



Relieving 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

Forbes High School's Amazing Students



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Principal's Message

Dear Parents, Carers and Community Members,

It has been a very busy two weeks at Forbes High School and I am sure the next four weeks of term will be very similar. We have celebrated NAIDOC week with a moving student led assembly which focused on the bringing together of everyone through the common value of respect. Students had the opportunity to participate in Aboriginal painting during recess and lunch and this was a highly engaging activity. It was wonderful to see students sitting and sharing this activity together.

Barry Merritt shared with the school his moving story regarding respect and trauma and that we all have the power to make a positive change in our lives. We might not be able to control some events in our past but can make the decision as to how we move forward, it was a powerful and significant presentation. I would like to thank the wonderful team who planned, organised and made NAIDOC week a celebration of our First Nations people and culture.

Tuesday 17th November was the first of three transition experiences for Year 7 2021. It was great to see the students' excitement at being able to be at our school and engage in new learning experiences. Students participated in Music, Woodwork and Agriculture. We had morning tea with our student leaders including our captains and vice-captains. We are all looking forward to our next week as we learn and grow together. If you have any questions about transition please contact the school and speak with Ms Pam McConnell, Head Teacher Wellbeing and Transition or Ms Tara Morrison, Year 7 Advisor 2021.

The annual Ben Hall Shield sporting exchange took place against Blayney High School last week. Although, we were not successful in winning the shield, the day was an outstanding success as our students represented Forbes High School with passion and pride. In what has been a challenging year, it was wonderful to see our students be able to engage in activities outside of the classroom. We look forward to next year when we can host the event and take back the shield!

Year 12 Graduation Dinner was a beautiful evening. I was honoured to deliver the Principal's address and to speak on behalf of Forbes High School. Congratulations to the many award recipients and for all of Year 12 as they marked their final school event. Even though I have not had the opportunity to work alongside Year 12, I know how highly they are spoken of by the staff at Forbes High School and how much they will be missed. Their commitment and passion to support each other through a difficult year will leave a lasting legacy. We look forward to hearing about the next exciting chapter of their lives.

The P and C met on the 18th November at 6pm at Forbes High School and it was another opportunity for the school and the parent body to continue to work together. I would like to thank the P and C for supporting the school to purchase more equipment for our classrooms as well as chess sets for the students to engage with at lunch time. This partnership is incredibly important to the school and I would encourage our families to be involved as often as you can. Collectively we are stronger, and working together is our best way to strengthen the educational outcomes for all students at Forbes High School. The P and C along with the Equestrian Team are selling raffle tickets as their major fundraiser for the year. Please support this event by selling or purchasing raffle tickets and ensuring that all sold tickets are returned to the school.



Principal's Message

Year 10 students have the opportunity to be involved in work placement over the coming weeks, it is a great chance to try out some different careers and gain a sense of what it is like to be in full-time work. However, if your student is not involved, the expectation is that students are still to attend school and engage in learning in the classroom.

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 contract tracing and monitoring of numbers. More information will be sent out regarding this event shortly

On a final note, attendance does matter and makes a difference for our students. I have noticed several students obtaining a leaver's pass during the day. I would like to stress the importance of all of students being at school for the entire school day, it is a legal requirement that they do so. Unless a student is unwell or a medical appointment is not able to be made outside of school hours, our expectation is that students are at school for the entire day. Please work with us and not allow a leaver's pass for school hours.

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.



Deputy Principal's Message

What a busy and fantastic first half of the term we've had here at Forbes High School. We've supported our Year 12s as they completed their HSC exams, celebrated with them at the Year 12 Graduation Dinner. In week 5 we commemorated Remembrance Day by hosting a ceremony at school and our captains attended the Forbes RSL Ceremony at Victoria Park and laid a wreath at the cenotaph. In Week 6 we celebrated NAIDOC with a range of special activities for our students and a very moving whole school assembly. Sammi Naden led our Wiradjuri student dancers through the audience and Uncle Ralph Naden performed a smoking ceremony and shared important messages through dance and stories.

Our very own Barry Merritt (Aboriginal Education Officer) presented his family story at morning muster. He presented a powerful message about persevering, being resilient, and following your dreams.

Thank you to all the staff, students and community members for their support and involvement in all of our important events. Thank you to all the staff, students and community members for their support and involvement in all of our important events. We're now moving into our term 4 assessment period. Study isn't just for the night before an assignment is due or the night before an exam. As such, I'd like to share some special study tips to help you prepare and ensure you are doing your best:



Deputy Principal's Message

1. **Set up your study space:** Your study space should be quiet, comfortable and distraction-free.
2. **Find your best time:** Some people work better in the morning. Others work better at night. Work out which time suits you and plan to study then. Don't study much later than your usual bedtime – pushing yourself late at night can make you too tired to study properly and function at full capacity the next day.
3. **Study a little bit every day:** If you study a little bit every day you'll be continually reviewing things in your mind. This helps you understand things. It also helps you avoid the stress of last-minute cramming.
4. **Make a priority list:** Lists break tasks down into manageable chunks. At the start of the week, make a list of the things that you need to have done by the end of the week.
5. **Discover your learning style:** Most of us have a preferred way of learning. Think about whether one of the following styles best fits with you:
 - a) **Auditory learners** prefer to learn by listening. Read your notes aloud and discuss them with other people. You might like to record key points and play them back. Get a family member or friend to talk to you about what you're learning.
 - b) **Visual learners** prefer to learn by seeing. Colour code your notes and draw diagrams to help represent key points. Use pictures to help you remember what things look like or how they are connected.
 - c) **Tactile/kinaesthetic learners** prefer to learn by doing. Try using techniques like teaching mini lessons, role-playing or building models to revise key points.
6. **Take breaks:** it's important to take breaks while you're studying, especially if you're feeling tired or frustrated. Working too long on a task can actually decrease your performance.
7. **Ask for help:** If you're stuck on something, or something just doesn't seem to make sense, you can always ask for help
8. **Look after yourself:** Make sure you eat well and get enough sleep and physical exercise. Don't reward yourself with too many sugary or fatty snacks or push yourself to study late into the night. It's also a good idea to make sure you drink lots of water when you're studying.

