Forbes High School Newsletter



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Term 3 - Week 10 Friday, September 28 2018

PRINCIPAL'S REPORT

Congratulations and Farewell Year 12!

Our Year 12 Assembly is scheduled for 28 September and marks the end of their formal classes at secondary school. On this note, I congratulate all students who have completed Year 12 and wish them well in term four as they embark on HSC examinations or alternate pathways that lead to further education, paid work or a well-deserved holiday for some. I take this opportunity to acknowledge the out-going student leaders, Captains Mitchell Ashcroft and Chelsea Turner, Vice Captains Konnor Ryan and Claire Maslin. All four student leaders have led the school and student leadership team with confidence and dedication. To the rest of Year 12 it has been a delight getting to know you over the last couple of terms and I sincerely hope the next chapter of your life continues to reflect the respect, dignity, maturity and optimism in which you presented yourself to me. I look forward to seeing you altogether as a cohort at the Year 12 Graduation Dinner on 17 November 2018.

HSC Examinations

For those Year 12 students who are sitting HSC examinations, it can be a stressful time but I remind you a little stress can actually help you focus. Stay positive and remember you are already halfway there because you have completed 50% of your overall mark through the inschool assessment tasks. If you have worked at your personal best then you have nothing to

Some tips to consider in preparation for sitting exams:

- Go to bed at a reasonable time the night before exams.
- Wake up early and take time to have a healthy breakfast. Bananas and eggs are usually good and can sustain your energy and concentration. Now is not a time to try something different, so stick to foods that work for you.
- Check day/time exam and get there early so you do not feel rushed or can overcome any unexpected events.
- Before leaving home, check you have all the required equipment.
- Re-read and review the first question at the end of the exam to edit any careless mistakes that may occur when you are nervous at the start of the exam.
- If your brain freezes, just start writing anything and you should start remembering more details.
- Never give up! Persevere and attempt all questions to maximise your mark and opportunities.
- Stay calm and remind yourself that you are doing your best.

I wish you all well in your upcoming examinations.

Happy Holidays

I take this opportunity to thank all staff for their commitment, compassion and care for our students, our staff always go beyond the call of duty and I need our community to understand that this is the positive culture at Forbes High School that makes a difference to all our students on a daily basis. To the students who have accepted their responsibility to learning and worked at their best, I thank you and hope that you take the time to celebrate your achievement over the holidays as you reflect, rest and rejuvenate over the holiday period. I wish all our families a great break and look forward to staff and students returning to Term 4 on 15 October 2018.



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2018 INDIGENOUS YOUTH OF THE YEAR

Congratulations to Kaidyn Haynes on receiving the 2018 Forbes Indigenous Youth of the Year Award at the Forbes Community NAIDOC day celebrations. Kaidyn has been a part of the Youth Wellness Committee at FHS and then progressed to the White Ribbon Supporter Group and is now a White Ribbon Ambassador. This is a great achievement by Kaidyn.



ART EXHIBITION

Recently Billy-Jo Crisp, Cooper Young, Elyas Merrit and Trent Tyne had their art work chosen to be displayed in the 2018 Operation Art exhibition in the Armory Gallery at Sydney Olympic Park. This exhibition is in support of the Children's Hospital at Westmead.



SHOW TEAM

Congratulations to all of the Show Team students with our last local show recently finishing on a big note with our heifers placing 2nd in their classes. Our students did an amazing job in junior judging with William Cox placing 2nd in beef and 1st in merino fleece, Bridie Hughes 2nd in meat sheep and Emily Gartner 1st in fruit and vegetables. Finally congratulations to Chloe Kemp, Jack Cole and Kyle Bolam for qualifying for Sydney Royal Show Paraders Competition. Jack also received the herdsmen award for excellence. I am so proud to work with all of these amazing young adults.

- Rachel Eagles



FELLOWSHIP ACHIEVEMENT

Forbes High School Deputy Principal Jason Nottingham was recently recognised for achieving a Fellowship in Academy School Photography and Production from the NSW Secondary Deputy Principals Association. Congratulations Mr Nottingham, this is a great achievement.



TAFE VISIT

Several staff member from TAFE NSW recently visited Year 10 students at Forbes High School. They spoke about courses that can be studied next year as part of the HSC and courses that are available after finishing school.



DISCO

Forbes High School students and staff enjoyed an 80's theme at the Term 3 disco. The night was full of music, dance, dress-ups and fun. This was the last disco for our current year 12 who had a great time on the night.



NORTH PARKES MINES TALK

Forbes High School students were fortunate to receive a visit from North Parkes Mines staff recently.

