

# Forbes High School Newsletter



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Term 3 - Week 3

Friday 9<sup>th</sup> August, 2019

## DEPUTY PRINCIPALS REPORT

### White Ribbon Annual Event

Forbes High School has a long and proud tradition of supporting events and organisations that aim to give the Forbes community a better quality of life. Our annual White Ribbon Rugby League Match and girls' League Tag games against Parkes High School were held at Duncan Sharpe Sporting Fields (Forbes High School) on the 29<sup>th</sup> July in front of a large crowd of students, parents and community members. The games are held every year to raise awareness about domestic and family related violence with the spotlight being on our own community.

The day culminated in a Girl's Day Out being held at the Wiradjuri Dreaming Centre and a Boy's Night In hosted at the Forbes High School hall. These events were attended by a variety of Non-Government Organisations (NGO's) and local community members all sharing resources and information surrounding domestic violence.

A big thankyou to all staff and external agencies for the organising and running of the day and to Parkes High School for making the trip south down the Newell. For the competitive people amongst us, Parkes Girl's League Tag team defeated Forbes High but Forbes High Open Rugby League team defeated Parkes. Next year we will travel to Parkes and continue to support what is an extremely worthwhile cause and one that affects us locally.

### Final Term for Year 12

Our current crop of Year 12 students have entered their final term of schooling and are working hard towards gaining the best marks they are capable of in the Higher School Certificate Trials in Week 7. This can be a stressful time for not only students but for parents and families as well and I would urge anyone to access our Wellness Hub and talk to staff to assist in this time of heightened emotions.

At Forbes High School we endeavour to create young people ready to face the rigours of a dynamic and at times challenging world post school. With the help of our school values respect, responsible, honesty and always doing your best and the explicit teaching of expected behaviour we will continue to enable our students to be successful in all areas of their lives.

### Education Week

The theme for 2019 Education Week was '*Every student, every voice*'. It was a celebration of student empowerment and how the NSW public education system gives students the skills they need in order to have and express a voice during their own educational journey and as engaged global citizens. At Forbes High School we celebrated this voice with our Semester 1 Assembly acknowledging those students that have engaged in their studies and begun their journey to be engaged and global citizens as they strive for powerful learning through greater curiosity.



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# FHS-News

## MATHEMATICS FACULTY



Spike Abacus says,  
"Be responsible and bring your calculators to every class!  
Be respectful when someone makes a mistake- it's ok, so fix it!  
Be honest by admitting if you need help!  
Do your best by having a go! and you will succeed in Mathematics."



On Wednesday, 31<sup>st</sup> July, the Year 12 Mathematics and Extension 1 students attended a study day at Parkes High School.

The students received valuable information about their course, study techniques and tricks for the HSC. It was great to see students from other schools and learn from two experienced teachers, Mrs Helen Vere (Parkes High School) and Mr Steven Howard (Cowra High School). Our students learnt a lot and have loads of resources to assist them to improve their knowledge, skills and understanding.

A big shout-out to Mrs Vere and Mr Howard for organising this day. We look forward to continuing our relationship.

Mrs Bottaro-Porter

### RIDDLE:

If you're 8 metres away from a door and with each move you advance half the distance to the door. How many moves will it take to reach the door?

### ANSWER TO LAST NEWSLETTER RIDDLE:

11 cartons. 56 large boxes and 40 small boxes.

## TERM TWO RECOGNITION

At the end of every term we have an acknowledgement assembly where we recognise our students who display our school values and submit their purple slips throughout the term. Congratulations Melody and Mikey who were our lucky winners for Term 2.



## P&C NEWS

The next General Meeting of the P&C will be held on Tuesday 13<sup>th</sup> August 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 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

## WHITE RIBBON EVENTS!

On Monday 29<sup>th</sup> July we hosted the White Ribbon Cup Rugby League match against Parkes High School to raise awareness for Domestic Violence. This year also saw Girls League Tag played for the first time. All of the teams played hard and displayed great sportsmanship. Forbes High were successful in claiming the trophy for the third consecutive year in the boys match while the Parkes Girls were too strong on the day and took the inaugural trophy home.

Following a great day at school Boys Night In and Girls Night Out events were held the same afternoon/evening. Both of these events were well supported with attendance exceeding expectations.



