

Forbes High School Newsletter



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Term 1 - Week 3

Friday 15 February, 2019

PRINCIPAL'S REPORT

Welcome Back to School

I am pleased to share that we have started the term strong with all staff engaging in mandatory professional learning to ensure we run a safe school but we also strengthened our journey together as we continue to develop a common language for all our students across all subject areas to teach explicitly and transparently. We want our students to know what is expected from them in each class by stating learning intentions and success criteria in every class. This will look different in practical lessons, outdoor PE/sport class and in traditional classroom settings but we strive to ensure all students are aware of what it is that we want them to learn and then together with students we will assess where to next to ensure all students achieve growth in their learning.

I welcome all staff and students back to a great school. In particular, I welcome Year 7 to the school who have presented well in both their presentation and application. It appears they have settled in well thanks to our transition program last year with staff and students familiar with each other from day one. On day one they were introduced to our student leaders in the senior school and were informed that later in the term they would have an opportunity to nominate themselves or others in their year group to join the Student Representative Council in a formal capacity as a leader. However, every student in the school can show leadership by doing what is expected. That is, wear uniform, come to school with correct equipment and be ready to learn and follow teacher directions. In many ways, it is this informal display of leadership that strengthens our reputation in the community and therefore creates opportunities for our students post schooling.

NEW

This term Mrs Debra Slack-Smith is Relieving Deputy Principal replacing Mr Jason Nottingham who is Acting Deputy Principal at Cowra HS. Mrs Susan Larkings is Acting Head Teacher Mathematics and Mr Blake Harris is Relieving Head Teacher English. Earlier this term, we created two other leadership roles that include Head Teacher Wellbeing and communication coordinator. I am pleased to announce that on merit Ms Pamela McConnell is our HT Wellbeing and Mrs Kimberley Jackson will lead the communications team that will see teaching and non-teaching staff and students contribute to the way we communicate news through our newsletter, school website, Facebook and our annual Acacia magazine.

ROLES



Mrs Slack-Smith



Mrs Larkings



Mr Harris



Ms McConnell



Ms Jackson



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FHS-News

NEW STAFF WELCOME TO FORBES HIGH SCHOOL



Hayley Wilson

Teacher: Learning Support and Generalist

"I'm looking forward to working with students, staff and parents to support student learning."



Alison Radvanyi

Teacher: English

"I'm really looking forward to working with my students, getting to know how they learn and helping them grow and expand their knowledge and understanding."



Kirsty Maye

Teacher: Mathematics

"I am eager to create positive learning experiences for students and engage with the community."



Tabatha Pezzotti

Teacher: Mathematics

"I'm excited to create engaging mathematical learning experiences, to get the next generation excited about maths."



Riley Pike

Teacher: Technical & Applied Science

"Hard work beats talent when talent doesn't work hard."

P&C NEWS

The next monthly P&C & Annual General meeting will be held on Tuesday 12 March 2019 at the Forbes Services Memorial Club commencing at 6pm. We will be discussing fundraising and other important issues. 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

UNIFORM

Our uniform has not changed but has some new additions. Our students are great ambassadors for our school, themselves and indeed their families dressed in navy, white and gold. We would love this to continue. However, we have made a couple of additions that include navy shorts and track pants. You can purchase these garments from the school or Gunn's Menswear.

Those students who have purchased the shorts from the school will be able to swap them over, at no additional cost, when the correct coloured navy and gold items arrive to the school.



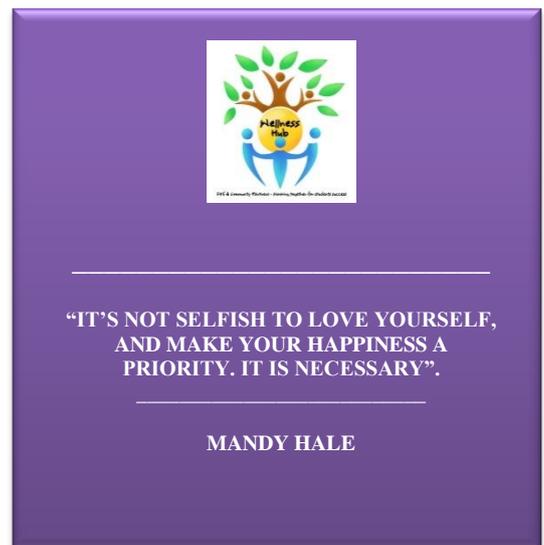
APPOINTMENTS

A reminder to our parents and carers to arrange doctors and/or dental appointments outside of school hours as we want our students to have uninterrupted learning. We know attendance and continuity builds greater success for students, therefore lunch passes will not be implemented this year. We have found 30 minutes is not enough time for students to leave site and return to school before afternoon lessons begin. For students to achieve their best punctuality to all classes is paramount. Thank you for your support in this matter.

