

Forbes High School Newsletter



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Term 4 - Week 6

Friday 22 November, 2019

PRINCIPAL'S REPORT

Year 12 HSC Examinations

The Higher School Certificate has officially come to conclusion this year and some of our Year 12 students have successfully gained Early Entry offers to University. Other students have sought fulltime work and some others are considering alternative options. We will share a more comprehensive report on the results in our first newsletter in 2020 and our annual School Report schedule for release at the beginning of Term 2 next year. At the end of this week, we will participate in our final Year 12 school event 'Year 12 Graduation Dinner'; major awards will be presented to students with portfolios highlighting the successful completion of their secondary education.

Wellness Hub Parent survey

Our school is currently engaging with researchers from the NSW Department of Education Learning and Wellbeing Directorate. They are tasked with evaluating the effectiveness of our Wellness Hub and its impact on student wellbeing and learning outcomes. The external team acknowledge that we are by far the most progressive Wellness Hub in the state and many other schools look to us to establish similar assets and resources in other schools. We invite parent feedback to be part of the quality data collection. On page seven of this newsletter, you will find a QR code to access a parent survey. You can scan this with your mobile phone or other digital device and it will take you to the survey; it will take about less than ten minutes to fill out but will provide an invaluable insight into your views on the effectiveness of the Wellness Hub. You have until 13/12/19 to complete the survey.

Lions Club Youth of the Year (YOTY) 2019

This year we saw students from independent schools, catholic schools and other government schools compete for the prestigious YOTY. Competitors were required to engage in presenting a written application, an interview, deliver two impromptu speeches and one prepared speech. This year I am delighted our very own Tom Boyd in Year 11 took out the honours this year. Congratulations Tom, this is a well-deserved win! His prize includes \$350 and entry into the Zone competition.

Forbes Community White Ribbon March

A third of our students marched at this community event raising awareness against violence against woman and indeed more broadly domestic violence. I was very proud to see our significant contribution to this event that included Bridie Hughes and Emily Malloy deliver acknowledgement of country. Billie-Jo Crisp, Sarah Nightingale were on vocals and Kirby Maslin played guitar for the entertainment. The event host, Kaidyn Haynes a former graduate of Forbes High, finishing Year 12 in 2018 proves to be himself a great advocate to stop violence against woman. It was a marvellous community event displaying our student leaders to the wider community.

Movember Games

Movember is an annual event for our school involving the growing of moustaches during the month of November for the purpose to raise awareness of men's health issues. The school and SRC support this charity and a highlight of this awareness program is in the final week of November in which traditionally Year 11 students challenge the staff in a series of games during lunch in Week 7. This year may be the first year in which the Year 11 students may take out the challenge with victory since the inaugural event in 2009. Today is the decider.

School Disco

Our final disco of the year was a sensational success with record numbers of students attending. SRC set the theme to raise money for Movember. The students that attended displayed our school values with pride. This event creates the opportunity for students to socialise and build positive relationships with both staff and students.

Student Safety

Student and staff safety is a priority. In light of our recent dust storms, we have closed open areas at recess and lunch and opened the hall and library for students to have a safe haven during these irritable times. Students with a respiratory health issue should use the library or hall on these days.



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FHS-News

LEAGUE TAG

At the end of Term 3 the Under 16's league tag teams travelled to Canowindra, to play in the Gala Day.

Forbes High had two teams competing. Team One was undefeated in the first three games, going down to Condobolin in the semi-finals. Team Two came away with one win and two losses.

Four junior boys were lucky enough to participate in the day, to build their refereeing skills. They refereed the Under 12's games.

Thanks to Mr Bainbridge for driving the bus and Miss Stewart for coaching and supporting the girl's teams.



MATHEMATICS FACULTY



Spike reminds students to be:
Responsible, Respectful, Honest and Doing their best.

HOW?

- ALL students bringing the following equipment to every lesson:
- Black/blue and red pens
- Ruler and pencil
- Maths book
- Calculator (NESA approved) –
PURCHASE FROM FRONT OFFICE FOR \$25.

Free engraving in the Maths Staffroom.