They spoke about the opportunities available for mining apprenticeships coming up.









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

20 YEARS SERVICE

Jason Nottingham was recently presented with his 20 years of service certificate. Well done Mr Nottingham, a great achievement. Forbes High School appreciates having such a wealth of experience on their team.



YEAR 12 MAJOR WORKS

After two years of hard work, Year 12 Technology students have completed their major works projects. These are some impressive and very well made pieces. Well done Year 12!



Daniel Robb-Potts – Drawing Table

VOLUNTEER AWARD

Elise Dukes of Year 11 was recently awarded the NSW Volunteer of the Year Award in the Youth category in the Regional ceremony in Bathurst. This was for her work volunteering with the Forbes Youth Action Group, Forbes High School Wellbeing Committee and Forbes Hockey Inc. Elise will now go to Sydney for judging in the State Ceremony.





Kaidyn Haynes – Loft Bed



Toby Hawley – Coffee Table

CANBERRA ART EXCURSION

On Friday the 17th of August three Year 12 Art students (Tahlia Dellow, La Tonya Mailes & Jacob Howarth) went with Mrs Hill to Canberra for the day. It was hard waking up early but well worth it, as we had a great time visiting the National Art Gallery, National Portrait Gallery and the War Memorial Art Collection. LaTonya really loved the Aboriginal work of Lin Onus. Jacob went mad on the food and I found my Great Grandfather in the War Memorial Archives. Mrs Hill, well she loved every moment. The one thing we will never forget though was the chance we were given at the War Memorial to take part in the 'Last Post Ceremony'.

LaTonya and I laid a wreath in remembrance of the fallen and for all those who gave years of their young lives and endured so much for us. It was a very moving ceremony. If you want to catch it, the video is on the War Memorial face book page for the 17th August. If you ever get the chance to go on an excursion we all suggest you snap it up, because you get so much from doing something different.

- Tahlia Dellow





COMMUNITY NAIDOC DAY

Forbes High School students and staff participated in the recent Community NAIDOC Day celebrations in Forbes. There were a variety of food stalls, activity stations and mini events to keep everyone busy. Forbes High School also had teams in the League Tag and Basketball games played on the day. These were a lot of fun and a great time was had by all involved and those watching. The Girri Girri students were on hand throughout the day and participated in conducting games for the local primary school students and performing a traditional dance.







STUDENT PROFILE

Name: Kyle Ryan

Year: 12

Do you have any nicknames? Bole

Do you have any brothers or sisters? One younger

brother

Hobbies or interests: Dancing

Favourite food: Chinese

What do you want to do when you leave school?

Continue my dancing career/teaching **Best book or movie:** American Sniper

Favourite subject: SLR

What are three things you can't do without?

Family, music and money.

STAFF PROFILE

Name: Angela Bottaro-Porter

Position at FHS: Mathematics Teacher

Where did you go to High School? Tempe High

School

How many years working at FHS? This is my

third year.

Do you have any hobbies or interests? Soccer, tennis, puzzles & board games, listening to music, going out for dinner/breakfast at Bella's with family & friends, natural remedies.

Best book or movie: I love most musicals. My favourite movies would be The Sound of Music, Dirty Dancing and The Notebook.

What is your favourite food? Anything Italian, Greek or Arabic. Pad Thai.

Best holiday destination? Hawaii

What are three things you can't do without? My family/friends, music and a good coffee!





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.

DEBUTANTE BALL

On Saturday 22 September, twelve young people took to the dance floor to the delight of their families and friends to raise valuable funds for the Forbes Breast Cancer Support Group.

The group consisting of Jodi Williams & Xander Williams, Tahlia Harpur & Jack Peters, Zoe Willis & Corey Williams, Brielle Thornton & Jack Cole, Georgia Palazzi & Kyle Bolam and Bree Schaefer & Joe Fisher conducted fundraising barbeques, 100 clubs and raffles to raise money for their chosen charity and looked absolutely amazing on the night.

The Debutantes and their partners, along with their gorgeous flower girls, Evie Nikolic & Sienna Gibson, and page boys, Jarrod Thornton & Maison Campbell, were presented to Mrs Denise Jelbart, representing the Forbes Breast Cancer Support Group, who was extremely grateful that the group had chosen to support this worthy organisation raising in excess of \$1500.

Dance instructor, Kate Ralph, choreographed a beautiful dance to Parallel Lines by Keith Urban. Kate was really proud of them all and thanked the group for asking her to teach them their dance.

