

# 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 2 - Week 6

Friday 7<sup>th</sup> June, 2019

## CONGRATULATIONS – A JOB WELL DONE!

### Bedgerabong Public School

7 Golding Ave Bedgerabong NSW 2871  
Ph. 6857 1185 Mobile 0427 685711 Fax 6857 1118  
Email bedgerebon-p.school@det.nsw.edu.au  
Principal- Paul Faulkner



17 May 2019

Mrs Safija Bristina  
Principal  
Forbes High School

Dear Safija

I am writing to you today on behalf of the Forbes Small Schools group that had the support of a group of your students at our combined sports day held recently at Forbes Public School.

I must start by mentioning the fact that the weather conditions forecast and experienced that day were the most unkind that we have had so far this year, yet your students chose to honour their commitment and brave the conditions with us, when they could have easily foregone this experience and stayed warm and dry in their own classrooms.

All of the Forbes High School students that were in attendance displayed a happy and positive attitude, never once shied away from responsibility and continually asked for additional tasks to assist the small schools staff. Your students had an amazing rapport with the infants and primary students they were supporting and behaved and engaged most professionally with staff and adults in attendance.

I have had countless comments not just from the principals of Bogan Gate, Caragabal, Eugowra and Quandialla schools, but from parents and family members of the small schools students at the carnival, praising your Forbes High students for the demonstrated commitment and dedication that they expressed on the day.

You and your staff should be very proud to know that you are doing such an amazing job supporting and empowering such mature and motivated students through their journeys to adulthood.

I believe that all of the students mentioned below deserve acknowledgement in some form or another. I have included some special certificates for them and would appreciate it, if the opportunity arises to present them publicly at a school function.

*Ben Barnard, Isabella Brown, Austen Brown, Billie-Jo Crisp, Eliza Fahey, Emily Gartner, Chloe Kemp, Maddy Kemp, Toby Matheson, Paula Terrado.*

Kind Regards

Paul Faulkner  
Principal  
Bedgerabong Public School



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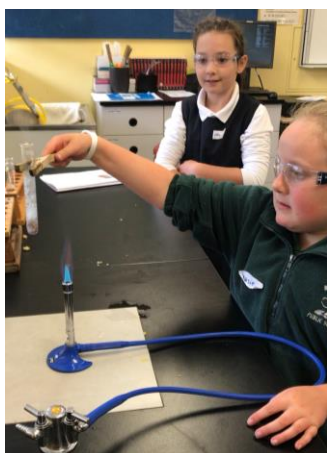
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# FHS-News

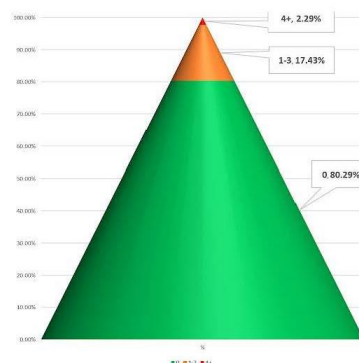
## LEEP SCIENCE

Students from the local primary schools attended Forbes High School in Week 5 to participate in Science practical activities. Stage 3 students made a cabbage indicator and tested the pH of household substances. Stage 2 students studied the digestive system and conducted food tests to identify food which contain starch, protein and glucose.



## SCHOOL VALUES AND EXPECTATIONS

Forbes High School's four core values and expectations across all settings are being respectful, responsible, honest and doing your best. Each fortnight, data is collected and presented in a triangle to show our student referrals. We have strict data rules for our data compared to other schools, to set high expectations for all students. For Weeks 3 and 4 of Term 2, 80% of our students had 0 referrals, 17% had 1-3 and 2% had 4+ referrals. These referrals lead to targeted support, explicit education and adjustments for our students to set them up for future success. The percentage of students with 0 referrals fluctuates each fortnight, however, our students are consistently in the high 80% range, which demonstrates our students ability to uphold our 4 core values. We are proud to share that we have many positive role models amongst our student enrolment that showcase leadership each day as reflected in this graph.



