

Forbes High School Newsletter



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Term 3 - Week 9

Friday 20 September, 2019

DEPUTY PRINCIPAL'S REPORT

I was lucky enough to attend a Positive Behaviour for Learning (PBL) presentation in Dubbo on Wednesday at which Forbes High School had been specifically asked to showcase many of the awesome programs and events we run as part of our PBL focus at school. The feedback from other schools was overwhelming with staff from other school commenting on the variety and depth that the program has been embedded at Forbes High School. It is fair to say that PBL has morphed into our school values and is now an integral part of our House competition and as a Deputy Principal I was extremely proud when we broke the 1000 purple slips target two weeks ago. So much positivity!!!

This got me thinking about how our focus on the positive school values of Respect, Responsibility, Honesty and Doing your Best also influences and manifests itself in other parts of our daily school life and special events. I would like to share a few with you:

Muster - at muster every day I am consistently blown away by the level of respect and responsibility our students show towards the students, staff and visitors who present information to our students on a daily basis. They are quick to settle and listen to the important information being relayed. Students look awesome in their uniform which is clear for all to see on a daily basis and muster has allowed us to regularly monitor and provide feedback to students on issues to do with uniform and other school expectations.

NAIDOC Week - this week students from Forbes High took part in a range of school and community events to help celebrate NAIDOC week including the opening ceremony, school presentation, community march and Girri Girri students supporting the Forbes Pre-school celebrations. Both indigenous and non-indigenous students have shown consistent respectful and responsible behaviour sat these events. This has been reinforced by regular positive feedback from members of the public and event organisers.

Year 6 Transition Program - visiting Year 6 students have been assisted by student mentors during their transition activities and positive school values are reinforced during all activities. Forbes High students are providing excellent role models for our younger students and feedback from students and parents has been overwhelmingly positive.

The students and staff at Forbes High have worked hard to make the school the positive learning environment it is today. Parents and carers should be proud of the Respectful, Responsible, Honest students who are always willing to do their best at school. Something we celebrate every day, every week and every term. Have a great holiday break and make sure you all get some rest.

Finally I would like to send out a BIG shout out to all the Year 12 students and their parents and carers. The holiday break and STUVAC is a great time to revise coursework and practice past papers. Research shows that if this time is spent wisely then it can have a significant impact on improving marks in the exam. The message is clear, study in a methodical and systematic way to review HSC course work and you will reap the benefits. Students need to be getting plenty of sleep, have a dedicated study area that is quiet and allow time to have a break and get some exercise. Bring on Term 4!!



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SALT WORKSHOP

Supporting and Linking Tradeswomen (SALT) recently delivered a try-a-trade workshop for our students. The workshop targets mainly girls to improve their understanding of working in non-traditional trades and gives them skills to fix things in their own homes. The tradeswomen chat to the girls about balancing careers and family, regardless of their career path. Each student made a timber caddy from start to finish with 11 basic tools to take home. We are extremely grateful for being selected to participate in this workshop and all the girls were excited to share the skills and what they learnt.

Mrs Price



MATHEMATICS FACULTY

At Forbes High School, we use the CASIO fx-82AU PLUS II calculator. These are available at the Front Office. It is mandatory for all students to have their own calculator for Mathematics classes.

We would like to let parents know that all Mathematics classes in Years 7, 8, 9 and 10 are currently completing an in-class investigation style assessment. These assessments are due next week and it is important that students attend school each day to have the time to complete them. It is also important that students bring essential equipment such as a pen, calculator, ruler and pencil to all lessons.

Year 11 students have just sat their Yearly exam for the Year 11 Mathematics courses. Next week classes will resume as normal and we will be continuing with learning new content to prepare students for Year 12.

RIDDLE: It takes ten men ten hours to build a certain wall. How long does it take five men to build the same wall?

ANSWER TO LAST NEWSLETTER RIDDLE: 11 cartons. 56 large boxes and 40 small boxes.



