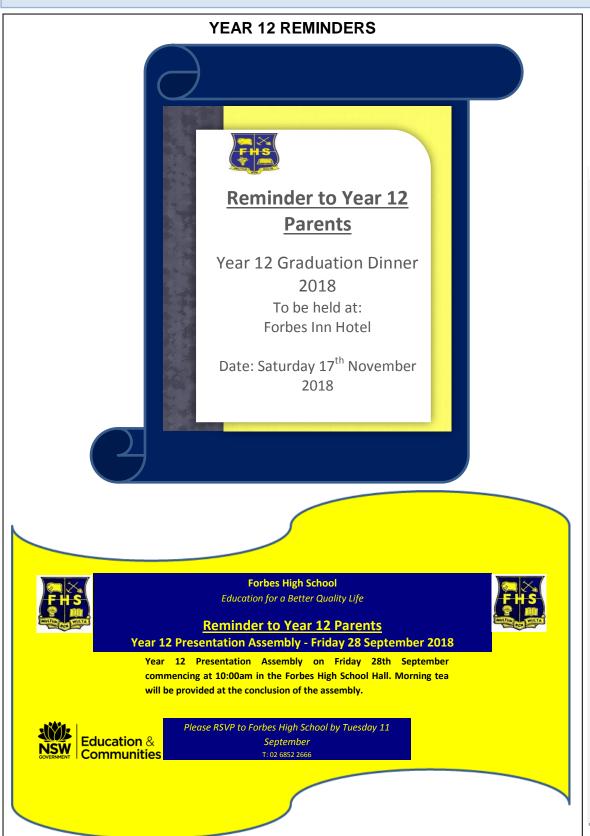
## Forbes High School Newsletter



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

Term 3 - Week 6 Friday, August 31 2018





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#### **SES VISIT**

Recently 10SU had Steph and Josh from Forbes SES visit as part of their Work Education Program Community Partnerships. They talked about what they do, who they help, the training they do and much more. It was really interesting to learn about the many things they do and made students realise how important it is to have volunteers like the SES in our community, especially in times of emergency.

- Frances Hinchcliffe-Emmett



#### WINTER WARRIOR

Recently some students from PASS and SLR classes went to Lake Keepit to participate in the Winter Warrior. The event consisted of a 5km run, 2km log and tyre carry followed by an 8km obstacle course. A lot of fun was had by all and everyone was a little sore. We'll be back next year!

- Sarah Kelly



#### **ADF VISIT**

Members of the Australian Defence Force visited FHS recently to speak to Year 10, 11 and 12 students about future career opportunities. The session was very interesting and informative and the students received some great information.





#### INTERGENERATIONAL VOLUNTEERING

A group of students have been visiting Jemalong Retirement Village as part of their work education program, focusing on community participation and citizenship. They chatted with residents, played cards, dominos, connect four and battle ship. Students showed great respect and kindness to the residents they worked with. They are looking forward to future visits.

- Frances Hinchcliffe-Emmett



#### **SHOW TEAM**

Forbes High School Show Team had an amazing day at Bedgerebong show. Our students showed four beef heifers and merino wethers with fantastic results. Congratulations to all prize winners. Results were: Novice paraders 2nd to Jasmine Casey, 3rd Laura Vonthein. Open paraders 1st Jack Cole, 2nd Kyle Bolam and 3rd Chloe Kemp.

- Rachel Eagles



#### **HAY DAY**

On Friday 17th August students dusted off their boots and got out their old farm clothes. They dressed as farmers to raise some much needed funds.

Students brought in all their loose change to have a coin line house competition. Gamilaroi took out the win with Nguri missing out by a tail feather.

A big thank you to the whole Forbes High community for their support as we have raised over \$500 to help our farmers

Every bit makes a difference.

- Pam McConnell







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

#### AECG SCIENCE, TECHNOLOGY, ENGINEERING, ARTS AND MATHEMATICS STEAM CAMP

On August 13<sup>th</sup> we went to Yarramundi for a three-day AECG camp. Our favourite activities were when we went down to the creek at the Environmental Education Centre and did a variety of activities to test the health of the water. We looked for bugs, checked the temperature and salinity of the water. While we were there we also did a GPS challenge. Back at camp we learned to make spears and throw boomerangs, listened to stories and lots of other things.