- Completing Semester 2 examinations in class for Years 7 – 10 in Weeks 5 & 6.
- Having a go in class.
- If a mistake is made, try again!
- Reading class notes at home can help!

HALLOWEEN RIDDLE: There are 13 animals in the house. They are all cats and bats. If there are 3 more cats than bats, how many of each are there?

ANSWER TO LAST NEWSLETTER RIDDLE: No time, the wall is already built. There is no need to build it again.

P&C NEWS

The next General Meeting of the P&C will be held on Tuesday 10th December 2019 at the Forbes Services Memorial Club commencing at 6pm. We will be celebrating with our annual Christmas party, as well as conducting our regular meeting. All welcome and please bring a friend. This is a great way to get involved in your child's education!



SCHOOL UNIFORM CLOTHING POOL

If you have any unwanted school uniform articles please drop them into the schools administration office so that they can be added to the school clothing pool. If you require items please contact the school office to help assist you.

FHS - News

YEAR 11 END OF YEAR EXCURSION

Year 11 ventured to Canberra to celebrate their successful completion of the first stage of their senior schooling. They visited; The Australian War Memorial, Floriade and The Australian National Museum. They completed an escape room, which required them to harness their team work skills in a high pressure timed environment.

Thanks to Paul for driving us, and Mr Pike and Ms Jackson for supervising.



SCHOOL VALUES WEEKLY AWARDS- TERM 3 WEEK 9 & 10 – TERM 4 WEEK 1, 2, 3, 4 & 5

Congratulations to the following students: Finn Berry x 3, Austen Brown, Oscar Browne, Kara Bray, Ruby Staines x 2, Chloe Kemp, Angela Emery, Connor Greenhalgh, Jessica Croucher x 3, Ebony O'Malley, Emma Hereford, Matthew Reynolds, Evan Walker, Dustin Bond, Harry Scott, Ally Walsh, Zayne Merritt, Sarah-Jane Sullivan, Grace Barbary x 2, Ella Greenhalgh, Derek Pymont, Ty Jones, William Cox, Ethan Smith, Ethan Graham, Blake Berry, Bridie Herron, Corey McMahon, Whitney Duffy & Melody Osborne 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!



Find us on:
facebook®

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: *Darcy Langham*

School: *Forbes High School*

Year: *8*

Age & Birthday: *14yrs old & 30th July*

Star sign: *Leo*

Do you have any nicknames? *Darc*

Do you have any brothers or sisters? *Yes – two sisters & three brothers*

What is your favourite past time? *Riding my scooter*

Do you play any sports? What? *No – not this year*

What is your favourite food? *Lasagne*

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

Who is your idol? *My Dad*

What are three things you can't do without? *WiFi, Friends & Water*



STUDENT PROFILE

Name: *Bella King*

School: *Forbes High School*

Year: *9*

Age & Birthday: *14yrs old & 16th December*

Star sign: *Sagittarius*

Do you have any nicknames? *Boo and Bella boo bear*

Do you have any brothers or sisters? *Yes, I have an older sister and a younger sister.*

What is your favourite past time? *Reading, acting and singing.*

Do you play any sports? What? What is sport?

What is your favourite food? *My Nan's potato bake.*

What do you want to do when you leave school? *Something to do with the Performing Arts.*

Who is your idol? *Natalie Bassingwaighte*

What are three things you can't do without? *Drama, Harry Potter and Disney*



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

STUDENT LEADERS 2020

It is with pleasure, we would like to introduce our Student Leadership Team for 2020. Our Captains are Jack and Amy and Connor and Kaitlin are our Vice-Captains. We are looking forward to a productive and enriching year in 2020.



CANTEEN NEWS – MENU CHANGES

Our Canteen is currently making changes to align with the Premiers Direction “Healthy School Canteen Strategy” to be adopted and implemented by all Public School canteens by the end of the year.



Check out this yummy grilled chicken salad pack available at our school canteen. These salads are made fresh by our wonderful canteen ladies and are available everyday for only \$6.50. Lunch can also be ordered before school and at recess. Stay tuned for new menu items launching throughout the term.