UPDATE

SCHOOL VALUES WEEKLY AWARDS- TERM 1 WEEK 2

Congratulations to the following students: Ilesha Sinclair, Nicholas Beard, Thomas Townsend, Brodie Morley and Ricky Stibbard 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!



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: *Mikey Casey*

School: *Forbes High School*

Year: *8*

Age & Birthday: *12yrs old & 4th June*

Star sign: *Gemini*

Do you have any nicknames? *Mikey*

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

What is your favourite past time? *Archery & Soccer*

Do you play any sports? What? *Yes, Soccer & Archery*

What is your favourite food? *Spaghetti Bolognaise*

What do you want to do when you leave school?

School Teacher

Who is your idol? *Paul Walker*

What are three things you can't do without?
Family, friends & food.



STAFF PROFILE

Name: *Kimberley Jackson*

Place of Birth: *Parkes*

Star Sign: *Capricorn*

Where you went to High School?

Red Bend Catholic College

How many years working at FHS? *5Years*

The number of family members? *4*

What is the most important thing in your life?

Balance!

What is your favourite past time? *Netflix*

Best book or movie? *The Power of One by Bryce Courtney*

What is your favourite food? *Chocolate*

Best holiday destination? *A 5 Star Motel with a spa*

Who is your idol? *Kristen Bell*

What are three things you can't do without? *Internet, chocolate & 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.

FHS - News

TOWARDS BETTER WRITERS

Towards Better Writers was a competition run in Term 4 last year to encourage our students to write creatively.

Students were awarded prizes at the end of last year but the students who were absent at the time were recognised at our first school assembly for 2019.

Hannah Staines was the Major Award Winner for Year 9.



The students pictured below were awarded encouragement awards for their efforts



MATHEMATICS



The Forbes High School Mathematics Department would like to welcome all students and their family to 2019. We look forward to working with you this year.

We are excited to start the year with some new routines with the main change being the introduction of Cornell Notes. These are a way to organise notes taken in class and more importantly a way for students to regularly revise their work and strengthening their learning in the hope to improve their understanding.

This year we welcome Kirsty Maye and Tabatha Pezzotti to our faculty and together with Angela Bottaro-Porter and myself, we endeavour to provide students with positive experiences in learning mathematics.

We would like to take this opportunity to remind parents that this year students are expected to have two exercise books for Mathematics, one may be a grid book.

Students are also expected to have a Casio fx-82AU PLUS II calculator. These can be purchased from the Office for \$25.

Thank you,
Susan Larkings
Acting Head Teacher Mathematics



X 1



X 2

MATHEMATICS – BRAIN TEASER

Two fathers and two sons sat down to eat eggs for breakfast.
They ate exactly three eggs, each person had an egg.
How is this possible?

FHS - News

TERTIARY EXCURSION

The tertiary excursion was a really great experience. The trip gave us a taste of what university is really like.

We left Wednesday morning and arrived at The University of Canberra. We walked around campus for a couple of hours and got a mad feed.

Our accommodation was Koolongong Village which was about 1 kilometre away from the University of Wollongong. We got to experience real lectures and got to meet other students from other schools. After we finished we went bowling which was pretty good. We got back to our accommodation and got some rest for the next day.

The next university visited was Newcastle University and we stayed in the Women's College, while at the University of Sydney, which was pretty good. We had dinner at a Chinese restaurant, watched a movie, then headed home the next day.

John Azzi – School Captain



The tertiary excursion was an amazing experience. The excursion gave us year 12 students a real insight into what university life is like and allowed us to ask any questions concerning university. We travelled to Canberra on Wednesday and visited University of Canberra and Australian National University; on the day we had tours and were given the opportunity to ask any questions. Once our tours were finished we travelled to Wollongong and stayed on campus, we were lucky enough to go bowling and enjoy a night of university life. On Thursday we had classes at Wollongong University, we went to lectures and experienced what it would be like to undergo a real class. There were many different opportunities provided to us throughout the day. After we were finished at Wollongong University we travelled to Sydney, we stayed the night at The Woman's University and were able to go to the movies later in the night; we were all tired from the long day and ready for bed once the movie was over. Friday morning, we were up early and had two workshops with students from Sydney University; we were given advice and filled with knowledge concerning our HSC preparation. After the workshops we headed home; we were all so tired from the big days but all enjoyed the excursion. My favourite part of the excursion was being given the opportunity to talk to university students and ask about their experiences throughout their HSC and university journey. It was interesting to learn about all the opportunities available for students and the support we can receive is amazing. I would like to thank Mr Harris, our Year Advisor and Mrs Price, our Careers Advisor for organising the excursion and taking us. I would also like to thank Paul for being our driver and putting up with our terrible singing while traveling.

