

# Forbes High School Newsletter



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Term 3 - Week 6

Friday 30<sup>th</sup> August, 2019

## DEPUTY PRINCIPAL'S REPORT

### FORBES HIGH SCHOOL TRANSITION

Term 3 is a time of transition. Our Year 12 students are preparing for University, gap years, employment or TAFE and the independence that comes with completing High School Education. Mr Harris along with Ms McConnell and Ms Jackson are fully immersed in planning the Graduation Ceremony and Year 12 Formal, milestone events that celebrate the successes of each student. Mr Hoy shared with the Executive team the positive impact our Triple S (Senior Student Success) program has had for Year 12 students which has encompassed time management, mindfulness, stress reduction, organisation and developing a strategic study timetable. It is also a timely reminder that at the end of Term 3, Year 12 students sitting HSC examinations for an ATAR have worked towards completing 50% of their overall mark, the final 50% of their HSC mark is from examination results and these same results have the power to influence higher school assessment marks as well. The morale of the message is – Year 12 students must persevere, show resilience in their learning, improve their work and try their best because this has the potential and power to increase their overall performance and give them greater choice in the end.



Year 10 students have completed subject selection for Stage 6, an important time of transition from junior to senior school. All students had access to small group presentations in class about subjects available for study in 2020 and for the first time, all students carried a passport to track their conversations and recommendations from teachers. We also held a subject selection night which was incorporated into the Parent Meet and Greet. I encourage students to select subjects that they are interested in and enjoy, as this will breed success. They should take on board advice given from teachers, Head Teachers and Career Adviser.

A highlight in the past week has been the success of the Junior Dinner Dance Years 7 to 8 and Junior Dinner Dance Years 9 to 12. Our hall was transformed into a country garden party, which included an indoor marquee complete with fairy lights, flowers, stands for sweets and drinks along with dance floor and DJ. Student behaviour was exemplary and years 7 and 8 finished the evening with three cheers for the staff in attendance. It is indeed a privilege to work in education and be part of the lives of young people as they transition to life beyond school.



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# FHS-News

## DEPUTY PRINCIPAL'S REPORT cont.

Ms McConnell and Miss Kelly, as we go to press, have organised a parent information night for Year 7, 2020 and planned transition and orientation days for all Year 6 primary students in our area. Supporting students to make a successful transition into secondary school is another focus for transition planning on our school calendar. Praise received for our program from Donna McCarthy, Assistant Principal at Forbes North Public School,

*"As you can imagine, we have many nervous students, unsure of what the school will be like and who their teachers will be! It's very daunting for them to go from a relatively small school up to the High School, and many of our students start feeling worried around this time of year."*

*Ms Pamela McConnell, HT Transition and Year 7 Advisor 2020, Miss Sarah Kelly, visited our school last term to hold an informal information session for our students. This process allowed the 'basics' of FHS to be visible to our students, such as what subjects they will be undertaking, what PBL looks like in your setting, the sporting houses and of course, the wide variety of sports offered. Our students reacted positively to the information given, and both Pamela and Sarah went above and beyond in this session, taking the time to answer questions from our students that put their minds at ease. As teachers of Year 6, myself and the other Year 6 teachers have seen many students becoming increasingly excited about next year and what is to come. Future transition sessions are highly anticipated by the student body, they cannot wait to see first hand the wonderful subjects and programs being implemented at your school."*



## SAVE THE DATE

### Year 12 Graduation Formal Assembly – 27 September 10am in the School Hall

The Year 12 Graduation Formal Assembly held at school will mostly stay the same and students will receive school based academic awards. Students will wear their winter school uniform. However, the Major Awards will move to the evening event, known as the Graduation Awards Dinner.

### Year 12 Graduation Awards Dinner – 30 November 6pm at the RSL

The Graduation Awards Dinner will be the forum to invite special guests and present Major Awards celebrating this major milestone for Year 12 students.



## P&C NEWS

The next General Meeting of the P&C will be held on Tuesday 10<sup>th</sup> September 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

## GIRRI GIRRI EXCURSION

Girri Girri Sports Academy students, Barry and Ms Ward travelled to Balladonan to experience Ralph Naden's Aboriginal Youth and Cultural Camp. Ralph is an extremely generous man with lots of cultural knowledge. The focus of the day was respect and cultural heritage. Ralph showed us a fantastic day and showed us around his property. We participated in a lot of activities throughout the day; touring through Ralph's Museum, eating Johnny Cakes, listening to fantastic stories, learning how to throw a Boomerang, looking at scar trees and the list goes on. The day was thoroughly enjoyed by all of us.



## YEAR THIRTEEN

This week saw Years 10, 11 and 12 have the opportunity to listen to Janna and Scott from Year 13. Janna and Scott shared their stories, as well as stories from their peers, focusing on what success means to different people. Our students were provided with tools to achieve their dreams and attain success regardless of marks or convention. A big thank you to Year 13 and their crew for providing this excellent resource.