FORBES LEO'S

Thirteen of our amazing student volunteers were officially inducted at the official charter of the Forbes and District Leo's Club by Lions Club President, Graham Williams and Lions District Governor, Peter Bright. The Leo's program involves students stepping up and showing their leadership skills both around the school and in the wider community. As part of the Leo's initiative, our student also volunteer at different events throughout the community. What an excellent opportunity.



FHS - News

BEN HALL SHIELD

The annual competition between FHS and Blayney High School was on the 6th of November and boy was the competition fierce! Competing across four different sports, with almost equal number of wins to both schools, Forbes eventually came away as victors in the 2019 Ben Hall Shield! School spirit and good sportsmanship were evident throughout the whole day. Well done to all students involved on the day.



FHS - News

Year 11 ENGLISH ENRICHMENT

Year 11 students recently attended writing workshops conducted by Peita from Clever Cookie Academy. The two sessions provided the students with a range of skills that will be invaluable in their HSC studies.



REMEMBERANCE DAY

On the 101st Remembrance Day, we held a whole school service to commemorate and pay our respects to all armed service personnel. The School Captains also represented Forbes High School at the Forbes service.



WELLNESS HUB SURVEY

FORBES HS WELLBEING HUB SELF-ASSESSMENT
PARENTS SURVEY QR CODE



LEEP

LEEP students had a fun filled last day of LEEP recently, participating in a multitude of hands on activities including playdough circuitry, cooking delicious delicacies and creating their own personalised herb boxes.



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/Legal Services
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	Dietician
Community Health Services	Community Health Drug & Alcohol
Community Health Services	Psychologist
Hearing Support	Itinerant Support Teacher
Rural Youth Mental Health	Mental Health Practitioner
Uniting	Family Connector
Youth Hope	Youth and Family

Contact Forbes High School on 02 68 522 666 if you would like to make an appointment or 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.

THANK YOU

Forbes High School would like to acknowledge the ongoing support of our student programs from Woolworths Supermarket, William Rubensohn Foundation, Forbes Rotary, Forbes Neighbourhood Watch, North Parkes Mine CMOC and Evolution Mining Cowal. Without these partners many programs at Forbes High would not be able to run.

FHS - News

WHAT'S ON TERM 4

AT FHS

TERM 4—WEEK 7—NOVEMBER

Monday 25 -Breakfast club, White Ribbon Day, Yr 10 Transition

Tuesday 26– Breakfast club, School Disco

Wednesday 27–Breakfast club, Support Unit Transition,

Thursday 28- Breakfast club,

Friday 29 - Breakfast club,

TERM 4—WEEK 8– DECEMBER

Monday 2 – Breakfast club, Great Aussie Bush Camp

Tuesday 3- Breakfast club, Great Aussie Bush Camp, Yr 7 2020 Orientation Day

Wednesday 4 - Breakfast club, Great Aussie Bush Camp,

Thursday 5 -Breakfast club,

Friday 6 -Breakfast club,

TERM 4 -WEEK 9– DECEMBER

Monday 9 -Breakfast club

Tuesday 10- Breakfast club, MADD Night, P & C Meeting and Christmas Party

Wednesday 11–Breakfast club, Support Unit Transition,

Thursday 12– Breakfast club

Friday 13– Breakfast club, Presentation Assembly



FHS - News

LOVE BITES

Forbes High School welcomed our local police, Forbes Shire Council and other partners to our great school to deliver the 'Love Bites' program to our Year 9 students. Together, with staff, the program builds knowledge and awareness about domestic violence and respectful relationships.



COMMUNITY NEWS

AQUA FITNESS

CLASSES FOR WOMEN

Starting Tuesday 5th November 2019

Tuesdays and Thursdays for 6 weeks

Time: 9.00am – 10.00am

Venue: Forbes Town Pool

Cost: \$ 4.50 pool entry, Class Free

Child minding Service for children 5 years and under
(at Youth and Community Centre, Battye St. Gold coin donation)
Infants and children will need to be registered to Maree Yapp at
[email: maree.yapp1@det.nsw.edu.au](mailto:maree.yapp1@det.nsw.edu.au) or phone 68 503008

To Register: Registrations will be taken anytime during the 6 week period. Registration is needed for both participants and any children.