P&C NEWS

The next General Meeting of the P&C will be held on Tuesday 15th October 2019 at the Forbes Services Memorial Club commencing at 6:30pm. 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

STAGE 6 MODERN HISTORY

Stage 6 Modern History class immersed themselves in a dramatic re-enactment of Trench Warfare. As part of their core study they are engaging in all aspects of World War 1, and this recreation (with not entirely historically accurate weaponry) helped cement understanding of key terms and concepts. The Central Powers were victorious in one battle, but the Allied soldiers ultimately won the day.



NORTHPARKES MINES VISIT

Northparkes Recruitment and Training Team recently held an Apprenticeship and Scholarship Information Session with Year 10, 11 & 12 Students

Todd Skinner outlined how students can apply for the mines and the job opportunities they have to offer.

Mrs Price



SCHOOL VALUES WEEKLY AWARDS- TERM 3 WEEK 6, 7 & 8

Congratulations to the following students: Sarah-Jane Sullivan, Kye McDaniel, Finn Berry, Bethany Miller, William Cox, Mackenzie Campbell, Matilda Langham, Noah Girot-Serplet, Isabella Brown, Jarrod McClennahan, Mark Cobb, Lainey Green, Brodie Gartner, Sjante Dipennaar, Connor Howarth, Jack Cole, Jemma Davis, Isaac Berger, Jaylin Ware, Talis Hurford & Sienna Carver 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.

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STUDENT PROFILE

Name: *Thomas Bush*

School: *Forbes High School*

Year: *8*

Age & Birthday: *14yrs old & 8th January*

Star sign: *Capricorn*

Do you have any nicknames? *Chummy*

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

What is your favourite past time? *Fitness training*

Do you play any sports? What? *Yes – Rugby Union and Touch*

What is your favourite food? *Cannelloni*

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

Who is your idol? *XXXTENTACION - Angus*

What are three things you can't do without? *Water, Mark & Electricity*



STUDENT PROFILE

Name: *Sjante Dippenaar*

School: *Forbes High School*

Year: *11*

Age & Birthday: *16yrs old & 12th October*

Star sign: *Libra*

Do you have any nicknames? *SJ*

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

What is your favourite past time? *Drawing*

Do you play any sports? What? *Yes, Basketball*

What is your favourite food? *Dark Chocolate*

What do you want to do when you leave school? *Travel, but no career aspirations as yet*

Who is your idol? *Beyonce*

What are three things you can't do without? *My sister, Friends & My dog*



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.

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SHOW TEAM SUCCESS

Forbes High School ShowTeam had an excellent three days at the recent Forbes Show. They competed in beef and dairy cattle parading as well as agricultural produce judging, we were even fortunate enough to have a Show-Team member named, Miss Teen Show Girl. The team achieved the following results:

- Dairy Judging: 1st – Jack, 2nd – Imogen
- Under 15's Beef Judging: 1st - CJ, 2nd - Maddi
- Opens Beef Judging: Emily
- Fruit & Vegetable: 1st – Georgia
- Beef Parading Novice: 2nd – Austen, 3rd – Maddi
- Miss Teenager: Laura



The Zone finals for Beef Parading were held at the Eugowra Show. Out of the fifty entrants only twelve were picked for the State Finals to be held next year at The Royal Easter Show. Forbes High School was successful with five of the twelve finalist being our students; Jack, Emily, Eliza, Austen and Chloe. Congratulations also goes to Brodie who came 3rd in the Novice parader section.



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WELLNESS HUB INFORMATION

"Forbes High School and Community Partners working together for student success"

In cooperation with our community partners Forbes High School has created a safe place for students and their parents/carers to assist with a wide range of concerns. We have provided our community partners with six onsite offices for these interactions.

Forbes High School Wellness Hub provides free private and confidential services to our students and their parents/carers who may have a wide range of issues; from everyday topics such as family, friends and school or simply feeling 'down' to more serious issues of child abuse (exclude), bullying, nutritional health, mental health, smoking, alcohol and other drug use, homelessness and suicide.