Our favourite memory of the camp was making new friends and learning more about them.

By: Hannah, Billie-Jo, Dani, Emily and Bridie



The girls in their award-winning gunyah



#### **TRANSITION**

Year 6 students from Forbes Public School, Forbes North Public School, Bedgerebong Public School, St Laurence's Primary School and Eugowra Public School have been attending Forbes High School as part of the transition program this term. They have been learning about History, English, Music, Drama, Agriculture, Tech Mandatory, Science, Hospitality, Maths, French and PDHPE.

They have been enjoying these sessions and learning all about Forbes High School.







#### YEAR 10 WORK EXPERIENCE

Year 10 had the opportunity to experience their dream jobs at the end of Term 3. It has given the students the opportunity to see if the career path they had chosen is the right one for them. It also helped future decision making in subject selections for next year and what pathways they would like to take to get them to where they want to be.

Thanks to the following local businesses for their time, support and knowledge from Mrs Price and Mr West: Forbes Scrap Metal, Eugowra MPS, Rob Mayo Electrician, Anytime Fitness, Forbes Hospital, Forbes Public School, Landmark, Nic's Garage, Lachlan Valley Smash Repairs, RTG Concreting, Forbes Engineering Pty Ltd, Forbes Smash Repairs, Shed and Nicholson, Good Start Early Learning, Central West Diesel, Rebel Equipment, Forbes Health Service, Forbes Advocate, Blush, Forbes Preschool, Jemalong Retirement Village, Bright Beginnings, Forbes North Primary School, Forbes Toyota, Bernie Horan Building, Forbes Learning Ladder, Knights Steel Fabrication, Forbes Livestock Agency, Evolution mines, John Davis Motors, B&S Carpentry, DSB Mechanical, Eugowra Preschool, Cahill's Footwear, Tim Smith Painting and Mitchell Conservatorium Of Music.

#### - Georgie Price





#### **CSU VISIT**

CSU recently visited our Year 12 students to help explain how to gain entry into University, Schools Recommendation Scheme and the UAC process online. Hilary also explained what it is like being a first year student at CSU in regards to accommodation, study, class time and what scholarships CSU has to offer.

#### - Georgie Price



#### **BEACON ZOOM**

On Friday the 17th August Year 11 and 12 students had the opportunity to participate in a video conference (zoom) with Beacon about Apprenticeships. This zoom linked the students with panelists from different areas in Australia where they discussed what it was like to be an apprentice, what it was like in the first year as an apprentice, wages, study and finding jobs.

#### - Georgie Price



#### **COMMUNITY PARTNERSHIPS**

As part of Stage 5 Work Education students have been looking at community partnerships, different organisations in the community and the importance and benefits of volunteering. On Monday the 21st students went to visit the HACC centre, they learnt about the Forbes/Bland Home Modification & Maintenance Service Inc, Meals on Wheels, Home Care, Community Transport and Options. A massive thank you to Trudy for taking the time to tell us about what they do and how important these type of services are in our community. In the afternoon we were lucky to have Jonty the new Forbes Council Youth Adviser come to the class and speak to us about what the council does and what his role is. We enjoyed learning about the many roles in the council and what interesting and exciting opportunities the Forbes Youth Action Team has to offer. Thank you Jonty!

#### - Frances Hinchcliffe Emmett





#### **LEEP STAGE 2 AND 3**

The third session of LEEP was held recently. Stage 2 were investigating the different types of energy by making a cobra wave, cooking popcorn and a making a marble run. Stage 3 made a chair for Mrs Bristina and all supported her, expect one.