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:** *Riley Mylecharane*

**School:** *Forbes High School*

**Year:** *7*

**Age & Birthday:** *12yrs old & 23<sup>rd</sup> March*

**Star sign:** *Aries*

**Do you have any nicknames?** *Susie*

**Do you have any brothers or sisters?** *Yes – One brother and one sister*

**What is your favourite past time?** *Playing Rugby League*

**Do you play any sports? What?** *Yes – Rugby League*

**What is your favourite food?** *Sausage rolls*

**What do you want to do when you leave school?** *No idea yet*

**Who is your idol?** *Mum & Dad*

**What are three things you can't do without?** *Family, Football & Electronics*



## STUDENT PROFILE

**Name:** *Ally Ross*

**School:** *Forbes High School*

**Year:** *7*

**Age & Birthday:** *12yrs old & 28<sup>th</sup> January*

**Star sign:** *Aquarius*

**Do you have any nicknames?** *Lally*

**Do you have any brothers or sisters?** *Yes – One sister and one brother*

**What is your favourite past time?** *Playing PS4*

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

**What is your favourite food?** *Tacos*

**What do you want to do when you leave school?** *Not yet*

**Who is your idol?** *No-one*

**What are three things you can't do without?**

*Family, Friends & Music*



## 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

## YEAR 11 HOSPITALITY

Year 11 Hospitality ventured to Parkes for breakfast at Bella's. This was to acknowledge the students for their dedication and diligence with the coffee van and the skills they are building. Looks delicious!



## JEANS FOR GENES DAY



Students and Staff wore their jeans to help raise awareness for fighting children's genetic diseases. This is another great example of our students demonstrating the school values of doing our best & being responsible. Thank you to all students who have donated money for [Jeans for Genes Australia!](#) Great students doing great things for a great cause!



## SCHOOL VALUES WEEKLY AWARDS – TERM 2 WEEK 10 & TERM 3 WEEK 1 & 2

Congratulations to the following students: Ethan Graham x 2, Finn Berry, Ebonnie Colvin, Toby Hurford, Jaylin Ware, Sean Darcy, Malakai Fisher, Laura Vonthien, Ayden Flick, Lauren Neilsen, Whitney Duffy, Jessica Croucher and Avril Green on receiving recognition for consistently displaying our school values of being Respectful, Responsible, Honest and Doing Your Best. Well done everyone!



# 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
Catholic Care	Links2Home Youth/Homelessness
Catholic Care	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 3

# AT FHS

### WEEK 4- AUGUST

Monday 12-Breakfast club

Tuesday 13- Breakfast club, Truth Project, P&C Meeting

Wednesday 14-Breakfast club, PCYC Fit for Life, Netball Gala Day

Thursday 15- Breakfast club

Friday 16 - Breakfast club, Mock Car Crash

### WEEK 5- AUGUST

Monday 19-Breakfast club,

Tuesday 20 - Breakfast club, LEEP, Parent/Teacher Evening, Girri Girri Preschool visit Eugowra

Wednesday 21 - Breakfast club, PCYC Fit for Life

Thursday 22 -Breakfast club, LEEP-TAS & Ag, Junior Dinner Dance Years 7&8,

Friday 23 -Breakfast club, Girri Girri Birth to Kinda, Junior Dinner Dance Years 9-11

### WEEK 6- AUGUST

Monday 26 -Breakfast club, Dubbo Wether Challenge

Tuesday 27- Breakfast club, Dubbo Wether Challenge, Learner Driver Workshop, Multi Sports Day

Wednesday-28-Breakfast club, PCYC Fit for Life, Dubbo Wether Challenge

Thursday 29- Breakfast club, Year 7 2020 Parent Information Evening

Friday 30- Breakfast club,



## EATING WELL FOR A HEALTHY HEADSPACE



*"When I started trying to improve my mental health I also knew I needed to improve the way I was eating. I started by having healthier snacks around and cooking up big meals. That way, when I was hungry, I had something that I could eat."*

Kimberley, hY NRG member  
(headspace Youth National Reference Group)

Eating well gives you more energy, helps you sleep better, improves your concentration and, you guessed it, keep a healthy headspace.

### Food and your mood

When you think of improving your mental health, you may not think about changing the food you eat, but there is a strong link between what we eat and how we feel!

We know an unhealthy diet can be associated with increased symptoms of depression and anxiety, but now we are seeing a healthy diet (with a variety of fruit, veggies, nuts and whole grains) can actually improve mental health.

This is a pretty new and exciting area of research. In fact, two recent studies investigated whether healthy food could reduce depression symptoms. And the results were clear. People who ate a healthier diet improved their depression symptoms more than people who focused on only social support.

Here's how eating well can improve your headspace:

- help you get a better night's sleep
- give you more energy
- improve your concentration
- make you less likely to crave foods with high sugar, salt or fat.

### Ask an expert: How can I eat for a healthier headspace?

Professor Felice Jacka is Director of the Food and Mood Centre. Here are her tips to eating a healthier diet for your mental health.