Wellness Hub services we currently have available to students and their parents/carers are;

Organisations	Positions
Binaal Billa	Counsellor/Caseworker/Legal Services
LiveBetter	LiveBetter/Ability Links Team Member
Centacare	Links2Home Youth/Homelessness
Centacare	Mental Health Team – Early Intervention
Community Health Services	Women's Health Nurse
Community Health Services	Nurse Practitioner
Community Health Services	Dietician
Community Health Services	Community Health Drug & Alcohol
Community Health Services	Psychologist
Hearing Support	Itinerant Support Teacher
Rural Youth Mental Health	Mental Health Practitioner
Uniting	Family Connector
Youth Hope	Youth and Family

Contact Forbes High School on 02 68 522 666 if you would like to make an appointment or fill out a referral form from the front office or from our website and send it to forbes-h.wellnesshub@det.nsw.edu.au and we will contact you. If you would like further information please also visit our website www.forbes-h.schools.nsw.edu.au/caring-for-students/wellness-hub

It is important to seek help early if you notice any major change in your child's behaviour.

THANK YOU

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

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WHAT'S ON TERM 3

AT FHS

TERM 3—WEEK 10— SEPTEMBER

Monday 23-Breakfast club, Year 11 Hospitality Work placement, Year 11 Excursion

Tuesday 24- Breakfast club, Year 11 Hospitality Work placement, Year 11 Excursion, Year 12 Disco

Wednesday 25—Breakfast club, Year 11 Hospitality Work placement, PCYC Fit for Life, Yr 7&10 Vaccinations

Thursday 26- Breakfast club, Year 11 Hospitality Work placement, Girri Girri Excursion

Friday 27 - Breakfast club, Year 11 Hospitality Work placement, Year 12 Graduation Assembly, School holidays commence

TERM 4—WEEK 1— OCTOBER

Monday 14— Students commence Term 4, Breakfast club,

Tuesday 15 - Breakfast club, P&C Meeting

Wednesday 16 - Breakfast club, PCYC Fit for Life, Support Unit Transition

Thursday 17 -Breakfast club, HSC Exams commence

Friday 18 -Breakfast club

TERM 4 -WEEK 2— OCTOBER

Monday 21 -Breakfast club

Tuesday 22- Breakfast club

Wednesday—23—Breakfast club, PCYC Fit for Life, Scone Beef Bonanza

Thursday 24- Breakfast club, Scone Beef Bonanza,

Friday 25- Breakfast club, Scone Beef Bonanza, Weddin Mountains Excursion

Sunday 27—Wellness Hub Golf Day



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CHS ATHLETICS

On the 2nd August, ten students travelled to Barden Park in Dubbo to compete in the Western Athletics Carnival. All students participated well and represented Forbes High with pride. This event provided great exposure for our students, who are now determined to improve their talents for next year. Well done to Peta Allen, who competed in discus, for representing Forbes High in Sydney at the State Championships, a fantastic achievement!



YEAR 7 CYBER AWARENESS

Senior Constable Heffernan visited our school to assist staff empower and equip our Year 7 students with the knowledge to use technology safely and smartly.



R U OK?

Staff and students came together on National R U OK? Day to raise awareness for suicide prevention and how a simple, R U OK? can open the lines of communication. Thanks to Brooke and our Youth Wellness Committee for organising banana smoothies supplied by our coffee van, spray on tattoos and an open forum to have a chat and a check in.



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COMMUNITY NEWS



headspace Orange UNO Tournament

Tuesday October 1st from 1pm

\$5 per person entry fee - 12yrs and over only

Bookings essential

02 6369 9300 - hs.orange@marathonhealth.com.au

headspace Orange - 264 Peisley Street

Forbes Amateur Swimming Club

Registration 2019 - 2020

Thursday 10th October 2019

5pm-7pm

FASC Clubhouse

Forbes Olympic Pool

FASC Welcomes all interested swimmers for the 2019-2020 season.

Current members can re-register online from 23rd September 2019.

We cater for all levels of swimmer from beginners to advanced as well as social swimmers at our Thursday Club Nights.

Squad training is available to all with qualified coaches catering to the needs of the individual swimmer.

