

Forbes High School Newsletter



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Term 4 - Week 9

Friday, December 14 2018

2018 Major Awards

Dux

Year 7 – Claire Little
Year 8 – Benjamin Barnard
Year 9 – Laura Campbell & Hannah Staines
Year 10 – Tomas Boyd
Year 11 – Sophie Cowan
Support Unit Most Improved – Nicholas Beard
Consistent Effort – Angela Emery

Blue & Gold Citizenship

Year 7 – Kirby Maslin
Year 8 – Benjamin Barnard
Year 9 – Jessica Ashcroft
Year 10 – Jack Cole
Year 11 – Jessie Rx

100% Attendance

Georgia Cole
Emily Gartner
Rachel Todd
Patrick Hill

TAFE Class Awards

Kara Bray
David Chu
Cassandra Dukes
Jessie Rx

ADF Leadership Awards

Georgia Palazzi
Mitchell Ashcroft

Rotary Public Speaking

Georgia Cole

Forbes Christian Bookshop Award

Rachel Todd

NSW Farmers Association Agriculture Award

Emily Gartner

VIEW CLUB Literacy Award

Laura Vonthien

Crowe Horwath Commerce Award

Chelsea Burton

Indigenous Citizenship Award

Benjamin Molloy

Blaze Little Memorial Award

Emily Molloy

Giri Giri Program Award

Benjamin Molloy

Kruki Indigenous Summer School

Cassandra Dukes

Forbes Shire Council Achievement Award

Alexander Mayall

Brad Ridley Memorial Award

Jack Cole

The Beckhouse Shield

Tomas Boyd

Doug Hodges History Award

Daniel Robb-Potts

Carmel Hodges Memorial Mathematics Award

Benjamin Barnard

Tomas Boyd

Forbes Teachers Association Award

Chelsea Turner

100 Years of Federation Award

Jack Cole

Andrew Smart Memorial Scholarship

Jayden Maloney

Forbes Neighbourhood Watch Attendance Award

Cooper Young & Patrick Terrado

William Rubensohn Foundation Scholarship

Mark Cobb & Natalie Emery

Kate Henderson & Derek Pymont

Victor Chang Award

Sophie Cowan

MP Phil Donato "2018 Citizen of the Year"

Kirby Maslin

Kristy Carpenter Memorial Scholarship Award

Tyler Murphy

Staff Appreciation Award

Ann-Maree Neville

Sports Awards

Male Sports Award – Connor Greenhalgh

Female Sports Award – Jessica Cole

Premier's Sporting Challenge Medal – Connor Greenhalgh

Pierre De Coubertin Award – Kristian Markwort

Winning House – Burabinya



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PRINCIPAL'S REPORT

Integrated Sport

In 2019 Forbes High School will move to integrated sport. That means, we will no longer have sport on Wednesday afternoon. Instead, students will do 2 periods of sport during the week with their stage. Students will be expected to bring a change of clothes including sports shoes in their bag to change in and out of. We know this move will enable students to access expert coaching and build their skills in a variety of sports.

Timetable – Wednesday Change

As of next year with no sport scheduled on Wednesday afternoon we are able to align our bell times to be the same every day. School starts every day at 8:50am with a student muster. At muster staff check student uniform is appropriate so that all students can access the full curriculum. School finishes every day at 3pm.

Lunch Pass Abolished

In 2019 there will be no permission for students to leave the school at recess or lunch to access food. Students will be expected to bring their food and/or money to purchase food from the canteen. It is important that students attend their classes on time straight after recess and lunch to maximise their learning and avoid distractions to other students.

Gratitude to staff, students and families

I take this opportunity to thank all students for their hard work throughout the year, especially the students who show courage and learn from their mistakes. I hope our students finish the year knowing that they are valued, known and cared for. Similarly, I acknowledge our dedicated staff, I confidently say that I am surrounded by passionate and expert staff who serve our students best. I say thank you and farewell to Mr Player who will move to Canobolas Technology High School as Head Teacher next year. Similarly, I thank Mrs Cheryl Copland for Relieving as HT English. I acknowledge the contribution you have made in our school and wish them both well in the next chapter of their careers. Mrs Larkings and Mr Harris will relieve as Head Teachers in the respective faculties for term one next year. To our parents and carers, I thank you for working with us as a team to bring about the best outcomes for our children. I wish you all a well-deserved holiday over the festive season and welcome your return in 2019.

