, SRC and Wellness Committee members helped out throughout the day supporting our new students and Year Advisor Mrs Coote. Forbes High School looks forward to welcoming our new year 7 students in 2018. If anyone needs any assistance or needs further information regarding Year 7 in 2018 please feel free to contact the school on 68522666.

IMPORTANT INFORMATION

Year 7 start school on Tuesday 30 January 2018.



FHS - News

MOVEMBER GAMES

Throughout November, Year 11 students have been battling the teachers hard in the annual Movember games. With only a small number of students in the year group, the amount of participation and encouragement this year has been fantastic. Movember is held each year in November to support and raise awareness of men's health issues such as prostate cancer, testicular cancer and men's suicide. With the help of schools such as Forbes High School, holding fundraisers such as the Movember games can help provide donations that can help benefit the continual research being undertaken in regards to men's health issues.

The Movember games included slide hockey, indoor soccer, volleyball and basketball. As per usual, it was the teachers who put up the best fight and by the end of the week it was clear we had a winner. Congratulations to the teachers. Results are as follows:

- Slide hockey- 8-4 (teachers)
 - Indoor soccer- 3-2 (teachers)
 - Volleyball- 0-3 (teachers)
 - Basketball- 13-14 (teachers)
- C. Turner



VALID – SCIENCE

VALID 10 Science results:

Students in year 10 have completed the VALID 10 test on Science in term 3. The school has received our results and students should have received their personalised results at our school assembly. The remainder of the results not collected are in the Science staff room for students to collect.

As a whole, it is great to see the school is above average in the higher bands for our results overall. Also, students have shown an improvement from their year 8 test - with more students in each of the higher bands than in year 8.

- Miss Cassilles

VICTOR CHANG AWARD FOR SCIENCE

Congratulations to year 11 student Tyler Murphy for being awarded the Victor Chang Award for Science. The awards were presented to students from across the region in Dubbo, with Tyler recognised for his dedication to biology and chemistry studies.

Named after the late cardiac surgeon and pioneer of modern heart transplantation, the awards aim to foster development and encourage future generations to carry on Victor Chang's legacy.



FHS - News

STAGE 4 CAMP- TEA GARDENS

Stage 4 students, along with some very dedicated teachers headed to Tea Gardens for an end of year retreat to continue to develop skills such as team work, communication, problem solving, as well as to develop the ability to challenge themselves. The students had an amazing time away together, building stronger relationships with their peers and teachers. Mrs Eagles, Ms Hall and Mr West accompanied the students for the three days, providing the group with a memory that will stay with them forever. By the looks of the group, there was so much fun had by everyone. What a great way to end the year!



YEAR 11 GEOGRAPHY EXCURSION

A couple of weeks ago Year 11 Geography took a field trip to Mount Kosciuszko National Park where we undertook field work based on environmental impacts both from nature and mankind, we saw the after effects of some major issues such as bush fires and erosion. Not only did we learn about the plant side of things we also learnt about the animals and what is being done by the Parks and other cultural groups to help preserve the ecosystems.

We were lucky enough to walk up a small section of the actual mountain top where a tour guide showed us everything we had been learning and explained in greater detail. We also had a few tours around different resorts and other tourist locations to see how they run and operate them both in a sustainable way and make them successful.

We stayed in the actual National park where we had two separate cabins where we had a lot of fun playing games like monopoly or just talking. Overall, we all learnt a lot and gained a lot more knowledge about the topic we have been studying for school and our assignment, so I hope we were all listening. I would like to thank both Mr. Harris and Mrs. Ashcroft for putting up with us over the few days we were away, and I hope they had as much fun as we did.



G'DAY USA

Forbes High School continues to offer our students a variety of educational programs and opportunities and the G'Day USA program is just one of those opportunities. Mr Harris will be accompanying students to America in the January holidays for a three week visit.

Students will be leaving on the 7th of January, heading to Los Angeles for four days, then heading to Seattle for 12 days, followed by San Francisco.

We would like to wish all of the students participating in this adventure a safe trip and we can't wait to hear all about it in 2018.



FHS - News

2017 Major Awards

Dux

Year 7 – Emily Gartner

Year 8 – Laura Campbell

Year 9 – Tomas Boyd

Year 10 – Tessa Pymont

Year 11 – Chelsea Turner

Support Unit Most Improved – Dylan Reynolds

Consistent Effort – Kendi-Lee Morley-Diggins

Blue & Gold Citizenship

Year 7 – Benjamin Barnard

Year 8 – Tiana Boswell

Year 9 – Alister Carlisle

Year 10 – David Chu

Year 11 – Chelsea Turner

100% Attendance

Cherylee Byrne

Emily Gartner

Jessicca Williams

Louise Herford

Angelica Dietrich

Baedon Isbester

TAFE Class Awards

Claire Maslin

Jack Peters

Maggie Wallace

IPOMOEA Rotary Public Speaking

Maddison Collits

VIEW Club Literacy Award

Patrick Hill

Forbes Christian Bookshop Award

Laura Campbell

Crowe Horwath Commerce Award

Samantha Thornton

Indigenous Citizenship Award

Jake Smith

Blaze Little Memorial Award

Jade Carpenter

Girri Girri Program Award

Benjamin Molloy

Forbes Shire Council Achievement Award

William Stamp

Brad Ridley Memorial Award

Jack Piercy

The Beckhouse Shield

Georgia Green

Doug Hodges History Award

Isabelle Herbert

Carmel Hodges Memorial Mathematics Award

Benjamin Barnard

Patrick Hill

Andrew Smart Memorial Scholarship

Isabelle Herbert

ADF Leadership Awards

David Chu

Isabelle Herbert

Sports Awards

Male Sports Award – Regan Acret

Female Sports Award – Elysse Girot-Serplet

Western Blue – Regan Acret

Premier's Sporting Challenge Medal – Kristian Markwort

Pierre De Coubertin Award – Elysse Girot-Serplet

University of Newcastle Academic Excellence Award

Baedon Isbester

Reuben F Scarf Award

Chelsea Turner

Kristy Carpenter Memorial Scholarship Award

Baedon Isbester

Staff Appreciation Award

Mr Lemon



**HAPPY
HOLIDAYS!**