## P&C NEWS

The P&C the next General Meeting will be held on Tuesday 11<sup>th</sup> June 2019 at the Forbes Services Memorial Club commencing at 6:00pm. 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 lease 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

## QUESTACON SMART SKILLS VISIT

Students in Stage 4 participated in a workshop ran by Questacon Smart Skills in Week 5. Students protostormed designs made from paper to test if different objects would hover, fly, sink or stick. They were also given challenges using foil, tissues, paperclips and paddlepop sticks with the aim of getting their design to hover for 6 seconds.



## SHOWTEAM FUNDRAISER

Forbes High School Showteam Fundraiser  
Drawn 13th June 2019  
Prize – Dressed Lamb from Flint St Butchery  
Tickets - \$5 each  
Available from the main office.



## SCHOOL VALUES WEEKLY AWARDS- TERM 2 WEEK 3, 4 & 5

Congratulations to the following students: Billy Taylor, Nicholas Beard, Blake Berry, Melody Osborne, Haylee Sullivan, Isaac Barnard, Stuart Shaw, Bridie Hughes, Daniel Radburn, Angela Emery (2), Jessica Williams, Chelsea Burton, Elise Dukes, and Emily Gartner 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:** *Isaac Barnard*

**School:** *Forbes High School*

**Year:** *7*

**Age & Birthday:** *12yrs old & 16<sup>th</sup> December*

**Star sign:** *Sagittarius*

**Do you have any nicknames?** *Zac*

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

**What is your favourite past time?** *Playing online games on the computer*

**Do you play any sports? What?** *Yes - Squash*

**What is your favourite food?** *Mango*

**What do you want to do when you leave school?** *Become an electrician*

**Who is your idol?** *'The Rock'-Dwayne Johnson*

**What are three things you can't do without?** *Food, Water and Friends/Family*



## STUDENT PROFILE

**Name:** *Tatiana Dukes-Rankmore*

**School:** *Forbes High School*

**Year:** *10*

**Age & Birthday:** *15yrs old & 2<sup>nd</sup> September*

**Star sign:** *Virgo*

**Do you have any nicknames?** *Tats*

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

**What is your favourite past time?** *Pencil Drawing*

**Do you play any sports? What?** *No*

**What is your favourite food?** *Chocolate*

**What do you want to do when you leave school?** *Become an author or illustrator*

**Who is your idol?** *Steve Irwin*

**What are three things you can't do without?** *Technology, WiFi 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](http://www.forbes-h.schools.nsw.edu.au) to find photos and information about our wonderful school.

**The ANNUAL SCHOOL REPORT has been published on the Website for your information.**



# FHS - News

## RECONCILIATION WEEK

On Monday 27 May two of our students were invited by Forbes Elder, Aileen Allen, to attend the Dreaming Centre's Reconciliation Day ceremony. Whitney presented the Acknowledgement of Country and Jaylin joined the River Dance Crew to perform a number of Traditional Dances.



## COWRA EISTEDDFOD

Recently some of our talented students gave some exceptional performances, both as soloists and in the ensemble, at the Cowra Eisteddfod. The Groups received a 3rd place and two Highly Commended. Sarah-Jane received 1st place for her solo rendition of "This is Me" and Beau took home 2nd for "Believer".



## HEADSPACE AND FOOTBALL

This year our Under 15's Rugby League Team competed at the Country Cup. Despite a loss, a lot of experience was gained and excellent sportsmanship was displayed.



## STICKS TO STADIUM

Two of our Year 10 boys, Noah and Jai, had the opportunity to travel to Penrith to participate in Sticks to Stadium. The boys were invited to immerse themselves into the day to day running of an NRL club. Sticks to Stadium is for Indigenous youth, it shows them the different ways to achieve in the NRL, whether it be playing professionally, becoming a trainer, team chef, an executive or a part the grounds crew. The boys were lucky enough to watch the Warriors v's Panthers game. This is just another fantastic opportunity offered to our students.