Harding Miller Scholarship

I am pleased to announce that two of our students have been successful in gaining the Harding Miller Scholarship. In order to be considered for this scholarship girls must demonstrate academic excellence. The scholarship recipients receive computers, internet access, money for other equipment and access to tutoring and mentoring. I am pleased to announce that Jeanne H (Year 10) and Emily G (Year 8) have been successful in this award. Congratulations!



NEW UNIFORM ITEMS

There are now two additional garments available from the school uniform shop at the front office:

Canterbury Tracksuit Pants – Navy with school logo - \$60

Canterbury Shorts – Navy with school logo - \$35



MUSICAL INSTRUMENT DONATION

The staff and students of Forbes High School would like to say thank you to the Rural Aid program “The Gift of Music” for the very generous donation of musical instruments to our school. The organisations desire and commitment to help our school add to the inventory of musical instruments has been much appreciated by both staff, students and parents.

- Donald Ruttan



YES PROGRAM

Selected Year 10 students have been experiencing automotive, metals and engineering classes at TAFE this term. As well as a day with the fire brigade, police and ambulance services as part of the YES program.

- Georgie Price



VICTOR CHANG AWARD

The Victor Chang School Science Awards were developed to foster and encourage an interest in science among secondary school students, with the aim of promoting careers in science as a viable and interesting career path.

Congratulations to Sophie Cowan – Forbes High School, Victor Chang award winner.

Sophie is a student who has consistently worked to achieve her best in all areas of study. She has researched and produced a Biology depth study of exemplary standard, providing knowledge and insight far above her peers.

Sophie is always positive, quiet, diligent and confident in her work, assisting others when needed. Her calm demeanour provides an environment for others to feel comfortable and confident during group settings. Sophie is both respectful and responsible, leading by example in all facets of course work.

She has been placed first in Biology at Forbes High School, having achieved two perfect scores for assessments this year.

- Tonia Edwards



FHS - News

BEN HALL SHIELD

Students from Forbes High School recently travelled to Blayney to compete against Blayney High School for the Ben Hall Shield. Games were contested in Netball, Basketball, Soccer and Touch Football. After many hard fought games in Junior, Senior, Boy and Girl teams, the result was a tie!!



MOVIE EXCURSION

Students and staff recently enjoyed a rewards excursion to the Forbes Services Memorial Club Cinema to watch some great new movies. Popcorn and a drink was part of the experience which was enjoyed by all.



EUROPEAN TOUR

Congratulations to Tomas Boyd, who was invited to attend the West of the Divide Wind Ensemble and Choir two week tour of Italy, Croatia and Slovenia in January 2019. The group comprises of 72 students from 39 schools in NSW. They will be playing at a variety of locations across Europe including St Peters Basilica in the Vatican and the Colosseum in Italy.



Find us on:
facebook®

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

MADD NIGHT

Forbes High School students put on a wonderful display of their talents recently at MADD night. The night was filled with dancing, music, drama and artistic talent. It was great to see a large crowd was on hand at the Hall to enjoy the show. Congratulations and thank you to all those students and staff who performed and those who helped to make the night such a success.



FHS - News

STUDENT PROFILE

Name: Kara Bray

Year: 11

Do you have any nicknames? Kara May

Do you have any brothers or sisters? 2 brothers, 2 sisters

Hobbies or interests: Work and sports

Favourite food: Roast Dinner

What do you want to do when you leave school? Defence Force

Best book or movie: The Fault in Our Stars

Favourite subject: SLR

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



STAFF PROFILE

Name: Ann-Maree Neville

Position at FHS: School Office Administrator

Where did you go to High School? Forbes High School

How many years working at FHS? 12

What is your favourite past time? Reading, being at home, working with the RFS

Best book or movie: I have lots of favourites

What is your favourite food? Any as long as I don't have to cook it

Best holiday destination? Happy to holiday anywhere

What are three things you can't do without? Family, family, family xxx



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

WIRADJURI LANGUAGE AND CULTURAL CAMP

A group of students recently attended the Wiradjuri Language and Cultural Camp at Lake Burrendong. This was a great cultural building experience for Forbes High School.

- Barry Merritt



WET N WILD EXCURSION

Students and staff recently enjoyed a rewards excursion to Wet n Wild in Sydney. A great time was had by all.