## LEEP

Last week our local primary schools participated in LEEP, this time students were treated to Math, Agriculture and Technology lessons.



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

Congratulations to the following students: Sarah-Jane Sullivan, Chelsea Burton, Hallie Lemon, Brooklyn Vinecombe x 2, Ayden Flick, Tiarna Clothier, Elyas Merritt, Kye McDaniel, Samantha Thornton, Kirby Maslin, Isaac Neilsen, Emma Dick, Montana Bevan, Avril Green x 2, Riley Mylecharane, Lewis Reid, Ryan Pritchett, Nick Beard & Finn Berry 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:** *Ricky Stibbard*

**School:** *Forbes High School*

**Year:** *7*

**Age & Birthday:** *13yrs old & 1<sup>st</sup> March*

**Star sign:** *Pisces*

**Do you have any nicknames?** *Sticky Rebard*

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

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

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

**What is your favourite food?** *Steak Dianne*

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

*Truck Driver*

**Who is your idol?** *Latrell Mitchell*

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

*Friends, Family & Music*



## STUDENT PROFILE

**Name:** *Holly Morante*

**School:** *Forbes High School*

**Year:** *10*

**Age & Birthday:** *16yrs old & 23<sup>rd</sup> April*

**Star sign:** *Taurus*

**Do you have any nicknames?** *Hol*

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

**What is your favourite past time?** *Sleeping*

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

**What is your favourite food?**

*Salad*

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

*No idea yet*

**Who is your idol?** *Lady Gag3*

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

*Friends, Phone & Food*



## 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.



# FHS - News

## TELL THEM FORM ME SURVEY

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. You may remember that our students also participated in a *Tell Them From Me* student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year.

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 26 August and 25 October. Participating in the survey is entirely voluntary.

A consent form is being sent home with students. If you **do not** want your child or children to participate, please return the form to school. Copies of the form and FAQs are available from:

<http://surveys.cese.nsw.gov.au/information-for-parents>.



## Tell Them From Me

HELP US TO ACHIEVE POSITIVE AND PRACTICAL CHANGE AT SCHOOL

## SHOW TEAM SUCCESSES

At Bedgerabong Show our Merino Wether teams placed 2nd and 3rd, the heifers remained competitive and we saw *Pacific* place 1st in her class. Reserve champion went to Angus heifer *Pierre*, followed by *Zarah* and *Lady Di* who all placed 2nd in their classes and *Wattle* received 3rd in the competitive classes.

Our students also did well at the show; Georgia placed 3rd in the Novice and Chloe won the Open Paraders. Jack also represented as an associate judge in the pig ring. Congratulations to all 20 Show-Team students who continue to do an amazing job.



This week our Show Team won Champion Commercial Team of Wethers at the Dubbo Wether Trials. Our amazingly dedicated and diligent team came 1st out of 90 teams and 45 different schools. Big thanks to Mr Byrnes and Mrs Eagles for supporting and coaching the team to achieve these fantastic results.



# 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 3

# AT FHS

### WEEK 7 - SEPTEMBER

Monday 2-Breakfast club, Year 12 Trial Exams

Tuesday 3- Breakfast club, Year 12 Trial Exams, Driver Education Workshop

Wednesday 4-Breakfast club, Year 12 Trial Exams, PCYC Fit for Life, Year 7 2020 Transition, HSC Industrial Technology Practical Exam

Thursday 5- Breakfast club, Year 12 Trial Exams, Forbes Show, SALT Workshop, Support League Tag, HSC Drama Practical Exam

Friday 6 - Breakfast club, Year 12 Trial Exams, Forbes Show

### WEEK 8 - SEPTEMBER

Monday 9-Staff Development Day, Year 12 Trial Exams, Evolution Mines Excursion

Tuesday 10 - Breakfast club, Year 12 Trial Exams, FHS P&C Meeting

Wednesday 11 - Breakfast club, PCYC Fit for Life, Year 12 Trial Exams, Support Forbes Museum Tour

Thursday 12 -Breakfast club, Year 12 Trial Exams, RUOK Day

Friday 13 -Breakfast club, Year 12 Trial Exams

### WEEK 9 - SEPTEMBER

Monday 16 -Breakfast club, Year 11 Exams, Community NAIDOC Opening Ceremony

Tuesday 17- Breakfast club, Year 11 Exams, NAIDOC Celebrations, AECG Meeting

Wednesday 18- Breakfast club, PCYC Fit for Life, Year 11 Exams, Community NAIDOC Day

Thursday 19- Breakfast club, Year 11 Exams, Giri Giri Pre School Visit





# FHS - News

## MEET OUR EXCHANGE STUDENT

Hello everyone,

If you haven't met me yet, I'm Léa, the exchange student from Belgium who is going to stay in your school for one year. I have noticed a lot of differences between your school and my old school back in Belgium, these are the biggest ones.

First of all, the dynamic in class! It is amazing how students are taking part in the teaching process. Some students speak in class to add information or explain in their own words the concept we are studying.