#### - Renee Hall



#### INDIVIDUAL HEALTH CARE PLANS-REMINDER

On your student enrolment forms it has been identified that your son/daughter has a health condition, all outstanding health forms were either posted home or sent home with your son/daughter. If the health condition no longer exists can you please contact the front office on 68522666 or return the forms with details on your son/daughter condition. Thank you

#### **School Contributions Due Date - Reminder**

- FHS contributions have been sent out during Term 1. Just a reminder, that the school fees are now overdue. We have a variety of payment options including:
- log on to FHS website at <a href="https://www.forbes-h.schools.nsw.edu.au">www.forbes-h.schools.nsw.edu.au</a>, click on 'make a payment'
- in person to school office by cheque, cash or eftpos.

We thank parents for their support regarding payment of school contributions.

Contributions are kept to a minimum but are vital to your child's education.

#### STUDENT PROFILE

Name: Lily Walsh

**Year:** 12

Do you have any nicknames? Walshy Do you have any brothers or sisters? No Hobbies or interests: Show Jumping Favourite food: Beef Stroganoff

What do you want to do when you leave school? Exercise Science or an Animal Nurse

Best book or movie: Clueless

Favourite subject: PE

What are three things you can't do without?

Phone, Horses and my Family

#### STAFF PROFILE

Name: Sam Limbert

Position at FHS: English & Drama Teacher Where did you go to High School? Grafton

High.

How many years working at FHS? 1

Do you have any hobbies or interests?

Reading and spending time outside with

family and pets

arilly and pels

Best book or movie: Flowers for Algernon

by Daniel Keyes

What is your favourite food? Anything with

caramel.

Best holiday destination? Heron Island (off

the coast of Queensland)

What are three things you can't do without? Family, animals and books.





#### 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.

#### TRANSITION DATES FOR YEAR 6

In Term 3 and part of Term 4, Year 6 Primary School students will be attending transition workshops at Forbes High School.

DATE	TRANSITION
Week 1	Forbes North, Bedgerebong, St. Laurence's
Term 3	
25/7	HSIE & English workshops
Week 3	Forbes North, Bedgerebong, St. Laurence's
Term 3	
8/8	Drama & Agriculture workshops
Week 5	Forbes North, Bedgerebong, St. Laurence's
Term 3	
22/8	Tech & Science workshops
Week 7	Forbes North, Bedgerebong, St. Laurence's
Term 3	
5/9	Hospitality & Maths workshops
Week 9	Forbes North, Bedgerebong, St. Laurence's
Term 3	
19/9	French & PDHPE workshops
Week 1	Forbes North, Bedgerebong, St. Laurence's
Term 4	
17/10	Art & Music workshops

<b>DATE</b>	TRANSITION				
Week 2	Forbes Public, Eugowra				
Term 3					
1/8	HSIE & English workshops				
Week 4	Forbes Public, Eugowra				
Term 3					
<b>15/8</b>	Drama & Agriculture workshops				
Week 6	Forbes Public, Eugowra				
Term 3					
29/8	Tech & Science workshops				
Week 8	Forbes Public, Eugowra				
Term 3					
12/9	Hospitality & Maths workshops				
Week 10	Forbes Public, Eugowra				
Term 3					
26/9	French & PDHPE workshops				
Week 2	Forbes Public, Eugowra				
Term 4					
24/10	Art & Music workshops				

#### **P&C NEWS**

The Forbes High School P&C will be holding their next meeting on Tuesday 11 September. All welcome to attend.

The email address is: forbeshigpc@gmail.com.

Meeting dates are held on the second Tuesday of each month at the Forbes Services Memorial Club, commencing at 6pm.

Upcoming dates for P&C meetings for 2018 are: Tuesday 13 November Tuesday 11 December- Christmas party

Raewyn Molloy (P&C President)

### PBL WEEKLY AWARDS-TERM 3 WEEKS 3, 4 & 5

Congratulations to the following students: Toby Matheson, Kye Goldsmith, Ryan Girot, Melissa Taylor, Billie-Jo Crisp and Harrison Cole (WK3), Claire Ormsby, John Azzi, Josh Woods, Michael Casey and Connor Walmsley (WK4) Lily Walsh, Laura Campbell, Whitney Duffy, Janssen Moores, Elijah Reid and Sybella Carlisle (WK5) 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!