YEAR 7 ORIENTATION DAYS

Local Year 6 students recently attended two orientation days at Forbes High School. They participated in activities and classes from various subjects in preparation for starting Year 7 in 2019.



PREMIERS READING CHALLENGE

Congratulations to Laura Vonthien who received a certificate for completing the 2018 Premier's Reading Challenge.



WIRADJURI COUNCILLOR OF ELDERS MEETING

Recently I was a part of The Wiradjuri Councillor of Elders Meeting and exhibition of Wiradjuri cloaks and headdresses held at Parkes. Great things came out of the meeting reconciliation such as the Parkes-Narromine railway project. This could lead to big opportunities for all of our students at Forbes High School and the local community.

- Barry Merritt



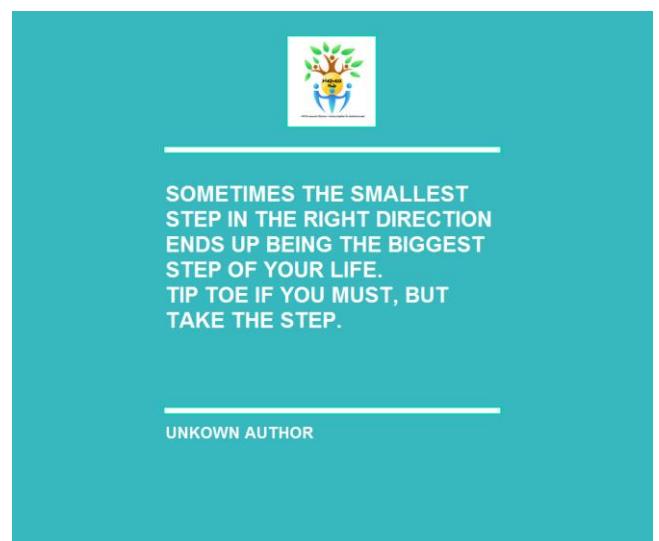
SCHOOL VALUES WEEKLY AWARDS- TERM 4 WEEKS 6, 7 & 8

Congratulations to the following students: Ilesha Sinclair, Kara Bray, Lachlan Hodges, Georgia Cole, Fiona Howarth, Jaylin Ware, Harry Scott, Matthew Radburn, Ben Molloy, Maddison Moore, Angela Emery, Bella King, Kyne Bond, Laura Vonthien, Claire Barbary, Daniel Radburn and Jazlyn Sauer on receiving recognition during the last three weeks for consistently displaying our school values of being Responsible, Respectful, Honest and Doing Your Best. Well done everyone!



NSW STATE CEREMONY

Elise Dukes of Year 11 was recently recognised at a State ceremony in Sydney as a NSW Finalist for Young Volunteer of the Year 2018. This award was achieved through her volunteering with organisations such as Forbes Youth Action Team, FHS Wellness Committee and Forbes Hockey Inc.



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.

WHAT'S ON @ FORBES HIGH SCHOOL

Term 4 calendar

Week	Mon	Tue	Wed	Thu	Fri
8 Dec	3 Support Unit Basketball Year 7 2019 Transition TAFE YES Program	4 MADD Night TAFE YES Program	5 Support Unit Swimming TAFE YES Program	6 Girri Girri Bronze Medallion TAFE YES Program	7 PBL Purple Day Support Transition TAFE YES Program
9 Dec	10	11 P&C Meeting Christmas Party Inter-generational Volunteering	12 Support Unit Swimming	13 Girri Girri Bronze Medallion	14 2018 Presentation Assembly
10 Dec	17	18	19 Support Unit Swimming Final day of school for students	20	21

ASSESSMENT CALENDAR- Students must seek confirmation of specific days and times assessments are due in each week from their teacher in relation to individual assessment tasks. This is only a general reminder for students and families.

YEAR GROUP	WEEK 8	WEEK 9	WEEK 10
YEAR 7			
YEAR 8			
YEAR 9			
YEAR 10			
YEAR 11	Business Studies Drama PD/H/PE	Ancient History CAFS Industrial Tech- MM Mathematics Standard 2 Mathematics Standard 1 Mathematics Physics SLR	Biology Legal Studies Work Studies

COMMUNITY NEWS



**Come and try an instrument
Learner's classes for 2019.**

Would you like to try to learn a musical instrument? 'Come and try' days will be conducted Term 1 2019 at the Forbes Town Band Hall 165 Rankin Street Forbes. (opp Bernardis.)