Jessie Rix – School Captain

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 and Evolution Mining Cowal. Without these partners many programs at Forbes High would not be able to run.

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ANNUAL SWIMMING CARNIVAL

The Forbes High Swimming Carnival was held on Friday the 1st of February. Although the day was hot we had a lot of fun competing in the different events. Most students who attended participated in not only the races but the belly flop competition and the floaty race. Team spirit was heard clearly in the house chants and Nguri was seen from afar with our Knight costumes.

Toby Hurford – Nguri House Captain



The swimming carnival on Friday was an amazing day. Everyone in Wiradjuri was dressed up in their house colours and participating. It was great to see the year 7 students getting in and having a go. The Opens teams were incredible on the day and were good role models for the younger years. Looking into the future for Wiradjuri I hope to see more interest and participation at the athletics carnival. The chant off was my favourite part of the day, all teams participated and cheered for their house, Wiradjuri and Burrabinya were in the final chant off; Wiradjuri tried their hardest but unfortunately Burrabinya finished on top. Thank you to all the teachers, staff and parents for making the day a successful event. Congratulations to Burrabinya for winning the swimming carnival, we'll get you at the next one.

Jessie Rix – Wiradjuri House Captain



The swimming carnival was a very eventful day, most of the people participated and enjoyed doing so. Burrabinya ended up pulling in the victory, but that is not surprising considering that we are the best house. The Belly Flop competition was the best event in my opinion (it may be due to my victory). All up the swimming carnival was a great success.

Harry Alcorn – Burrabinya House Captain



Belly Flop Competition Winners!



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.

FHS - News

WHAT'S ON TERM 1

AT FHS

WEEK 4- FEBRUARY

Monday 18- Breakfast club

Tuesday 19- Breakfast club

Wednesday 20- Breakfast club, Year 9 Healthy Relationships

Thursday 21- Breakfast club, Open Soccer

Friday 22- Breakfast club, CHS Lawn Bowls

WEEK 5- FEBRUARY/MARCH

Monday 25 -Breakfast club

Tuesday 26- Breakfast club

Wednesday 27- Breakfast club

Thursday 28 -Breakfast club, CHS Netball

Friday 1 -Breakfast club, Clean Up Australia Day

WEEK 6- MARCH

Monday 4 -Breakfast club

Tuesday 5 -Breakfast club, Indoor Cricket Carnival

Wednesday 6- Breakfast club, Optus Digital Thumbprint Presentation

Thursday 7 - Breakfast club, Wellness Hub presentation

Friday 8 - Breakfast club, Year 12 Biology Assessment Task



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COMMUNITY NEWS

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OUR ANNUAL WALL PLANNERS HAVE BEEN DISTRIBUTED

Your child received our Annual Wall Planner recently to take home! If you did not receive one please contact our Administration Staff.

These planners are a fantastic communication tool for all our important School dates over the next 12 months.

If you would like the opportunity to showcase your business on our next planner please do not hesitate to contact

classroom calendars
on 07 4243 4947

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FHS - News

COMMUNITY NEWS (cont.)

FORBES DISTRICT SOCCER CLUB 2019 REGISTRATION

WANTED – Male and Female Youth & All Age Players

For the Under 14s Mixed, Under 17s Boys / Mixed and All Age Ladies and Mens Teams



The Under 14 and Under 17s play in the Forbes, Grenfell Young Saturday Competition, All age ladies play in the Parkes Competition and All age Mens play in the Lachlan Competition.

The Club is keen to grow the numbers in each of these teams and competitions. 15 year old girls are eligible to play Under 14s and 18 year old girls are eligible to play Under 17s. Boys and Girls 15 and above are eligible to play Adult competition.

Registration Fees: Under 14s - \$135, Under 17s - \$165. The same fees apply if you play Adult competition, and there are no extra charges if you play Youth league and Adult competition. Adult Fees: \$225.