Further Info: Contact Denise or Jane
Forbes Community Health Centre
6850 7305 or 6850 7310

Email: denisehopkins@health.nsw.gov.au or jane.omalley@health.nsw.gov.au







FORBES FIT 4 LIFE PROGRAM

FOR BOYS AND GIRLS AGED 10 – 17 YEARS

PARKES PCYC IN CONJUNCTION WITH FORBES COUNCIL ARE RUNNING A FIT 4 LIFE PROGRAM AT FORBES HIGH SCHOOL WITHIN THE FORBES HIGH GYM

THIS IS A FREE ACTIVITY WHICH RUNS EVERY WEDNESDAY MORNING BEGINNING AT 7.30AM DURING SCHOOL TERMS

SESSIONS INVOLVE
BOXING FOR FITNESS
GENERAL FITNESS
SPORTS

SESSIONS RUN FOR AROUND 30 – 40 MINUTES AND ARE RUN BY ELISE A QUALIFIED PERSONAL TRAINER.

EVERY WEEK THERE IS POLICE ATTENDANCE WHICH ALLOWS FOR PARTICIPANTS TO INTERACT WITH POLICE IN A FUN/SOCIAL ATMOSPHERE

ON COMPLETION OF THE SESSION A COOKED BREAKFAST IS SUPPLIED (COOKED BY ROTARY MEMBERS). THE FOCUS IS ON BEING ACTIVE AND HAVING A BIT OF FUN.

ON COMPLETION OF THE FITNESS SESSION AND BREAKFAST ANY PARTICIPANTS REQUIRING TRANSPORT TO OTHER SCHOOLS ARE CONVEYED BY PCYC STAFF OR POLICE TO THEIR SCHOOLS.

PARTICIPANTS ALSO RECEIVE FREE PCYC MEMBERSHIP

ANY QUESTIONS OR QUERIES CONTACT S/CST SIMON LOCKWOOD 0458 490 539 OR TIM WATTS PCYC CLUB MANAGER ON 0417 241 010



WEP STUDENT EXCHANGE

TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!

AT A GLANCE:

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

"THIS HAS BEEN THE MOST AMAZING ADVENTURE. THERE ARE NO WORDS!" CAITLIN, CANADA



FHS - News



FREE WORKSHOP: SUCCESSION PLANNING FOR FAMILY BUSINESSES

Succession planning in family businesses is an important process that rarely works if it "just happens". Drought and the higher debt levels that sometimes come with managing through drought, shouldn't mean succession planning stops. This workshop will explore the timely issues of how succession can be a positive process for the family business managing severe drought and how the bank and government support or interest rate subsidies can be more supportive, once succession planning has been done.

The workshop presenters will provide valuable tips and tools for navigating the path through family communication to create a "family-owned" business plan, showcasing a clear vision to banks and other stakeholders. There is nothing more powerful than a long term vision articulated by the family for their business. It brings people together - so everyone (including the bank) can navigate the current challenges with a shared goal, and ensure the family business succeeds sustainably, for many generations to come.

The workshop aims to assist you in creating choice, hope and options for your family business. With options, we achieve confidence and wonderful outcomes for our rural communities and everyone connected therein - the most important being a stronger mindset and wellbeing as we progress through drought and enter the eventual recovery process.

WORKSHOP PRESENTERS



Claire Booth is a Senior Associate solicitor with Duffy Elliott Lawyers specialising in Wills, Succession Planning, and the transfer of wealth across the generations involved in farming and business. Claire works with experts to ensure succession planning is holistic - creating great businesses for future generations.



James Hamilton of Cultivate Advisory specialises in facilitating sensitive conversations involving family succession. Creating a safe environment for all to be heard and understood to enable the exploration of future possibilities.

9am-4pm, Thursday 28 November 2019
Parkes Services Club, Short Street, Parkes

Registration Essential! Register Online: www.nalag.org.au/familymatters

Event Contact: Brenda Baker 0428 676 528

SUPPORTING NSW COMMUNITIES:

