



Principal
Kathleen Maksymczuk



Deputy Principal
Jason Nottingham
Alexis Hunter



Year 7
Sarah Kelly

Year 8
Riley Pike

Year 9
Peita Coote

Year 10
Georgina Price

Year 11
Rachel Eagles

Year 12
Kimberley Jackson

Careers Advisor
Georgina Price

School Counsellor/s
Michelle Burkitt
Elizabeth Macintyre

**Student Support
Officer**
Brooke Sargent

**HT
Wellbeing/Transition
and SRC Coordinator**
Pam McConnell

Principal's Message

Dear Students, Parents, Carers and Community Members,

Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years. This week and into next week Forbes High School will reflect and celebrate the knowledge, history, culture and achievements of the First Nations people, recognising them as the traditional owners of the land.

As NAIDOC week takes place this week across our nation, there are still some restrictions in place until the completion of the HSC, we will hold events next week across the school to celebrate NAIDOC.



**Always Was,
Always Will Be.**
8-15 NOV 2020

Year 12 students are coming towards the end of their Higher School Certificate Examinations and we have been extremely impressed with their application and effort in the lead up to, and during the exams. We are looking forward to celebrating with Year 12 and their families at the graduation dinner on the 13th November. Congratulations on all that you have achieved Year 12, 2020 through an extraordinary year. Forbes High School is incredibly proud, and know that you are always a part of our school community.

Year 11 have commenced their HSC studies and I encourage all of our students to utilise the expertise of their teachers, mentors, their year Advisor Ms Eagles, as well as other supports in the school, such as the homework centre. This is an important 12 months of balanced study. I always consider the Higher School Certificate year through the sporting analogy of a marathon rather than a sprint. Create a well-structured study and revision plan, which is realistic and reflects your life. Build in rest breaks and exercise to support your wellbeing. Parents and carers, if you have any questions at all as to how best support your child through the HSC year, please do not hesitate to contact us.

Our Positive Behaviour for Learning expectations is an area that we are consolidating this term to ensure that students, parents and carers are aware of our high expectations regarding our key values of Respect, Responsibility, Doing our Best and Honesty. Mr Nottingham is leading team in reviewing this essential component of our school culture and will lead the students and staff through our revised values.

Principal's Message

First and foremost is a high expectations culture where all of our students are valued and cared for. Learning is optimal when these elements are firmly in place. I thank you as parents and carers for your continued support in this area.

The P and C is an integral part of our school community and I encourage you to be involved. There will be a meeting on the 18th November at 6pm at Forbes High School and you are all welcome. The P and C are working with our Equestrian Team and running a Christmas Raffle to support the students in our school. Please purchase tickets and support us in selling tickets as well. The prizes are excellent with first prize being 2019 signed NSW State of Origin jersey- value Priceless! There is further information later in the newsletter regarding the rest of the prizes and where you can purchase tickets. Thank you to the Equestrian Team leadership in securing a grant from Northparkes Mine as part of their Community Investment Program. I know that the funds will support the school to invest in sustainable resources for the Equestrian Team. Thank you to Northparkes Mine for their support of Forbes High School.

Forbes High School is looking forward to our Year 6 into Year transition days in the coming weeks. We are excited to have our 2021 students spend time at their new school and become familiar with the staff, students and the environment. The dates for transition are: Tuesday 17th November, Tuesday 24th November and Tuesday 1st December. Last Friday I met with Ms Meg Staples, Principal of Forbes Public School and Mr Steve McAlister, Principal of Forbes North Public School as we continue to strengthen the bonds between our schools. We were served coffee by three of our Year 11 Hospitality students which was a wonderful way to start our time together.



From Left to Right
Claudia Stevenson
Chloe Smith
Stuart Shaw

We discussed transition and how we can further work collaboratively and I shared our journey as a school over the last few weeks. Thank you to Meg and Steve for taking time out of their busy schedules to visit Forbes High School and I look forward to visiting our largest partner primary schools in the coming weeks. We welcome the easing of some of our Covid-19 restrictions, however, like all of society, we must adhere to maximum capacity numbers as set out by NSW Health and NSW Department of Education. This year's presentation assembly will look a little different and I am working with the committee to maximise the number of parents we are able to have at the school to celebrate student achievement. Friday 11th December 2020 is the date of our Presentation Assembly and we will have to have the assembly in two sessions to allow for larger parent numbers. We are looking at a morning and afternoon session and the event will be a ticketed to allow for contact tracing and monitoring of numbers. Please know we are working to ensure as many of our parents are able to attend and we will provide more information in the near future.

As always, I look forward to the coming weeks and the opportunity to work with the community of Forbes High School.

Warm regards,

Mrs Kathleen Maksymczuk

Rel. Principal



Mr Jason Nottingham



Miss Lesley McKenzie



Miss Tanikah Fenech

Deputy Principal's Message

Dear Parents, Carers and Community Members,

It has been a frenetic start to the most normal term this year and I thank all of you for the work you do in supporting the students at Forbes High to become the best versions of themselves. As we come to the end of the year, it is great to hear excited conversations in the classroom and playground about new subjects for next year and plans for holidays and 2021. I think it is fair to say most of us will be happy to see the back of 2020.

In preparing for the rest of this year and 2021, I would like to remind everyone of some of the expectations we have as a school community. Our four school values are around being Responsible, Respectful, Honest and Doing your Best. If followed these values provide a great basis for a successful education and foundation for a successful and productive life.

To be successful it is also important that students refrain from bringing certain items to school as they are deemed inappropriate by the Department of Education these include; aerosols including deodorants, permanent texters, Liquid Paper (correction tape is fine) and steel capped boots. Please ensure that these items do not come to school for the benefit of all students and staff. Such items are confiscated and students or parents are then able to pick them up at the end of the school day.

I look forward to working with you all for the remainder of 2020 and into 2021.

Mr Nottingham

Introducing New Staff Members

Lesley McKenzie is our new English/Aboriginal Studies teacher here at Forbes High School. She has come to us from Orange but originally from Condobolin. She is really excited to get to know all our students at Forbes High and is very keen to start teaching Aboriginal Studies.

Tanikah Fenech is our new HSIE teacher at Forbes High School. She loves teaching Legal Studies, Business Studies and Commerce. She comes from Condobolin and in her third year of teaching. She is excited for bringing her enthusiasm and passion to the students of Forbes High School.

What's Happening

Weeks of Term 4

Week 5

Mon 9 2021 SRC Nominations Close
Naidoc Week
Tue 10 Community Access
Wed 11
Thur 12 Support Sport
Forbes Preschool Naidoc
Fri 13 Year 12 Graduation Dinner

Week 6

Mon 16 Naidoc School Activities
Community Access
Tue 17 Year 6-7 Transition
Wed 18 Somewhere down the Lachlan
Thur 19 Support Sport
Ben Hall Shield

Fri 20

Week 7

Mon 23
Tue 24 Community Access
Year 6-7 Transition
Wed 25
Thur 26 Support Sport
Fri 27 Soccer Referring

Week 8

Mon 30 Year 11 GABC
Community Access
Tue 1 Orientation Day
Year 11 GABC
Wed 2 Year 11 GABC
Thur 3 Support Sport
Fri 4 Parkes CSIRO

Week 9

Mon 7
Tue 8 Community Access
Wed 9
Thur 10 Support Sport
Fri 11 Presentation Assembly

Week 10

Mon 14
Tue 15 Community Access
Wed 16

PBL Focus for Forbes High



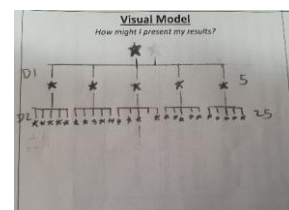
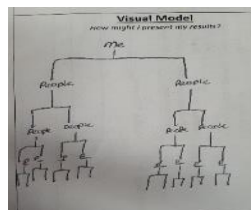
Congratulations to the following students, Jessica Williams, Ayden Flick, Maddy Kemp, Jessica Little, Preston Kennedy, Sonny Bevan, Meaghan Fahey, Logan Mailes, Tristen Spice, Aiden Miller, Kyle Nielsen, Chaise Weaver on receiving recognition for consistently displaying our school values of being Responsible, Respectful, Honest and Doing Your Best. Well done everyone!

Faculty Report from Mathematics

This term, Year 7 have been learning about Linear Relationships. Through this activity students have learnt to design a simple house using straight lines with the aid of a digital technology program called DESMOS. This is a free online program which students can access at home so please ask your Year 7 child to show you their design.



This term, Year 8 have been working on Indices and focused on the "Pay it Forward" philosophy which came from a movie by the same name, released in 2000. Students had to work out how long it would take for everyone in the world to receive a random act of kindness, knowing there are approximately 7.8 billion people currently in the world. Students were very surprised to know that the number of days is very small.



This term, Year 9 have been working on Single Variable Data Analysis. Through this topic they have looked at different ways to display and analyse data. One method of displaying data is using dots to represent each data value. Students then analyse the data by looking at the skewness of the display. This term, Year 10 have learnt about probability.

Last week students discussed the probability behind choosing the winning horse at the Melbourne Cup then watched the race with much excitement on our new interactive board.



Contact:
Tara Morrison
Year 7 Advisor 2021

Phone:
(02) 68522666

Transition at FHS: 9:45am-1:30pm
Term 4 Week 6: Tuesday 17th November
Term 4 Week 7: Tuesday 24th November

Orientation Day: Full day at FHS on Tuesday 1st December



Sick Child and Absences

If your child is unwell, please keep them at home and please let the school know. If they are unwell, there is no expectation that they need to complete school work. It is important that unwell students rest.

If a student is absent for more than three days without a medical certificate, this will be recorded as an unauthorised absence and the school will be in contact with the parent.



Faculty Report from Mathematics



Year 11 students have now all moved onto their Year 12 content. Please note that for all Mathematics courses, the HSC examination will include both Year 11 and Year 12 content.

Excursion Report on Support Landscapes and Liveability Geography

Hello everyone my name is Beau and I am here to talk about our Geography excursion we had on Friday, the 30th of November. Our day started bright and early leaving Forbes High at about 7:00am!! The drive to Lake Canobolas was pretty simple with some people chatting, some playing games, some sleeping and of course listening to some of Barry's tunes.

When we arrived at Lake Canobolas, we had a snack, and a walk around the lake looking at the landscape in particular the wetlands. After we finished at Lake Canobolas we drove to the Botanical Gardens where Mr Blache and I had a long conversation and then a jumping competition. After the Botanical Gardens we went to the Adventure Park where we all had fun and I challenged everyone to see if they could climb the fireman's pole using only their hands. We also ate some lunch and had a race to see who could make it through the course the fastest. After the Adventure Park we had a tour around Orange where we had to look for certain places that make Orange a liveable city.

We then went to the extinct volcano Mt Canobolas. When we were there we read a sign about how it is an extinct volcano as well as how basalt is dried up lava which is a very common way to find fossils because whatever gets consumed then dries up and then becomes solid leaving the shape of the plant or animal. While at Mt Canobolas we also did a little walk and listened to the many different birds. This brought us to the end of this adventure. Thank you to all the staff that came with us and helped organise the excursion.

Excursion Report on Support Landscapes and Liveability Geography - Cont.




BECOME A MENTAL HEALTH FIRST AIDER
to support Aboriginal and Torres Strait Islander people.

In one year, approximately 1 in 5 Australians aged 16-85 have a common mental illness. Evidence suggests that Aboriginal and Torres Strait Islander people experience this at a higher rate.

Mental Health First Aid training will teach you practical skills to support a person with a mental health problem. Make a real difference to the people in your community.

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"Very interesting and thought-provoking. We now have been given the tools to be able to identify and assist our client and community members facing mental health issues." - Diane

LEARN PRACTICAL FIRST AID SKILLS

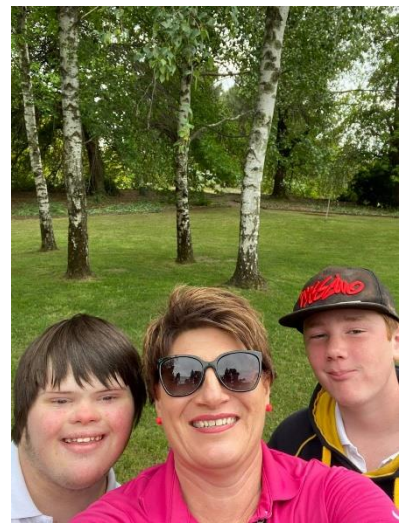
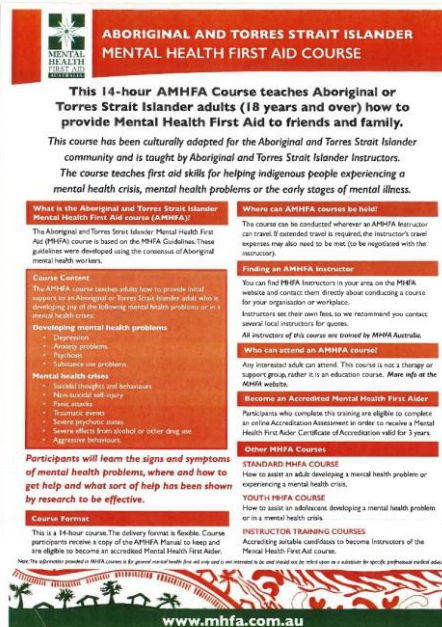
- Recognise common mental health problems affecting Aboriginal and Torres Strait Islander people.
- Provide initial support using a practical, evidence-based Action Plan.
- Seek appropriate professional support.
- Respond in a crisis situation.