As part of registration you receive: Deploy Training Ball, Socks, Forbes Gala Day free participation, Region Gala Day participation and FFA approved Club Training Program on Thursday nights by our FFA B and C Licence Coaches.

Registration Process: Online – Open now, Go to: www.playfootball.com.au/register-now.

Face to Face Registration: Forbes Services Memorial Club on Saturdays 23 February, 2 March, 9 March, 16 March.

Inquiries: Forbes District SC Facebook or Doug Mckenzie (Registrar) 0412287810, email: dougmk63@yahoo.com.au.

Women/Mixed Tuesday Night Netball Comp

Competition Details:

Start Date: Tuesday 5th March 2019 (14 week comp finishing on 18th June 2019)

Finals: Semi Final – Tuesday 25th June 2019 Grand Final - Tuesday 2nd July 2019

Competitors: Women and men high school age and over (mixed comp if there is enough interest)

Cost: \$155 per player (inclusive of Netball NSW Registration \$82.16) = **\$5.20/player/game!!**

\$100 for juniors (under 18 in 2019) **FREE for junior players using NSW Active Kids Rebate**

Please note: Dependent on numbers of team nominations aiming for multiple grades, including a mixed division if enough interest. Individuals invited to register and have opportunity to join a team.

Registration:

When: Before COB Friday 22nd February 2018

Where: Print out and complete registration sheet available at <http://parkesna.nsw.netball.com.au/>

How: Individual players will need to register online at **MyNetball**

Email Team Registration sheet through to kahliamay12@hotmail.com

FULL payment as direct deposit into Parkes Netball Association account:

BSB - 802 084 Account No – 105807. (PDNA then sends your \$82 rego fee to NSW Netball)

Umpiring:

Duty: To promote a consistent level of umpiring in 2019 - only people with current (last 4 yrs) Rules of Netball Theory Exam or Foundation Umpire qualification (10yrs) are to be nominated and subsequently rostered to umpire.

Each team **MUST** provide at least 2 umpires with evidence of qualifications. Links to online courses & Rules of netball below

1. Rules of Netball Theory Exam \$10.48 <https://netball.com.au/get-involved/umpiring/accreditation/rules-of-netball-theory-examination/> (Max 30 mins)

2. Foundation Umpire Course \$40 <https://netball.com.au/get-involved/umpiring/accreditation/foundation-umpire-course/>. Takes 2-4 hours to complete on-line, self-paced.

3. Rules Booklet <https://s3-ap-southeast-2.amazonaws.com/netball-wp-assets/wp-content/uploads/2013/09/11102630/INF-Rules-of-Netball-2018-Edition.pdf>

Online Course: People who complete online courses will have fee reimbursed from registration cost upon presentation of receipt of payment.

Contact:

Comp Co-ordinators: Kahliia Hayes: 0400 023 518, Hayley Hofman: 0417 265 668

Join the Parkes Netball Association group on Facebook or follow us on Instagram.

COME AND TRY RUGBY



FORBES JUNIOR RUGBY UNION REGISTRATIONS NOW OPEN

FOR REGISTRATIONS DOWNLOAD FROM THE APP STORE THE RUGBY XPLORER APP. SEARCH FORBES JUNIOR RUGBY CLUB AND CHOOSE YOUR REGISTRATION FORM.

NEW PLAYERS WELCOME

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Rotary Ipomoea



Saturday Feb 9th

Market

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New setting is shady and has access to shade and toilets and beautiful lakeside views.

Market is from 8am to 12.30 pm.

For more information please phone Helen on 68514930

FHS - News

COMMUNITY NEWS (cont.)



TAFE NSW Parkes has a range of exciting courses available for enrolment in 2019. We invite you to pop in and learn more about our life-changing range of education and training options.

Courses on Offer	Duration	Attendance
Certificate II in Business BSB20115	36 weeks	Start Date: 5 February 2019 Classes will be held weekly on Tuesday: 6:00pm – 8:00pm
Certificate II in Business BSB20115	18 weeks	Start Date: 4 February 2019 Classes will be held weekly on Monday, Tuesday and Thursday: 9:00am – 3:30pm
Certificate III in Business Administration BSB30415	18 weeks	Start Date: 4 February 2019 Classes will be held weekly on Monday, Tuesday and Thursday: 9:00am – 3:30pm
Certificate III in Business Administration BSB30415	36 weeks	Start Date: 5 February 2019 Classes will be held weekly on Tuesday: 6:00pm – 8:00pm
Certificate III in Business Administration (Medical) BSB31115	18 weeks	Start Date: 4 February 2019 Classes will be held weekly on Monday, Tuesday and Thursday: 9:00am – 3:30pm
Statement of Attainment in Provide Cardiopulmonary Resuscitation 561-16227V01	half day	Start Date: 9 March 2019 Saturday 9 March: 8:30am – 12:00pm
Statement of Attainment in Provide Emergency First Aid in Education and Care Settings 561-16230V01	1 day	Start Date: 9 March 2019 Saturday 9 March: 8:30am – 5:00pm