- Often we turn to unhealthy snacks when we are stressed. So it's good to develop coping strategies that are not related to food, things like exercise or mindfulness.

- We know that some foods are very good for a healthy mind. So make sure your diet includes things like colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).
- Make small changes that are easy to stick to. Start by swapping an unhealthy afternoon snack for a healthy one, like a piece of fruit.
- You don't have to be perfect, and don't be too hard on yourself. A burger or a chocolate bar are fine every now and then (say, once on the weekend) but it's important to make sure your diet includes a variety of nutritious foods, most of the time!
- Try to avoid too much red meat – a little bit is fine but keep it to 3-4 times per week.



*"I've struggled with depression for many years. And for me, bad nutrition was a symptom of my mental health struggles. Basically, I would stop putting that time into self-care, and nutrition was a part of that."*

*Once I made some small changes I definitely noticed a difference. I can concentrate better, it's easier to study, and it just makes me happier. It's a sense of achievement."*

*I know if you are really depressed it can be hard to find the energy to even leave the house. So even doing your groceries online can be good – that way you have healthier options at home."*

Kimberley, hY NRG member  
(headspace Youth National Reference Group)

### Healthy habits

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

Eating well is one of these healthy habits, but it's not the only one. Things like exercise, sleeping 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 Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.  
Version 1.0, 13 April 2019



# FHS - News

## SCHOOL EVENTS!



FORBES HIGH SCHOOL



## Parent Teacher Meet & Greet

5 P M - 7 P M

T U E S D A Y 2 0 T H A U G U S T  
F H S H A L L

- NO APPOINTMENT NECESSARY -
- STUDENT WORK SAMPLES ON DISPLAY -
- FREE SAUSAGE SIZZLE -
- LUCKY DOOR PRIZE -



# FHS - News

Students need reading, writing and numeracy for everyday life after school



This is why students are being supported to meet a minimum standard of literacy and numeracy to receive the HSC from 2020.

## WHAT THIS MEANS FOR STUDENTS

- ✓ To show they meet the HSC minimum standard, students need to achieve Level 3 or 4 in short **online tests of skills for everyday life**.
- ✓ Schools will help students to decide **when they are ready** to take each test.
- ✓ Students get **two chances a year** to sit each of the tests from Year 10 up to five years after starting their first HSC course.

**Students do not need to sit the reading, writing or numeracy test(s) if they achieved Band 8 or above in the respective 2017 Year 9 NAPLAN test(s).**

Students do not need to meet the HSC minimum standard to:

- study HSC courses
- sit HSC exams
- receive HSC assessment and exam results
- receive an ATAR
- receive a Record of School Achievement.

Only students who meet the HSC minimum standard will receive an HSC testamur.



# FHS - News

## TIMETABLE

### 2019 HSC

Students **do not** need to meet the HSC minimum standard to receive the HSC.

### 2020 HSC

Students need to meet the HSC minimum standard to receive the HSC.

To show they meet the standard students need to achieve Level 3 or 4 in the online reading, writing and numeracy tests or have achieved Band 8 or above in the respective Year 9 NAPLAN in 2017.

### 2021 HSC

Students need to meet the HSC minimum standard to receive the HSC.

To show they meet the standard students need to achieve Level 3 or 4 in the online reading, writing and numeracy tests

## SKILLS FOR EVERYDAY LIFE

Together with the NSW Literacy and Numeracy Strategy, the HSC minimum standard is part of an effort to **improve the literacy and numeracy outcomes for students**.

The HSC minimum standard is set at Level 3 of the Australian Core Skills Framework.


This means that students who demonstrate the standard have the reading, writing and numeracy skills needed for **everyday tasks, work and further study**.

## PROVISIONS AND EXEMPTIONS

Provisions for the minimum standard tests are available for some students with disability. Also, some students with disability may be exempt from meeting the minimum standard to receive their HSC testamur.

**FIND  
OUT  
MORE**

NSW Education Standards Authority

 [educationstandards.nsw.edu.au/HSCminimumstandard](https://educationstandards.nsw.edu.au/HSCminimumstandard)

 @NewsAtNESA



# FHS - News

## COMMUNITY NEWS

### ABORIGINAL GIRLS GROUP

Girls aged 12 to 16 years are invited to attend the Aboriginal Girls Group.

Come along and have a yarn or just chill for the rest of the afternoon.

A light afternoon tea will be provided.