You can bring your own instrument if you have one or the Town Band can supply you with an instrument "Come and try" dates are Monday 11th and 18th February 6-7pm. Learn to play flute, clarinet, trumpet, saxophone, trombone, tuba, or drums.

Parents are welcome to stay with their children and may wish to learn along with their children and join the band as well. Suggested age for a student to start band is 10 years. Adults are also very welcome to join learner's band. You are never too old to learn!



DANCE CLASSES

Class & Fee Schedule 2019

Uniting Church Hall every Monday from 4th March 2019

- 4pm Kids Under 13yrs Dance Sports Class (Modern Ballroom, Latin, R'n'R & NV)
- 5pm Teens Under 18yrs Dance Sports Class (Modern Ballroom, Latin, R'n'R & NV)
- 6pm Teens & Adults Latin & Rock 'n' Roll Class (Modern Ballroom, Latin, R'n'R & NV)
- 7:30pm Teens & Adults New Vogue & Ballroom Class

Class Fees:

1 x Class per week = \$12.50 or if paid monthly = \$45
2 x Classes per week = \$20 or if paid monthly = \$70
3 x Classes per week = \$25 or if paid monthly = \$85
4 x Classes per week = \$30 or if paid monthly = \$100

School Holidays Dance Program during Parkes Elvis Festival

- Parkes Leagues Club Fri 11th January 10am - 11:30am Rock 'n' Roll Class & Competition Under 13yrs & Under 10yrs \$11 per child
- Holy Family School Hall
Wed 9th January 2019 - 1:30pm to 3:30pm Rock 'n' Roll Class for Kids \$5 & Teens \$10
Thurs 10th January 2019 - 1:30pm to 3:30pm Rock 'n' Roll Class for Kids \$5 & Teens \$10
Fri 11th January 2019 - 1:30pm to 3:30pm Rock 'n' Roll Class for Kids \$5 & Teens \$10
Sun 13th January 2019 - 1:30pm to 5:00pm Rock 'n' Roll Class for Kids \$5 & Teens \$10



COMMUNITY NEWS

SCHOOL HOLIDAYS

Fishing Day
11th January 2019
10am-12pm
followed by BBQ
Grinstead Oval
3 x 20 minutes sessions:
Casting | Knot Tying | Catch & Release
PLUS: 1 hour fishing session
RSVP 9th January
sarah.williams@forbes.nsw.gov.au

Mural
January 14th-17th
Forbes Youth and
Community Centre
RSVP 11th January
sarah.williams@forbes.nsw.gov.au

Obstaclecool
(inflatable obstacle course)
December 22nd 9am-3pm
Nelson Park
Parental supervision required
for children under the age of 16

Pool Inflatable
January
4th 10am-2pm | 7th 12pm-4pm
25th 10am-2pm | 29th 12pm-4pm
Forbes Town Pool
\$4.00 entry. Normal pool rules apply

FYAT **FORBES** **amazing**
SHEPHERD COUNCIL FORBES SHIRE
MORE INFO 02 6850 2357 or sarah.williams@forbes.nsw.gov.au



Havannah House Christmas Lunch

25th December from 12.00 noon

Forbes Town Hall - Harold Street, Forbes

A time of good food, great entertainment, fun company, celebration and laughter.

All are welcome.

For more information, to book transport, or RSVP please contact Havannah House Office on 02 6852 1366

Havannah House Christmas Volunteers

If you are interested in supporting the Havannah House Christmas Lunch either on Christmas Day or in the Lead up to Christmas, please contact the

Havannah House Office on 02 6852 1366.

For your information and safety there will be a Volunteers Orientation afternoon Saturday, 15 December 2018, 2.00pm at Havannah House, including afternoon tea.

INLAND RAIL

LET'S TALK INLAND RAIL + STOCKINBINGAL TO PARKES

We're keen to let you know where we are at with our design for the Stockinbingal to Parkes section of Inland Rail

This section of Inland Rail consists of roughly 173km of existing rail corridor along the Forbes line from Stockinbingal to Parkes.

We are planning upgrades along the existing rail corridor to accommodate 1.8km long, double-stacked freight trains.

The upgrades would include:

- building a new train passing loop in Darroobalgie
- replacing the Lachlan River bridge
- vertical clearance work at the Wyndham Avenue bridge over the rail track in Forbes.

Come talk with us about what this may mean for you and your community.