# 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](mailto: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](http://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.



## WHAT'S ON TERM 2

# AT FHS

### WEEK 7 - JUNE

Monday 10-Queen's Birthday Holiday

Tuesday 11- Breakfast club, P&C Meeting

Wednesday 12-Breakfast club, PCYC Fit for Life

Thursday 13- Breakfast club, Impact Fest

Friday 14 - Breakfast club, Impact Fest

### WEEK 8 - JUNE

Monday 17 -Breakfast club, Minimum Standards Testing

Tuesday 18 - Breakfast club, Minimum Standards Testing

Wednesday 19 - Breakfast club, PCYC Fit for Life, Hospitality Excursion

Thursday 20 -Breakfast club, Hospitality Excursion, Taste of TAFE, School Disco

Friday 21 -Breakfast club, Hospitality Excursion, Forbes Eisteddfod

### WEEK 9 - JUNE

Monday 24 -Breakfast club, Year 10 Work Experience

Tuesday 25-Breakfast club, Year 10 Work Experience, HSC Enrichment Day

Wednesday 26-Breakfast club, PCYC Fit for Life, Year 10 Work Experience

Thursday 27- Breakfast club, Year 10 Work Experience

Friday 28 - Breakfast club, Year 10 Work Experience



## COLOUR RUN FUN

Thank you to Forbes Shire Council and Forbes Youth Action Team for providing our school with this fantastic event. Everyone had an amazing time with plenty of laughter. The Forbes High School Youth Wellness Committee, Student Representative Council and Staff did a great job with set up and organisation to make it so successful.



## MOVING YOUR WAY TO A HEALTHY HEADSPACE



*"I visited a clinician a few years ago who recommended that I start exercising to help support my mental health. Having always been active as a child, feeling depressed and low on energy had stopped me from keeping physically active."*

Niharika, HY NRG member  
(headspace Youth National Reference Group)

Staying active can improve your sleep, give you more energy and help manage stress – all helping you keep a healthy headspace.

### Your mood when you move

We get it – when you're feeling stressed or low you probably feel more like watching TV than being active. Yet it's often that the moment you need it most is when you least feel like moving your body.

You may know that exercise is good for your physical health, but what you may not know is that it also improves your wellbeing too.

And exercising doesn't have to be running on the treadmill. It's really anything that gets your body moving and increases your heart rate. Activities like walking, playing team sports with friends, dancing or swimming will all help you release stress and give you a better chance at improving your mood.

There are so many benefits to staying active. It can:

- help you sleep better
- raise your energy levels
- improve your confidence
- boost your mood
- release stress and lower anxiety

### Ask an expert: how can I get started?

Alex Parker is an Exercise and Mental Health Professor. Here are her tips to help you get active.

- Start small. If you start by setting small goals you will be more likely to do them and this will help you feel more motivated.
- Keep track. Monitor your progress and track how you feel after you exercise. This will help you see connections between how moving more helps you feel better.
- Do what you enjoy. Whether you enjoy working hard, for short periods of time, or prefer swimming at the beach, do what feels good. It will be a lot easier to stick to it if you're having fun!
- Make the time (even when you're busy). When you're busy and stressed, exercise can be the first thing you stop. Yet, being active during busy times will actually help you through tough periods.
- Set a routine. Plan ahead and make physical activity a part of your routine. Things like having your workout gear ready the night before and setting an alarm can help you stick to your goals.



*"It wasn't easy to get back into it. I started small with short walks and built it up over time."*

*The more active I became – walking, running, weights at the gym – the stronger I felt and the more energy I had. I felt more calm and found it easier to focus. My self-esteem improved – being strong physically helped me feel stronger mentally."*

Niharika, HY NRG member  
(headspace Youth National Reference Group)

When you're feeling low and stressed, it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Staying active is one of these healthy habits, but it's not the only one. Things like sleep, eating well, and spending time with people you love also play an important role in good mental health.



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or suicide call back service on 1300 659 467.