Version 1.0

Statement of Attainment in Provide First Aid 561-16229V01	1 day	Start Date: 9 March 2019 Saturday 9 March: 8:30am – 5:00pm
Statement of Attainment in Kitchen Essentials 166-54533	1 week	Start Date: 4 February 2019 Class will run Monday to Friday: 9:00am – 3:30pm
Certificate III in Catering Operations SIT30916	18 weeks	Start Date: 12 February 2019 Classes will be held weekly on Tuesday, Wednesday and Thursday: 9:00am – 4:30pm
Certificate II in Kitchen Operations SIT20416	9 weeks	Start Date: 12 February 2019 Classes will be held weekly on Tuesday, Wednesday and Thursday: 9:00am – 4:30pm. Finish Date: 12 April 2019
Certificate I in Preparation for Work and Training 10582NAT	36 weeks	Start Date: 5 February 2019 Classes will be held weekly on Tuesday and Wednesday: 9:30am – 3:00pm
Certificate II in Career Preparation 10584NAT	18 weeks	Start Date: 4 February 2019 Classes will be held weekly on Monday and Tuesday: 9:00am – 3:00pm in a video conference classroom
Certificate II in Animal Studies ACM20117	18 weeks	Start Date: 7 February 2019 Classes will be held weekly on Thursday 9:30am – 3:00pm
Certificate II in Engineering MEM20105	36 weeks	Start Date: 12 February 2019 Classes will be held weekly on Tuesday 6:00pm – 10:00pm
Certificate II in Engineering – Production Technology MEM20205	2.5 years	Start Date: 12 February 2019 Classes will be held weekly on Tuesday 6:00pm – 10:00pm
Certificate III in Engineering – Fabrication Trade (Heavy Fabrication) – Apprenticeship course MEM30305	36 weeks	Start Date: 11 February 2019 Classes will be held FORTNIGHTLY on Monday and Tuesday 8:00am – 4:45pm
Certificate II in Retail Services SIR20216	18 weeks	Start Date: 4 February 2019 Classes will be held via video conference weekly on Monday and Tuesday 9:00am – 3:30pm and Wednesday 9:00am – 1:00pm

Certificate III in Retail SIR30216	18 weeks	Start Date: 4 February 2019 Classes will be held via video conference weekly on Monday and Tuesday 9:00am – 3:30pm and Wednesday 9:00am – 1:00pm
Certificate IV in Retail SIR40316	36 weeks	Start Date: 4 February 2019 Classes will be held via video conference weekly on Monday 9:00am – 1:00pm and 5:00pm – 7:00pm (optional support via Adobe connect)
Certificate III in Individual Support (Ageing) CHC3015	36 weeks	Start Date: 7 February 2019 Classes will be held weekly on Thursday 9:00am – 3:00pm plus 120 hours work placement.
Certificate III in Early Childhood Education and Care	36 weeks	Start Date: 4 February 2019 Classes will be held weekly on Monday and Tuesday 9:00am to 3:00pm plus 120 hours work placement.
Diploma of Community Services CHC52015	18 months	Start Date: 26 February 2019 Class commences with a three day block Tuesday, Wednesday and Thursday 9:00am – 3:00pm the fortnightly via video conference on Thursday 9:00am – 3:00pm. Three hour Tutorial on Thursday alternate weeks.
Course in Preliminary Spoken and Written English 10725NAT	36 weeks	
Certificate I in Spoken and Written English 10727NAT	36 weeks	Start Date: 5 February 2019 Classes will be held on Tuesday 9:45am – 12:45pm and Thursday 12:00pm – 3:00pm
Certificate II in Spoken and Written English 10728NAT	36 weeks	Start Date: 4 February 2019 Classes will be held on Monday 9:30am – 12:30pm and Thursday 9:00am – 12:00pm
Certificate III in Spoken and Written English 10729NAT	36 weeks	Start Date: 4 February 2019 Classes will be held on Monday 9:30am – 12:30pm and Thursday 9:00am – 12:00pm
Statement of Attainment in Responsible Service of Alcohol SITSS00055	1 day	Start Date: 14 February 2019 Class will be held on Thursday 9:00am – approx. 4:00pm