COMMUNITY DROP-IN SESSIONS

FORBES	DARROOBALGIE
When: Monday 17 December 2018, 4-7 pm Tuesday 18 December 2018, 8-11 am	When: Monday 17 December 2018, 10 am-1 pm
Where: Footpath at the corner of Templar St and Lachlan St, Forbes NSW 2871	Where: Canteen in the Forbes Central West Livestock Exchange, Back Yamma Rd, Darroobalgie NSW 2871

Inland Rail is Australia's largest freight rail project. This new 1,700km line will complete the 'spine' of the national freight network between Melbourne and Brisbane.

Register to stay up to date about the project on our website.

1800 732 761
inlandrailnsw@artc.com.au
ARTC Inland Rail, GPO Box 14, Sydney NSW 2001
inlandrail.com.au

ARTC
The Australian Government is delivering Inland Rail through the Australian Rail Track Corporation (ARTC) in partnership with the private sector.

Art Competition

Calling all Aboriginal and Torres Strait Islander artists!

CatholicCare invites you to create a traditional or contemporary painting

The winning artist will receive a prize of 1200 and their artwork will be proudly displayed on promotional products, social media, website and office displays

1st prize \$1200
2nd prize \$500
3rd prize \$300

Competition opens Monday 12th November and closes 5pm Friday 14th January

Competition open to residents of Broken Hill, Wilcannia, Cobarg, Bourke, Brewarrina, Nyngan, Warren, Narrawine, Dubbo, Parkes, Forbes, Bathurst, Orange, Lake Cargelligo, Condobolin or persons residing within the Diocese of Wilcannia-Forbes

For Terms & Conditions and entry forms please call CatholicCare Wilcannia-Forbes 0404 125 840 or email agearen@ccwf.org.au

CatholicCare

COMMUNITY NEWS



registration required

12 to 25 Only

headspace Orange summer fun

make your own slime!
january 9th and 24th
\$10 per person

christmas cooking
friday december 21st
\$2 per person
Make a tasty gift!

fishing trip
22nd January
\$2 per person - rods supplied
BYO picnic lunch own transport preferred

summer sports day
january 10th - orange aquatic centre
come and find us at the pool for
summer games as part of
Orange Summer Festival

registration required for all events
12-25yr olds only
headspace Orange 264 Paisley Street Orange
02 6369 9300
hs.orange@marathonhealth.com

headspace Orange



Aboriginal and Torres Strait Islander artists are invited to submit artwork to be included in the Titans Indigenous jersey as part of the Gold Coast Titans 2019 Indigenous jersey design competition. The competition is a once in a lifetime opportunity for talented Aboriginal and Torres Strait Islander artists (aged 15 years and older) and their winning artwork to be recognised across Australia.

The winning artwork will be used to create the Gold Coast Titans 2019 Indigenous jersey. The winning artist will receive \$2,000, a collector signed and framed 2019 Indigenous jersey, a photo with the coach and our Indigenous players wearing your design and 4 x reserved seats to our Round 19 match against the Brisbane Broncos, where our players will wear your design on our jersey.

Your artwork must represent Gold Coast Titans club and community values (Passion, Resilience and Community). All entries must be accompanied by a signed and completed entry form including design story. All entries must be received by 5pm on Wednesday 16 January 2019 AEST. Entry limit of one entry per artist. No late entries will be considered.

<https://www.titans.com.au/Booking-and-Attending-a-Titans-game-day-competitions/competition-2019-indigenous-jersey-design-competition/>



Can Assist ensures that everyone in rural and regional NSW has access to cancer treatment and care.

We provide financial assistance and practical support to anyone in our community affected by cancer.

By keeping the money we raise locally, it stays local so we can help you with financial support when you most need it.

Your branch, your community
YOUR ASSISTANCE

How we can support you

Accommodation

We can contribute to the cost of your stay when you need to travel for treatment or doctor's appointments.

Travel

Petrol vouchers to assist with the cost of travel to and from treatments or doctor's appointments.

Medical

Cancer related medication, hospital or scan fees for Medicare approved treatments. Hire of medical equipment.

Utility Bills

Contributions can be made towards your gas / electricity account.

Home Care

We also assist with the cost of Home and Domestic Care in the home if needed.

Contact Can Assist Forbes

Phone

Maureen Field.....02 6851 4680

John Schrader.....0404 155 247

Helen Westwood.....02 6852 3922

or visit

www.canassist.com.au