Maria Bullock performed the duties of Master of Ceremonies for the evening ensuring that everything ran smoothly and provided encouraging words to the debutantes and their partners.



SCHOOL VALUES WEEKLY AWARDS-TERM 3 WEEKS 6, 7 & 8

Congratulations to the following students: Jaycob Ruge, Luke Turner, Alex Carroll, Jarrod McClenahan, Lily Boyd, Lainey Green, Claire Little, Georgia Cole, Kara Bray, Josh Woods, Brodie Morley, Ben Adams, Kendi-Lee Morley Diggins, Laura Campbell, Matthew Beard, Levi McDaniel, Jazlyn Sauer, Alister Carlisle, Savannah Bevan, Amy Pike, Keegan West and LaTonya Miles, Jessica Cole and Claudia Cheney 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!





GIRRI GIRRI EXCURSION

It's been a big term for students of the Girri Girri Sports Academy!

- We've welcomed a few new students from year 7: Matty Duke, Dani Karatiana, Emily Molloy, Brodie Morley and Bridie Hughes.
- We've developed our knowledge of Culture in a few forms. Donna Haines has helped us with our development of Wiradjuri Language. Uniting provided men who helped further develop the sense of culture by sharing stories, teaching traditional dances and instilling the values of taking care of ourselves and where we live.
- We've attended the Dreaming Centre NAIDOC Day, where the students were provided opportunities to eat 'Bush Tucker', developed their sense of culture and worked on their Indigenous artistic abilities.
- We participated in the Community NAIDOC Day as traditional dancers. We also ran Indigenous games for the primary schools and competed in the students vs. police touch football and basketball games.
- We ran Indigenous Games at Forbes Pre-School's celebration of NAIDOC Day, which was a lot of fun for both our Girri Girri students as well as the Preschool and Public School students. This gave our students the chance to showcase their organisational skills and leadership abilities. The students were also given the opportunity to learn additional traditional dances with the Pre-School students and I don't know who had more fun being Gugaa's (Goanna's).
- We also ran Indigenous Games at Grenfell Public School's NAIDOC Day celebration which again gave the students the opportunity to demonstrate their leadership abilities and share their knowledge of local culture with the younger students.
- Year 10 students Whitney Duffy, Billie Dukes and Ben Molly were given the opportunity to attend the Walanga Muru Rising Stars Leadership Camp ran by Macquarie University in Sydney during week 9. These students were provided with the chance to meet over 60 likeminded peers from schools all over NSW. They were given further opportunity to develop leadership skills while being given a glimpse at University Life.

Throughout each of the many events the Girri Girri Sports Academy students ran, participated in and watched they displayed the FHS values with pride. The students showed great responsibility, respect to themselves, each other and those around them and they did their best. I am extremely proud of the students and am looking forward to another busy yet rewarding 10 weeks in term 4. Keep up the Great Work GGSA!

Sarah Kelly







TELL THEM FROM ME-PARENTS/CARERS HAVE YOUR SAY!

Our school is participating in the Tell Them From Me Partners in Learning parent/carers survey, with a focus on student wellbeing, engagement and effective teaching practices. The survey provides our school with information that we can use for practical improvements and to better cater for our school community.

The survey can be completed anonymously on a phone, tablet or PC and takes approximately 10 minutes to complete. You can complete the survey by clicking the link below. Your responses will be greatly valued.

SURVEY

https://nsw.tellthemfromme.com/forbeshs2018

FAQs

http://surveys.cese.nsw.gov.au/images/FAQs/TTFM_P arent_Survey_T3_2018.pdf

NRL LEAGUE TAG GALA DAY

The Under 16s Girls League Tag Team competed in the NRL League Tag Gala Day in Week 10. The girls played 3 games overall and developed a lot in their skills and abilities.

Game 1 was against Red Bend. Red Bend took advantage of the girl's nerves and got two tries in the first few minutes. Amy Gallagher however broke through the girls with a runaway try not long after and showed them what Forbes High School is made of. Another try went to Amy Pike yet we couldn't get the win.

Game 2 was against another Red Bend team and we were figuring out each other's strengths and positioning and we came out with a draw of 2 all.

Game 3 was to be the decider, however Molong CS displayed a strong sense of team work, skill and ability and couldn't be stopped and we came out with another loss.

The Under 16 girls represented FHS exceptionally and displayed positive sportsmanship, respect and they definitely did their best and I'm very proud of their efforts. I'm also very proud of Lincoln Godden who refereed on the day, and did an exceptional job. Great work everyone, I'm already looking forward to next year's Gala Day!