#### SCHOOL ADMINISTRATIVE AND SUPPORT STAFF RECOGNITION WEEK

I am proud to celebrate SASS Staff Recognition Week 3-7 September 2018 at Forbes High School. Our team that work tirelessly behind the scenes and at times shoulder to shoulder with teaching staff are dedicated, determined and diligent. They ensure teaching staff are supported well to deliver quality education to all our students. Our SASS staff work in the office, library, kitchens, science prep rooms, school grounds and the classroom. On behalf of the wider community, I say 'thank you' for your enormous contribution to public education. I hope you feel valued and appreciated every day at work but especially during this week of celebrations.

Ms Safija Bristina Principal



NAME: Terrence Apps POSITION: Farm Assistant BEST THING ABOUT MY ROLE: watching the show team student's progress and their achievements.



NAME: Janelle Berger POSITION: Office Administration BEST THING ABOUT MY ROLE: supporting students to reach their goals.



NAME: John Berger
POSITION: Casual Office Administration
BEST THING ABOUT MY ROLE: being part of the front
office team and interacting with students, staff and
family.



NAME: Jenny Boyd POSITION: Year 7 School Learning Support Officer BEST THING ABOUT MY ROLE: I love helping and encouraging the students to be the best that they can be.

#### SCHOOL ADMINISTRATIVE AND SUPPORT STAFF RECOGNITION WEEK



NAME: Rebecca Cheney POSITION: Casual School Learning Support Officer BEST THING ABOUT MY ROLE: I love helping students achieve their goals and getting to know each of their personalities.



NAME: Melissa Dukes POSITION: Year 7 School Learning Support Officer BEST THING ABOUT MY ROLE: Assisting students to transition to high school and grow in their new environment.



NAME: Sherylee Cowell POSITION: School Learning Support Officer BEST THING ABOUT MY ROLE: I love working with students with challenging behaviours.



NAME: Shannon Gharib POSITION: School Learning Support Officer BEST THING ABOUT MY ROLE: I love being a SASS staff member as I feel I can make a difference in student's lives.



NAME: Phillipa Davies
POSITION: Year 7 School Learning Support Officer
BEST THING ABOUT MY ROLE: I love seeing students achieve their goals and become the person they dream to be.



NAME: Donna Haines POSITION: Aboriginal Education

#### SCHOOL ADMINISTRATIVE AND SUPPORT STAFF RECOGNITION WEEK



NAME: Marilyn Hollstein POSITION: TAS Administration BEST THING ABOUT MY ROLE: the satisfaction from seeing student's achievements by their outcomes of finished class products.



NAME: Caitlin Lewis POSITION: Casual School Learning Support Officer BEST THING ABOUT MY ROLE: I want to help students achieve their full potential.



NAME: Bradley Lemon
POSITION: Technical Support Officer
BEST THING ABOUT MY ROLE: I enjoy working with
the staff and students at Forbes High School while
also enjoying the challenges of the job.



NAME: Matthew Little
POSITION: Grounds Assistant
BEST THING ABOUT MY ROLE: the students and the support from the other SASS staff.



NAME: Danielle Lemon POSITION: Casual Office Administration BEST THING ABOUT MY ROLE: I enjoy meeting all the faces that make up Forbes High School.



NAME: Barry Merritt
POSITION: Aboriginal Education Officer
BEST THING ABOUT MY ROLE: it means everything to
me to see our youth do well in life.

#### SCHOOL ADMINISTRATIVE AND SUPPORT STAFF RECOGNITION WEEK



NAME: Anita Morrison
POSITION: School Administration Manager
BEST THING ABOUT MY ROLE: helping staff and



NAME: Candice Morrison
POSITION: School Learning Support Officer
BEST THING ABOUT MY ROLE: the students and the difference my support can make.



NAME: Lynsey Neilsen
POSITION: School Learning Support Officer
BEST THING ABOUT MY ROLE: being able to make
the best day possible for students.



NAME: Ann-Maree Neville
POSITION: Office Administration
BEST THING ABOUT MY ROLE: being here for families, students and staff.