**TIME:** 3:30pm - 5:30pm

**DATE:** Every Friday 2019

**WHERE:** Wiradjuri Dreaming Centre

For more info contact Kelly on 0402758078



### BIRDS – POULTRY – MARKETS

August Saturday 10<sup>th</sup> 2019

Forbes Showground, Show Street, Forbes NSW

10am – 2pm



**Face Painting**

Come along for an awesome morning out and help support Air Ambulance, Sunshine Club and Royal Far West Charities!



Central West Bird Club inc. presents their Annual Bird Sale – Native & Exotic birds for sale, bird related products and Dr. Mike Cannon for avian sexing or microchipping. Contact Sharon 0406 512 851 for more information!

Forbes Poultry Sale – Pet and Show quality Poultry for sale, poultry related products and information on starting into poultry as pets or showing! Contact Daniel 0438 941 864 for more information!



Market Stalls – Everything from Face Painting, Candles, Hand Made Jewellery and Giftware to Pet Products, Tupperware, Clothing & Accessories!!! Contact Nat 0420 425 833 to book a stall!



**BBQ – Barista Coffee – Cakes/Slices will be available on the day!**



MAFIA EVENTS PRESENTS ALL SCHOOLS U18 DANCE PARTY

SEPTEMBER 14, 2019 | 6:30PM - 10:00PM

ORANGE SHOW GROUND AGRICULTURAL PROVISION LEEDS PARADE NSW 2880 ORANGE

**MAFIA EVENTS U18 PARTY ORANGE**

20% OF PROFITS WILL BE DONATED TO HEADSPACE ORANGE

DRUG AND ALCOHOL FREE EVENT

MORE INFORMATION AND TICKETS VIA QR CODE

**FORBES TOWN & DISTRICT TENNIS CLUB**

**CHARITY FUN DAY**

ALL PROCEEDS TO FORBES DISTRICT HOSPITAL

**WHEN** – Sunday 4<sup>th</sup> August

**WHERE** – Forbes Town & District Tennis Club

**TIME** – 10am to 4pm

**ENTRY DONATION** - \$5pp with max \$20 family

- 12 noon - Official opening of the newly surfaced courts
- 12.30 – 1.30pm BBQ Lunch – proceeds to Forbes District Hospital
- Morning and afternoon tea provided free by Evolution Mining Cowal
- Jumping Castle
- Putt Putt Tennis
- Raffles & lucky door prizes
- Business house competition
- Exhibition hockey from Forbes Hockey Incorporated on newly surfaced courts
- Serving challenge – hit the witch's hat
- Parent/child fun activities and much more.....

**PROUDLY SPONSORED BY EVOLUTION MINING**

**Grab a racket & joggers & bring the family along !**



# FHS - News

## COMMUNITY NEWS cont.



## Trainee Positions



Two amazing job opportunities have become available to join the Forbes Shire Council team:

### Trainee Sewer Treatment Plant Operator & Trainee Water Operator

To apply head on over to:

<http://www.forbes.nsw.gov.au/council/positions-vacant.aspx>

Contact Forbes Shire Council for more information on **02 6850 2300** or **people@forbes.nsw.gov.au**



## ST JOHN'S ANGLICAN CHURCH, FORBES

Entry via Templar Street (Taxi Rank)

## Nell's Pantry 4 Farmers Every Tuesday

FREE To  
Farmers

FREE To  
Farmers

(except School holidays) Open from **1pm to 3:30pm**  
"Bring Your Reusable Bag"



Opening with a Complimentary  
**Sausage Sizzle!**

Contact: Sue Ph 048 136 0034  
Rev Crystal Ph 040 872 8638

Giving a helping Hand



Supported by Anglicare



## DO YOU NEED HELP TO GET YOUR LICENCE?

Do you live in the Forbes area?

Are you looking to get your Learner's Licence?

Already have your L's and need help with driving?

Need help preparing for the Driving Test?

Have fines and can't pay them?

Birrang will be conducting a

**FREE\*** 5 week Program in Forbes

\*Eligibility conditions apply

3 days per week on Tuesday, Wednesday & Thursday from 9am to 1pm

Driving Lessons will be available for those who have their L's

**Sign Up:** Thursday 15th August at 9am to 1pm

**Start Date:** Tuesday 20th August at 9am

**Venue:** Sureway Employment & Training

96 Lachlan Street, Forbes



If you would like more information or to join the program  
call or text us on:  
**0427 300 604 or 02 6361 9511** or email  
[reception@birrang.com.au](mailto:reception@birrang.com.au)

# FHS - News

## COMMUNITY NEWS cont.

Founding member **the Seekers®**  
**KEITH POTGER AO**  
 Songs that make you smile, stories that make you laugh