Sarah Kelly



DREAMING CENTRE NAIDOC DAY

Forbes High School students in the Girri Girri Sports Academy attended the Wiradjuri Dreaming Centre NAIDOC Day earlier this term. The students developed their knowledge of culture, tried new foods and did some painting. A great day was had by all!

Sarah Kelly



LEAGUE TAG GALA DAY

Two teams from Forbes High School participated in a League Tag Gala day at Apex Oval in Dubbo. All students did themselves and Forbes High very proud showing great skill, sportsmanship and teamwork. Special mention goes to Luke Turner and Macca Dalton for receiving Best and Fairest acknowledgment for their respective grades.

- Frances Hincliffe-Emmett





COMMUNITY DONATIONS

Thank you to our wonderful community partners: Forbes Services Memorial Club and Forbes Lions Club for their generous donations towards the support unit students attending Schools Spectacular. Your support is much appreciated.





SUPPORT UNIT BINGO FUNDRAISER

A fantastic afternoon of frenzied dobbing and shouting "BINGO!!" was had on Sunday 16th at the Forbes Services Club as members of the community, parents, students and staff gathered for an afternoon of fundraising. It was an enjoyable and successful event, raising \$2400 for the students to attend the Schools Spectacular in November. A big thank you must go to all the sponsors for the day, providing a wide array of prizes for our lucky bingo players.





Year 12 2018 Major Awards

Dux of Year 12

Year 12 – Chelsea Turner

Blue & Gold Citizenship

Year 12 – Chelsea Turner

Caltex Best All Rounder

Janssen Mores

Carmel Hodges Humanitarian Award

Kristian Markwort

Citizenship Awards

Bradley Clifton Kaidyn Haynes Jayden Maloney Claire Maslin Janssen Mores William Stamp

Reuben F. Scarf Award

Lily Walsh

Bunnings Workplacement Award

William Stamp

Louise Stephenson Award

Kaidyn Haynes

TVET Class Awards

Certificate II in Animal Studies - Alesha Horton Statement of Attainment in Early Childhood Education and Care - Claire Maslin

VET Student of the Year

Lily Walsh

Canteen Awards

Gold – Konnor Ryan Silver – Mitchell Ashcroft





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.

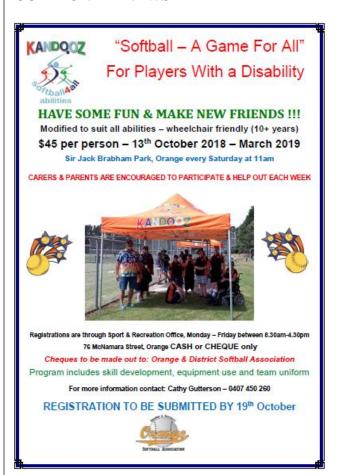
WHAT'S ON @ FORBES HIGH SCHOOL

Week	Mon	Tue	Wed	Thu	Fri
	8	9	10	11	12
Oct	School Holidays	School Holidays	School Holidays	School Holidays	School Holidays
1 Oct	15	16	17 Xr 7 Transition	18 HSC exams commence	19
2 Oct	22	23	24 Xr 7 Transition	25	26 Year 11 Reports handed out
3 Oct	29 VALID 8 Science Test	30 VALID 8 Science Test Year 11 Safe Partying Presentation	31 VALID 8 Science Test	1 VALID 8 Science Test Year 9 Lovebites	2 VALID 8 Science Test

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 12	WEEK 1	WEEK 2	WEEK 3
YEAR 7	School Holidays		Geography Report	PDHPE
YEAR 8	School Holidays		Visual Arts Rotation 2	History Task 2
YEAR 9	School Holidays		Geography Report	Science Semester 2 Test Agriculture Tech LOTE
YEAR 10	School Holidays			Music LOTE
YEAR 11	School Holidays			
YEAR 12	School Holidays	HSC Exams	HSC Exams	HSC Exams

COMMUNITY NEWS









COMMUNITY NEWS



SENIOR PRIMARY TOUCH COMPETITION (AGES 11-14)

NEW COMPETITON - EXPRESSIONS OF INTEREST

The Forbes Touch Association is introducing a NEW COMPETITION for younger players this season. Expressions of interest are needed by Friday 28th September to determine if it will go ahead.

Competition will be run on Monday evenings from 6pm commencing 15th October at Botanical Garden Sporting Facility. Cost is just \$35 per player and is open to both boys and girls aged 11 – 14 years.