NAME: Karen Norris
POSITION: Science Administration
BEST THING ABOUT MY ROLE: different challenges
every day and seeing the joy students get from
practical lessons.



NAME: Tanya Parslow POSITION: School Learning Support Officer BEST THING ABOUT MY ROLE: helping our students achieve to the best of their abilities every day.

#### SCHOOL ADMINISTRATIVE AND SUPPORT STAFF RECOGNITION WEEK



NAME: Jane Tomlinson POSITION: School Learning Support Officer

BEST THING ABOUT MY ROLE: getting to know the

students individually



NAME: Leah Williams
POSITION: Office Administration

BEST THING ABOUT MY ROLE: in summary 'everything'!



### SECRETARY'S AWARD FOR EXCELLENT SERVICE

Congratulations to Matthew Little who was recently awarded a 2018 Secretary's Award for Excellent Service. Matthew is the General Assistant and a School Learning Support Officer for Forbes High School. His role as an SLSO is to re-engage disengaged students through assistance with classroom tasks as well as teaching them valuable life skills which will encourage them to participate in school-based activities in the short term, and in the long term become productive and sustainable members of the community. He has a patient and kind manner with the students he works with and continually endeavours to empower these students to be self-sufficient. Matthew aspires to further his knowledge in helping students to meet their educational and social outcomes hoping eventually to work in remote communities.







#### 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 Connnector		

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

Week	Mon	Tue	Wed	Thu	Fri
8 Sept	10 Year 12 Trial Exams VALID Science Tests	11 Year 12 Trial Exams VALID Science Tests P&C Meeting 6pm French Dinner RSL 5.45pm	12 Year 12 Trial Exams VALID Science Tests Community NAIDOC Year 7 Transition	13 Year 12 Trial Exams VALID Science Tests League Tag Gala Day	14 Year 12 Trial Exams VALID Science Tests
9 Sept	17 Year 11 Finals	18 Year 11 Finals	19 Year 11 Finals Year 7 Transition	20 Year 11 Finals	21 Year 11 Finals
10 Sept	24 Year 7 Vaccinations	25 League Tag Gala Day	26 Year 7 Transition	27	Year 12 Graduation Assembly Term 3 PBL Draw
11 Oct	1 School Holidays	2 School Holidays	3 School Holidays	4 School Holidays	5 School Holidays

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	WEEK 11
YEAR 7	Tech–Rotation 2- Theory	Music –Rotation 2	Visual Arts	School Holidays
	Vis Arts			
YEAR 8	Tech–Rotation 2-	Music –Rotation 2	PDHPE	School Holidays
	Theory		Visual Arts (Rotation 2)	
YEAR 9	Food Tech	Drama Perf and LB	Music	School Holidays
	Industrial Tech	PaSS	Visual Arts	
	(T/M/MM)			
	Ag Tech			
YEAR 10	Maths	Food Tech	Music	School Holidays
	Music	IT- Timber/Metal/MM	Visual Arts	
	Drama			
YEAR 11		Final Exams	Certificate II In	School Holidays
			Construction	
			Hospitality	
YEAR 12	TRIAL HSC			School Holidays

#### **COMMUNITY NEWS**



don't feel like you want to make an appointment to talk to someone? Are you on our waitlist but want to get sorted sooner?

#### We've got your back!

These monthly info sessions are on different topics that are super important for everyone's wellbeing. The sessions have been shown to make a really positive difference to how you feel.

These sessions are open for young people, Parents/Carers or even if you want to bring a friend.

Bookings required - please contact our office.

headspace 2018 Tool Kit Sessions

- Understanding and Accepting Myself 30th/August - 5pm start
- Understanding my Anger
   27th/September 5pm start
- Understanding Mood and Anxiety
   25th/October 5pm start
- Communicating with Confidence 22nd/November - 5pm start



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative



**COMMUNITY NEWS** 

We invite all Farmer's and family...

# 'FARMERS FEAST'

We hear you

We value all you do

We support you!

Enjoy a FREE meal!
Roast Dinner & Dessert

Jumping Castle for the Kids!