Fees for 2019-2020

Swimmer - 8 & Under \$70

- 9 & Over \$85

Non Swimmer - \$30



www.forbes.swimming.org.au
Or find us on Facebook
General Enquiries
orbesswimming@gmail.com
Registration enquiries 0427575132
Squad enquiries 0447336877



you're invited

headspace day 2019

Join us on
Wednesday October 9th
from 11am to 3pm
to celebrate headspace day

Free BBQ, games, craft, book sale,
music, service and trade stalls

For more information or to be involved
contact headspace orange on 6369 9300

264 Peisley Street Orange

BOGAN GATE+ Village Fair



Sunday 29 September
9.30am-3pm

Bogan Gate Memorial Hall

Be out there at Bogan Gate for their
inaugural Village Fair!
You'll find vintage machinery and vehicles + markets
+ food + famous Devonshire Tea + kids activities
+ fashion parade

Money raised will go to Bogan Gate community groups.

Proudly supported by Parkes Shire Council.

Bogan Gate Village Fair

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COMMUNITY NEWS cont.



**AMAZING
GRAZING BREAKFAST
TEMPLAR ST FORBES**
SUNDAY 22 SEPTEMBER 2019
8AM - 11AM



**WIRADJURI
CULTURAL EXPERIENCE**
FORBES WIRADJURI DREAMING CENTRE
4 HILL STREET
SUNDAY 22 SEPTEMBER 2019
11AM - 2PM



 www.grazingdownthelachlan.com



Supported by the



amazing
FORBES NSW



FORBES FINS SWIMMING CLUB INC REGISTRATION 2019 / 2020

We welcome all interested swimmers to join the Forbes FINS for the coming Summer Season. Starting October 14, 2019.

Current members can re-register online from 20th Sep, 2019

We offer 5 Squads catering for all levels of Ability - Beginners to Competitive Swimmers.

We have 9 Qualified and Accredited SATCS Coaches

We deliver a 20 WEEK Programme with all Squad Sessions planned to establish, improve and compete in Freestyle, Backstroke, Breaststroke and Butterfly. We also provide the opportunity to take part in Club Trial Nights where you can test your skill in a fun community environment.

We look forward to you joining the FINS family and building your confidence & capability in the water.

All enquiries to forbesfins@gmail.com or please phone 0417 805 678.



**Join a Forbes FINS
Squad**

**Apply your Active
Kids Voucher**

**Improve Your Water
Confidence**

**Train with one of 9
Accredited Coaches**

Join us on Facebook



**Sign Up Information
Sessions**

The Forbes Pool

**Fri 11th Oct & Sun
13th Oct**

12.00pm to 2:00pm







PARKING & TRAFFIC RULES in SCHOOL ZONES

Parking and traffic rules in school zones

You need to take extra care when driving and parking in school zones. Make sure that you and your child understand the road rules. If you break the traffic rules in a school zone you are putting not only your child but other children at risk. The parking and traffic rules around our schools are there to protect your children. If you break the rules you will be fined.





Please choose safety over convenience.

Safety tips for school zones:

EXITING THE CAR  Make sure children use the footpath side door when getting in and out of the car.	APPLY BRAKE  Make sure the park brake is applied when the vehicle is stationary.
PARKING  NEVER double park.	CROSSING  NEVER park across a pedestrian crossing.
NO U-TURNS  NEVER undertake a U-turn in close proximity to the school.	NO 3 POINT TURNS  NEVER undertake a three-point turn in close proximity to the school.

Safety tips for students:

BUCKLE UP  Stay buckled up until the vehicle has stopped.	STORE ITEMS  Make sure your school bag and other items are in a safe position.	BE READY  Be ready to get out of the car with your belongings when the car has stopped.	EXIT SAFELY  Always get in and out of the back seat through the safety door - the rear footpath-side door.
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QUICK REFERENCE GUIDE TO IMPORTANT SAFETY TRAFFIC RULES				
ZONE	WHAT DOES IT MEAN?	WHY IS IT THERE?	PENALTY	DEMERT POINTS*
	You cannot stop in a NO STOPPING zone for any reason (including queuing or waiting for a space).	Keeps clear sight lines between drivers and children / pedestrians.	EXCEEDS \$330	(School Zone) 2
	You can stop in a NO PARKING zone for a max. of two minutes to drop off and pick up passengers. If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within 3 metres of your vehicle at all times and cannot leave your vehicle unattended.	Provides a safe place for children / pedestrian set down and pick up.	EXCEEDS \$183	(School Zone) 2
	You must not stop or park in a BUS ZONE for any reason (including queuing or waiting for a space) unless you are driving a bus. If times are shown on the sign, you are not allowed to stop during those times.	Provides a safe place for large buses to set down and pick up school children.	EXCEEDS \$330	(School Zone) 2
	You must not stop on or within 20 metres before a PEDESTRIAN CROSSING or 10 metres after a crossing unless there is a control sign permitting parking.	So drivers can clearly see pedestrians on the crossing.	EXCEEDS \$439	(School Zone) 2
	DOUBLE PARKING You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.	Double parking blocks visibility and forces other cars to go around you.	EXCEEDS \$330	(School Zone) 2
	You must not stop on any FOOTPATH or NATURE STRIP or even a DRIVEWAY crossing a footpath or nature strip for any reason.	You could easily run over a child or force pedestrians onto the road to get around you.	EXCEEDS \$183	(School Zone) 2

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COMMUNITY NEWS cont.



RECYCLED CRAFTS DAY

Recycled crafts workshop at headspace
October 4th from 10am-2pm

Projects include:
Bee hotel, recycled clothing crafts
and magnet making
BYO lunch and snacks
Gold coin donation - 12 years and up only

Bookings essential on 6369 9300
or hs.orange@marathonhealth.com.au
headspace Orange - 264 Peisley Street Orange

headspace Orange

BIKE/ROAD SAFETY

REMINDER! All students travelling to and from school on bikes and scooters must be safe and abide by the road rules. It is a school expectation that motorists are shown courtesy at all times and bikes and scooters must use the lane provided and cross the traffic when safe to do so. Travelling to and from school in school uniform is an opportunity to promote the reputation of the school.



BIKE SAFETY

Safe Riding Tips

- Wear a Bike Helmet
- See and Be Seen
- Use Verbal and Non-Verbal Communication
- Check Your Equipment
- Watch for and Avoid Road Hazards
- Avoid Riding at Night

Rules of the Road

- Go with the Traffic Flow
- Obey All Traffic Laws



IMPROVE CONFIDENCE AND LEARN TECHNIQUES FOR SAFER DRIVING

PCYC POLICE CITIZENS YOUTH COUNCIL

SAFER DRIVERS COURSE FOR LEARNER DRIVERS

THE SAFER DRIVERS COURSE INVOLVES TWO MODULES

MODULE ONE:
A three-hour facilitated group discussion on how to manage risks on the road.
This will involve a maximum of 12 participants and will be delivered by a facilitator.

MODULE TWO:
A two-hour, in-vehicle coaching session to develop low-risk driving strategies.
This will involve two participants and a coach.

LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.

\$140

Next course date: PARKES- Tuesday 8th October- Module 1
FORBES- Wednesday 9th October Module 1
MODULE 2 – Participants will be phoned to arrange Module 2

ALL PARTICIPANTS MUST:
Hold a valid NSW Learner Licence, be 16-24 years of age and have completed a minimum of 50 hours of actual on-road driving hours in their Learner Logbook (not including bonus hours).

Book online at www.saferdrivers.org.au

FYAT 6862 3825 PCYC PARKES Find us on f

www.facebook.com/pcycparkes

FORBES SHIRE COUNCIL A.D.T.A. SAFE DRIVERS FOR LIFE



FUN EXCITING FAST SOFTBALL FORBES FAMILY

When: Thursdays 6:00pm - 7:30pm
Commencing 17 October 2019 with registration and social game

Where: Halpins Flat

Who: Men and Women of all ages 16+

Cost: Senior \$85 Season October - April

FOR MORE INFORMATION CONTACT
Tina - 0466 918 828
Email: forbessoftball@yahoo.com.au