Players wishing to nominate by emailing details to forbestouch@gmail.com before Friday 28th September as competition will be dependent on interest received. Please include your NAME/AGE/DATE OF BIRTH/ CONTACT NUMBER and the names of two friends you would like to play with as teams will be drafted to ensure a competitive and inclusive competition.

For more information please phone:

Sam Mackay - 0498 761 336

Anita Morrison - 0405 364 512



\$35 per player

Fmail FOI by 28 September forbestouch@gmail.

> PLFASF INCLUDF Name/Age/DOB Contact Number

Nominate two friends you would like to play with

Further Information SAM - 0498 761 336 ANITA - 0405 364 512

FORBES TOUCH ASSOCIATION

2018 Season Botanical Gardens College Rd, FORBES

Monday Evenings

15/10/2018 - 14/12/2018



COMMUNITY NEWS



COMMUNITY NEWS

Forbes Shire Council

Media Release

FORBES SHIRE COUNCIL

COMMUNITY FEEDBACK

Media release for immediate distribution

Free Water to Forbes Rural Residents

Forbes Shire Council has resolved to supply bulk potable water to rural residents of the shire free of charge. Residents are able to attend the Forbes Shire Depot between the hours of 9am – 3pm, Monday to Friday. Residents are asked to clean their containers prior to pick up as Council accepts no responsibility for the quality of water once it has been discharged at the depot. For safety reasons members of the public are not to drive into the depot area but must report to the office first. Loads should be secure and within load limits of the vehicles.

Registered bulk water carters will need to make contact with the depot and both a safe time to enter and use the high capacity hose.

Contact 6850 2370 for more information.

ENDS

Media Enquiries: Cassie Gates Telephone: (02) 6850 2361

Email:

community@forbes.nsw.gov.au Web: www.forbes.nsw.gov.au



COMMUNITY NEWS



PRIMARY AND SECONDARY SCHOOL SCHOLARSHIPS

There's just over a month to go until applications fo our 2019 Student Scholarships close, so be sure to check out our great range of scholarships that support hardworking public school students. Our scholarships help break down barriers created by social or economic disadvantage. We offer scholarships for students in the following areas: Indigenous, Refugee, Rural and Remote, Social Justice, Performing Arts, Technology and Academic Excellence.

This year we will have supported over 1,000 scholars in public schools across the country.

For more information visit:

https://publiceducationfoundation.org.au/scholarships/students-scholarships/





FORBES FINS SWIMMING CLUB INC REGISTRATION SEASON 2018 / 2019

We welcome all interested swimmers to join the Forbes FINS for the coming Summer Season. Starting October 15, 2018.

We offer 5 Squads catering for all levels of Ability - Beginners to Competitive Swimmers.

We have 7 Qualified and Accredited SATCS Coaches

We deliver a 20 WEEK Programme with Squad Sessions planned to establish, improve and compete in Freestyle, Backstroke, Breastroke and Butterfly + Club Trial Nights where you can test your skill in a fun community environment.

We look forward to you joining the FINS family and building your confidence & capability in the water.





FORBES JUNIOR TENNIS

SOCIAL - DOUBLES TOURNAMENT

Thursday 11th October 2018

(second Thursday of the school holidays)

Inviting all Junior players ages 8 and upwards who as a minimum, have basic tennis and scori skills, to play in a social doubles tournament.

Single entries welcome as players will be paired with multiple mixed and doubles partners throughout the day.

Commencing at 9am and concluding approximately 3pm. \$5 entry fee. Prizes awarded.

Catering available on the day – sausage sizzle \$2 and drinks \$2.

All nominations and queries to Peter Clifton 0403 335 205 by Sunday the 8th October.

GIVIT

The NSW Government has partnered with GIVIT to enable the effective delivery of charity and aid to farmers and rural communities impacted by the drought.

GIVIT supports charities by providing a virtual warehouse where people/business can pledge their support (\$, goods, services, volunteer) and be matched with a community or charity that requires that type of support.

100% of donations will go on ground to those in need and the strong focus is on supporting small towns with local buying. After all, it's about supporting our small businesses during this drought too

Please spread the word and direct all charitable drought efforts to GIVIT.

DROUGHT HUB

Are you looking for the most up to date information around drought support? Jump on to the Droughthub website for information around subsidies and support packages available to drought affected farmers.

LLS SUPPORT

Central West Local Land Services continues to support landholders across the region during the current conditions. The Forbes office also holds a 'Drought Drop In' session every Wednesday between 9am and 10am. During these times we guarantee to have a District Vet or Agriculture Advisor on site to have an informal chat about any of your drought enquiries. Landholders can also seek advice at anytime by contacting the Forbes office on 68501600