**Forbes Town Hall**  
 Harold Street Forbes

**Saturday 10th August**  
 Doors open @ 6PM  
 Show starts @ 6.30PM

**\$25**  
 Includes Drinks & Canapés

**Bookings: 123tix.com.au**

**amazing** FORBES NSW



### Forbes Small Schools Creative Arts Showcase

**Date:** Monday 23rd September 2019

**Time:** commencing at 5:30pm

**Venue:** Forbes Town Hall,  
 2 Court street, Forbes NSW

**Entry fee:** \$5.00 per person  
 School aged children FREE



**Bedgerabong, Bogan Gate, Caragabal, Eugowra, Quandialla.**



**GWG**

Greater West Golf



### GREATER WEST GOLF JUNIOR PROGRAM INFORMATION

Greater West Golf at the Forbes and Parkes Golf Clubs offers a progressive program for children aged between 5 to 17 years who are interested in learning the skills for the game of golf. Structured tuition is an essential part of the program with weekly sessions provided for juniors to participate in a fun and encouraging environment. Sessions are divided by age and will include learning key golf skills, improving physical literacy and also social skills.

The program will be divided into three age groups:

- 5 – 8 years
- 9 – 12 years
- 13 – 17 years

#### 2019 Term 3 Weekday Clinic Forbes Golf Club Schedule

Week / Day	Group 3: 13 – 17y	Group 2: 9 – 12y	Group 1: 5 – 8y	Activity Schedule
2	Tuesday July 30	Wednesday July 31	Thursday August 1	Putting & Chipping
3	August 6	August 7	August 8	Pitching & Full Swing
4	August 13	August 14	August 15 (no session)	Putting & Chipping
5	August 20	August 21	August 22	Pitching & Full Swing
6	August 27	August 28	August 29	On-Course Experience (3 holes)
7	September 3	September 4	September 5	Putting & Chipping
8	September 10	September 11	September 12	Full Swing
9	September 17	September 18	September 19	Putting & Full Swing
10	September 24	September 25	September 26	On-Course Experience (3 holes)

NSW School Term 3 Dates  
 Tue 23/7/2019 – Fri 27/9/2019

#### Session Costs

**Group Practice sessions**  
 \$10 for all participants per session  
 (paid at the Golf Shop)

#### On-Course Experience Fees

Forbes	Parkes
\$5 for all non-member juniors (paid at the Golf Shop)	\$5 for all non-member juniors (paid at the Golf Shop)

\*On-course experience **Free** for current Junior members

#### Kids need to bring:

- Their own junior golf gear (clubs, buggy, balls, tees etc.)
- Water Bottle and Lunch
- Dress appropriately for the weather

(Junior equipment will be provided if needed)

#### Session Bookings

To make it easier to organise and plan the sessions it is important to know how many kids will be attending each class. If no bookings have been made with the coach prior to a session then the session will not run. Parents can organise bookings weekly or on a term basis if they know their schedules and kids interest levels.  
 (e.g. My son Tommy will attend Sunday August 4, 11, 18, September 1, 15 & 22 in the 9-12y Group)

#### Session Cancellation Policy

There may be times when a session needs to be cancelled for whatever reason, whether it be illness or weather. We will endeavour to notify all participants as soon as possible to minimise the inconvenience. Because the majority of sessions are done outside we need to make sure a Weather policy is put in place.

**Wet Weather:** If the forecast is for rain or it is above 80% chance it will rain at the time of session we will make a decision 60 minutes before  
**Hot Weather:** If the temperature is forecast to be 35.0 degrees at the start of a session  
**Cold Weather:** If 60 minutes before the session the temperature is 0.0 or below the session will be cancelled

Forbes Pro Shop  
 Ph: (02) 6851 1554

Parkes Pro Shop  
 Ph: (02) 6862 2044

We recommend that Juniors join as a member at either Parkes or Forbes Golf Clubs to save on green fees throughout the year. Both clubs have different fee structures for both membership and Green Fees

Forbes Golf Club		Parkes Golf Club	
Junior Membership Fees		Junior Membership Fees	
Category	Cost	Category	Cost
Juniors (Primary School)	\$33	Junior	\$65
Juniors (Years 7 – 10)	\$111		
Cadet (Years 11 & 12)	\$180		
Green Fees		Green Fees	
Forbes Junior Green Fee	\$15	Parkes Junior Green Fee	\$5

#### On-Course Playing Development Pathway

We want our junior golfers to be highly skilled in all areas of the game especially on the course. To be highly skilled, the course that the golfer is playing on needs to fit how far they can hit the ball. Like Goldilocks and the Three Bears the course needs to be just right in terms of length and challenge.