There is amazing communication in the school, between teachers, students and between their peers. The children are not afraid to ask questions, ask for the help from their teacher or from another student, which leads to deeper understanding of the subject.

Finally, the teachers are playing a big role in this school. They are involved in teaching, as any teacher should be, but they are also involved in after school activities and in the school life. The parent/teacher meeting, where each faculty created attractive displays to showcase student work and motivate future students, or the Junior Dinner Dance, where a couple of teachers had spent several hours thinking and building the beautiful decorations and were supported by many staff on both nights.

Over the next 12 months, I look forward to getting to know students better and learning new things. I hope to discover the local life in Forbes.

From  
Léa Selosse



## LEARNER DRIVER WORKSHOP



21 August 2019

### MEDIA RELEASE

## HELPING LEARNER DRIVERS BECOME SAFER DRIVERS FREE TWO HOUR WORKSHOP FOR FORBES

Parents and supervisors of local learner drivers are encouraged to attend a free workshop which will be held at Forbes High School at Forbes on Tuesday 03 September.

The free two hour workshop, *Helping Learner Drivers Become Safer Drivers*, will offer parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers.

Lachlan Shire Council's Road Safety and Injury Prevention Officer, Belinda Coe, says the workshop offers practical advice to parents and supervisors on how to help learner drivers become safer drivers.

"Parents and supervisors of learner drivers have a crucial role to play in making our roads safer. That is why Parkes Shire Council have teamed up with Roads and Maritime Services to hold these FREE two hour workshops.

"The workshop covers the licencing system, how to use the Learner Driver Logbook including the use of digital logbooks, licence conditions for learner and P-plate drivers, the benefits of on-road driving sessions, tips on supervising a learner driver and more.

"Parents and supervisors who have attended this workshop in the past have found that it boosted their confidence, helped them better plan driving sessions and allowed them to share their experiences with other parents and supervisors," Mrs Coe said.

The *Helping Learner Drivers Become Safer Drivers* workshop will be held at Forbes High School on Tuesday 03 September commencing at 5:30pm.

Light refreshments will be available during the workshop.

Bookings are essential and can be made by calling Belinda Coe on (02) 6861 2364.

For further information please call Parkes, Forbes and Lachlan Shire Councils' Road Safety and Injury Prevention Officer, Belinda Coe, on (02) 6861 2364.



**Teaching someone to drive  
can be a happy experience.**

**You can learn all the simple steps on how to teach a  
learner driver at a FREE two hour workshop.**

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:
Tuesday 03 September 2019 5:30pm - 7:30pm	Forbes High School	(02) 6861 2364 Belinda Coe (Road Safety Officer)

Helping learner drivers  
become safe drivers



REC-219



# FHS - News

## SAS STAFF RECOGNITION WEEK 2019

This week Forbes High school acknowledged all of our non-teaching staff for their valuable contribution they make every single day in our school. They are the heart and soul of the school because they do a great deal of the organisation and support behind the scenes that allows our teachers to deliver quality learning. We thank our Administration Officers, School Learning Support Officers, General Assistant, Farm Assistant, Kitchen Assistant and Lab Assistant.



# FHS - News

## BATHURST SPORTS DAY

Support students attended a Sports Day in Bathurst where they took part in a variety of skill building sessions across several sports; including Rugby Union, Rugby League, Hockey and Cricket. Big thanks to Mr Little, Mrs Mitton, Ms Patton, Mrs Neilson and Mrs Cheney for taking the students to Bathurst. Everyone had an excellent day.



## COMMUNITY NEWS

Wirrinya Progress & Sports Association Inc.  
proudly present their

# 2019 Picnic Day

FREE ENTRY

50/50 raffle draw  
Kids raffle  
Billy boil  
Novelty events  
Foot races

Canteen available (cash only)  
Bring your own chairs & shade

Afternoon tea provided by the  
Wirrinya Community

Sunday 29th September 2019

The Shed, 3746 Wirrinya Road, Wirrinya

10am for first race at 10:30am

For more information call Monica on 0429 634 531.

Wirrinya Progress

## LIVING WELL PHOTOGRAPHY COMPETITION

# 2019

1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

### THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100

Technical Award \$100

FREE ENTRY

**Information & Registration**

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>

**Health**

Sydney  
Local Health District

Submission By

## 30.09.2019

Registration for the 2019-2020 Season

Starting Date - Tuesday 15<sup>th</sup> October 2019

Week 1 Term 4

Time - 6pm (every Tuesday night during the school term)

Registration days to pick up your number from the Botanical Gardens

Forbes - Soccer fields

24<sup>th</sup> September 2019

1<sup>st</sup> October 2019

Go to - [www.lansw.com.au](http://www.lansw.com.au)

All registrations must be done online

Remember to -

- Take advantage of Active Kids voucher
  - Centre - Forbes
  - Club - Forbes
- Select your children's age group

Any questions please contact - Chris Coody on 0422087820