The headspace National Reference Group have reviewed this clinical resource. Fact sheets are for general information only. They are not intended to be used as a substitute for professional medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representation and disclaims liability for any errors or omissions. Information is correct, current, complete, true or suitable for any purpose. We do not warrant its accuracy or reliability for any purpose or in any way. It is not intended to be used as a substitute for professional medical or health advice. Version 1.1, 15 Feb 2019.



# FHS - News

## COMMUNITY NEWS



*with*  
**SPORTS DINNER**  
**INTERNATIONAL SOCCEROO CAPTAIN**  
**PAUL WADE**

**SATURDAY 29 JUNE 2019**

TICKETS: \$10 | BOOK AND PAY FOR TICKETS ONLINE AT  
[WWW.EVENTBRITE.COM.AU/E/62765993777](http://WWW.EVENTBRITE.COM.AU/E/62765993777), OR INBOX MESSAGE THE CLUB  
AT FACEBOOK - FORBES DISTRICT SOCCER

WHERE: FORBES SERVICES MEMORIAL CLUB AUDITORIUM | TIME: 6 - 9PM  
DINNER AND BEVERAGES: ORDER & PAY AT BISTRO AND BAR  
GUEST SPEAKER: PAUL WADE  
FUNDRAISING AUCTION / RAFFLE: VARIOUS SOCCER AND SPORTS PRIZES  
GUEST AUCTIONEER: LUKE WHITTY

**HELPING CHILDRENS LEUKEMIA RESEARCH**

# FHS - News

## COMMUNITY NEWS Cont.



Forbes Shire Council are coordinating Frost and Fire at the Lake Forbes Ski Dam on Saturday, 22 June, 2019. We'll have local talent, Lily Gaffaney hitting centre stage closely followed by Young Marks, a JJJ unearthed band from Canberra and headlining will be internationally acclaimed, LIOR. As we're partying lakeside, we'll have floating candles and dragon boats to set the scene. Add to this a number of fire dancers and fire performers, spectacular lighting and fire displays and some amazing winter effects. Enjoy slow cooked, hearty winter food and warming brew. The event is FREE and family friendly. Gates open at 4pm.

**Wyangala Bonfire & Fireworks Spectacular**  
**Sunday of this June Long Weekend**

**12pm** Wyangala Bistro opens - eat in or take away

**4pm** Live and loud Josh Maynard & Josie Laver

**on the oval** Jumping Castle, Coffee Fix by Larz, Sausage sizzle, Hot dogs, Popcorn, Soft drinks, Hot soup, toasties & beef rolls

**9:30** Mufti Bowls - \$5 to play, Lunch available, Licenced venue

**for 10am** 9-hole 3person Ambrose golf tournament, \$5 greens fees

**1pm** Morgan Insurance Nearest the Pin Shootout, 4th hole Gold coin / ball

**4:30pm** Bonfire lit

**6:30pm** Fireworks Display

Live entertainment to follow at Wyangala Country Club  
 Courtesy bus drop-offs from 8pm

**migrant & refugee support service** + **Forbes Multicultural Group**  
 Invite you to

**Multicultural Morning Teas in 2019**

**18 JUNE, 20 AUGUST, 15 OCTOBER**

10am TO 11.45pm  
 Catholic Care  
 134 Lachlan St,  
 Forbes NSW 2871

Please bring a small plate of food to share and join us for fun and friendship and to practice speaking English

Are you new to Forbes?  
 Would you like to come and help welcome others?

**For more information or to RSVP please contact Anni Gallagher, Migrant Support Officer on 6393 8625/ 0409 458 156**

Orange Migrant and Refugee Support Service is a Settlement, Engagement and Transition Support (SETS) Program of Orange City Council, funded by the Department of Social Services

**ORANGE CITY COUNCIL**

**DOM FALLON**  
*Guitar Lessons*  
**LEARN GUITAR THE FUN WAY**



**GET IN TOUCH**  
**0403836408**  
**dom@learnguitarthefunway.com.au**