Statement of Attainment in Responsible Conduct of Gaming 561-11589	1 day	Start Date: 15 February 2019 Class will be held on Friday 9:00am – approx. 4:00pm
Statement of Attainment in Responsible Service of Alcohol SITSS00055	1 day	Start Date: 28 February 2019 Class will be held on Thursday 9:00am – approx. 4:00pm
Statement of Attainment in Responsible Conduct of Gaming 561-11589	1 day	Start Date: 1 March 2019 Class will be held on Thursday 9:00am – approx. 4:00pm
Statement of Attainment in Responsible Service of Alcohol SITSS00055	1 day	Start Date: 21 March 2019 Class will be held on Thursday 9:00am – approx. 4:00pm
Statement of Attainment in Responsible Conduct of Gaming 561-11589	1 day	Start Date: 22 March 2019 Class will be held on Thursday 9:00am – approx. 4:00pm

More exciting courses still to come!

For more information visit www.tafensw.edu.au or phone 131601

FHS - News

COMMUNITY NEWS (cont.)

WEP
WORLD EXCHANGE PROGRAM

IF NOT NOW, WHEN?

AT A GLANCE!

- Choose from 27 countries
- Attend school overseas
- Live with a local host family
- Make memories to last a lifetime!

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

SCHOLARSHIPS AVAILABLE!

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

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733

ONE NIGHT ONLY!

Emma Pask

Award winning Vocalist Emma Pask will delight as she interweaves storytelling through timeless swinging jazz standards, upbeat Latin rhythms, tender ballads and some raucous blues.

Forbes Town Hall - Court Street, Forbes

Friday February 22nd @ 7.00pm

Tickets available on www.mitchellconservatorium.edu.au or on the MitchellConservatorium Facebook page

Mitchell Conservatorium
enriching lives with music

headspace
Orange

Study Group

Is running every **Monday** from 3.45pm to 6pm.

What's provided

- Laptops
- Black/White Printer
- Internet Access
- Mentors to assist you as needed
- Afternoon Tea

headspace is starting a study group to provide a quiet, supported environment for young people.

To secure your place or any enquiries, please call us on 6369 9300.

Bookings are essential

FHS - News

COMMUNITY NEWS (cont.)



be a part of something
BIG

Are you aged between 12 and 25 and live in Orange?
Do you have something to say about health, mental health and drug/alcohol issues?

Applications are now open for young people aged between 12-25 years to be part of the headspace Orange Youth Reference Group 2018.

By sharing your insight into local youth issues, topics of interest and your experience of life in a regional town, you will be guiding headspace Orange in project development and improving the way we support young people in the Orange community.



headspace
Orange

For more information,
call Sharna at headspace Orange on 6369 9300 or
email sharna.lord@marathonhealth.com.au

SMART Recovery
Australia



headspace
Orange



SMART Recovery for young people aged 16-25 years.

What to expect:

- Focus on the addictive behaviour and not on the substance it self
- Goal Setting: Set your own achievable plan for the week ahead
- Concentrate on present and future, not on the past (No life stories!)
- Evidence Based tools and techniques (cognitive behaviour therapy (CBT), Motivational Interviewing)

This group could count toward a work placement development order.

Where: headspace Orange 264 Peisley Street
Time: Wednesdays 11am-12.30pm

Program Dates: 16/1/2019, 23/1/2019, 30/1/2019,
6/2/2019, 13/2/2019, 20/2/2019

For bookings contact headspace Orange on 6369 9300
or email hs.orange@marathonhealth.com.au

Lives
Lived
Well



Do you need a bit of a boost but 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.

- Problem Solving Skills (February 28th - 5pm start)
- Mindfulness & Relaxation (April 18th - 5pm start)
- Webinar on Selfie Culture, Adversity, Relationships & Potential (8th March - 9am to 2pm)
- Webinar on Communication, Hate, Grooming & Resilience (15th March - 9am to 2pm)
- Sleeping Well (May 30th - 5pm start)
- Nutrition & Wellbeing (June 27th - 5pm start)
- How To Support Your Friend (July 25th - 5pm start)



headspace
Orange
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Mall PO Box 8749, Orange East NSW 2800
Tel 02 6369 9300 Fax 02 6369 9399
headspace.org.au

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