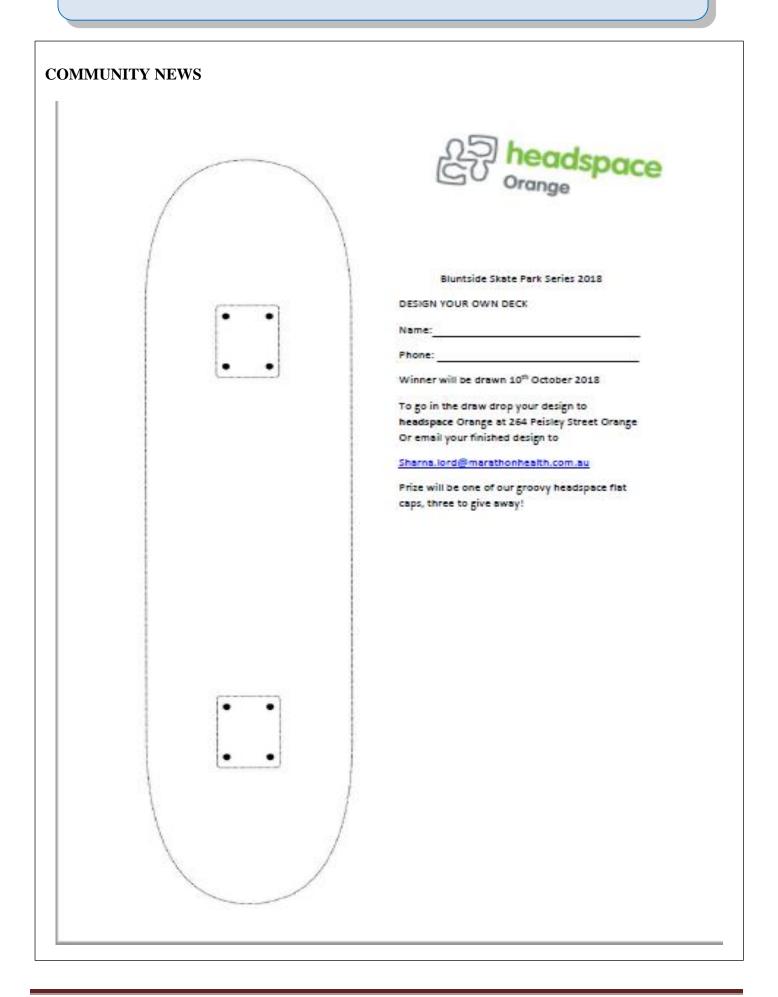
Book your seat/table - RSVP 14/09/18

Friday 21<sup>st</sup> September 6:30pm for a 7pm start St John's Anglican Church hall Court Street, Forbes

Contact Parish Office: 02 6851 1544

Rev. Crystal: 040 872 8638

Graeme & Ruth Klingner: 042 720 1185



#### **COMMUNITY NEWS**



#### **COMMUNITY NEWS**

# Looking for a Golden Opportunity?



Explore your talent and develop your career within Evolution Mining!

Cowal Gold Operations is a first class open cut mine and mineral processing operation, located on the edge of Lake Cowal approximately 45kms from the town of West Wyalong.

We are a residential site offering a range of attractive work rosters.

We currently have a number of full-time employment opportunities. We are keen to recruit talent from the local region and provide long term career pathways for residents of our local communities.

#### Our current vacancies include:

- Haul Truck Operators Mining
- Ancillary Operators Mining
- Plant Operators Mineral Processing
- Mechanical Trades Diesel Fitters
- Electrical Trades Auto-Electricians

#### We are also seeking Apprentices in:

- Mechanical (Fixed Plant and Diesel)
- Electrical (Fixed Plant and Automotive)



While we are keen to hear from people who have previous mining experience, this is not essential as we offer extensive training for people new to the industry. Finding the right people with the right attitude is very important to us!

For more information about these opportunities and details on how to register your interest, please contact us on 0407 287 995 or email cgo.careers@evolutionmining.com.au