This is a 14-hour educational course, not a therapy or support group.

HOW DO I SIGN UP?

For more information, visit mhfa.com.au/courses

DATES: TUESDAY 27th October 2020
TIMES: 9:30 - 4:00pm
COST: N/A
VENUE: Yocoro Gunga
FACILITATOR/S: Dana Bliss, Dee Anderson

ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID COURSE

This 14-hour AMHFA Course teaches Aboriginal or Torres Strait Islander adults (18 years and over) how to provide Mental Health First Aid to friends and family.

This course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is taught by Aboriginal and Torres Strait Islander Instructors. The course teaches first aid skills for helping indigenous people experiencing a mental health crisis, mental health problems or the early stages of mental illness.

What is the Aboriginal and Torres Strait Islander Mental Health First Aid course (AMHFA)?

The Aboriginal and Torres Strait Islander Mental Health First Aid (PHFA) course is based on the PHFA Guidelines. These guidelines were developed using the consensus of Aboriginal mental health workers.

Course Content

The AMHFA course teaches adults how to provide initial support to an Aboriginal or Torres Strait Islander adult who is displaying any of the following mental health problems or is in a mental health crisis:

Developing mental health problems

- Depression
- Anxiety problems
- Substance use problems

Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-harm
- Psychosis
- Tranquilliser misuse
- Flare ups
- Tranquiliser misuse
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the AMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

Who can attend an AMHFA course?

Any interested adult can attend. This course is not a therapy or support group, rather it is an education course. More info at the AMHFA website.

Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 2 years.

STANDARD MHFA COURSE

How to assist an adult developing a mental health problem or experiencing a mental health crisis.

YOUTH MHFA COURSE

How to assist an adolescent developing a mental health problem or in a mental health crisis.

INSTRUCTOR TRAINING COURSES

Accredited eligible candidates to become Instructors of the Mental Health First Aid course.

The information provided in AMHFA courses is for general mental health first aid use and is not intended to be used as a clinical tool or a substitute for professional medical advice.

www.mhfa.com.au





Forbes High School

P&C meeting

Wednesday 18th November

6pm, Forbes High School

All welcome!

News from the P & C

Forbes High School P&C Raffle

The P&C will be holding their first fundraiser of the year to support the school. We have nine amazing prizes valued at over \$1500, thanks to the generous donations of members and local community businesses.

Tickets will be sold on Saturday 7th, 14th & 28th November and the 5th December at Bernardis between 9 - 2pm. Your support would be greatly appreciated. Tickets will be sent home with students as well.

FHS P&C ASSOCIATION CHRISTMAS RAFFLE 2020

Tickets \$2ea or \$10 for 6

Book of 12 \$20

- 1ST PRIZE-** 2019 Signed NSW State of Origin jersey- **value Priceless!**
- 2nd PRIZE-** Yellow Box coffee table- value \$525
- 3rd PRIZE-** Brush cutter- value \$200
- 4th PRIZE-** Fuel voucher- value \$150
- 5th PRIZE-** Drink & Food Xmas Hamper -value \$150
- 6th PRIZE-** Drink & Food Xmas Hamper -value \$150
- 7th PRIZE-** Home Hamper -value \$150
- 8th PRIZE-** Kids Hamper- value- \$130
- 9TH PRIZE-** Kids Hamper- value \$130

**DRAWN MONDAY 14 DECEMBER 2020. PLEASE RETURN TICKETS TO
SCHOOL OFFICE BEFORE FRIDAY 11 DECEMBER**

P & C Link for parents

Survey | Growing Up Digital | Closing date extended

Are you a parent, carer or grandparent of children aged 5 to 17? Do you wonder how digital media and technologies that they live with might affect their wellbeing, health and learning?

P&C Federation is supporting the Growing Up Digital Australia Phase 2 and 3 research with Gonski Institute for Education and UNSW.

https://unsw.au1.qualtrics.com/jfe/form/SV_8G6lesTYKXcAymV