Best of luck to everyone!

Enjoy the last few weeks of school.

Alexis Hunter

Introducing New Staff Members

Justine Grey is our new French teacher here at Forbes High School. She comes from France where she taught Spanish and English as a Second Language. After spending time in Sydney, she is excited to be in the country. She looks forward to teaching our students about her native culture and language.



Miss Justine Grey



What's Happening

Weeks of Term 4

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
Presentation Assembly
Fri 11 P&C Raffle Tickets due in

Week 10

Mon 14 P&C Raffle Drawn
Tue 15 Community Access
Wed 16

PBL Focus for Forbes High



Congratulations to the following students, William Cheney, Paula Terrado, Angela Emery, Emma Dick, Maddy Kemp, Frank Payne, Eliza Fahey, David Turner, Montana Locke, Clare Williams, Laura Vonthien and Bridie Hughes on receiving recognition for consistently displaying our school values of being Responsible, Respectful, Honest and Doing Your Best. Well done everyone!

Faculty Report from Support

Stage 4 Technology

Class 103 have been working with Mr Moore in the technology rooms making a passive speaker. This task involves using wood, metal and plastic and so the student will be learning skills to work with all three materials. All the students have been working hard and really enjoying these lessons with Mr Moore.



Drumbeat

The class from D1 have completed the Drum Beats program with our Youth Worker Brooke. During the 10 week program the boys developed their skills on the drum as well as learning valuable lessons about managing their emotions and personal wellbeing.

They did extremely well in their end of program performance where they showed great determination and teamwork. Great jobs boys!





Sick Child and Absences

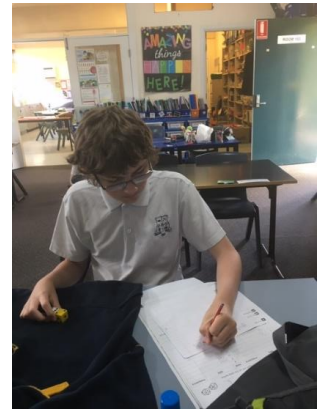
If your child is unwell, please keep them at home and please let the school know. If they are unwell, there is no expectation that they need to complete school work. It is important that unwell students rest.

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 Support

Stage 4 Mathematics

One of the topics we are exploring this term in mathematics is chance. We have been learning about sample space, probability, random experiments and drawing tree diagrams.



Community Access

Community Access this week was a special one for NADOIC. We were lucky enough to visit the Dreaming Centre where Aileen Allen talked about Aboriginal Dreaming, as well as having a hands-on experience looking at different artifacts. Thank you for having us Aileen!



Important Information Students Working Whilst Enrolled at School

A reminder that students cannot be enrolled in school and in full time work as well.



Faculty Report from Support

Professional Learning

This term staff from the Support Unit have undertaken a variety of professional learning opportunities to help improve their knowledge and skills to support their students. They have had a two day online Workshop learning all about the Zones of Regulation. This was exciting as it was held over Zoom and included people from around the world. We also completed an online course called Traffic Jam in My Brain which was all about how to apply practical and powerful tools that help support children to learn and thrive from the inside out. The most recent training was Health Care Procedure training which was very informative and reassuring. Luckily, we all passed the hand washing module!



International Day of People with a Disability

International Day of People with a Disability is on the 3rd of December this term. There will be a variety of events held to celebrate this special day at Forbes High.









Class 100

In English this term students have been working on their interviewing techniques. We discussed how important it is to look people in the eye when you ask them a question, how to listen to their answer while also recording their responses and finally how to thank people for their contribution

Students asked everyone the same questions: What is your name? What is your occupation? How long have you lived in Forbes? What is your favourite thing about Forbes? What do you like the most about Forbes High School? What makes you laugh the most? What is your favourite memory from Forbes High School? Please tell us 3 of your favourite hobbies? If you had a superpower what would it be?



Faculty Report from Support – Class 100 Interviews

<p>Brodie William Morley</p>  <p>I am 15 years old. I am in Year 9 at FHS and I pack shelves at Bernardi's. I have lived in Forbes for a long, long time - 15 years. I like that Forbes isn't as busy as a city. You can walk all around the town safely. Best things about FHS: Food Tech, Metal and Woodwork. I laugh a lot when I am with my friends. Best memory from FHS: School Spec 2018. My favourite things to do are: hunting, shooting, motorbike riding and wood chopping. If I had a superpower I would like to control people's minds, so then they would let me do what I want.</p> <p>Interviewed by Ms Patten</p>	<p>Hayden Peter Mellon</p>  <p>I am 13 years old. I am a student at FHS in Year 7. I have lived in Forbes for 2 years I think. I used to live in Grenfell. My favourite thing about FHS is my friends. Best memory is starting at FHS. I love motorbiking, fishing and camping. If I had a superpower it would be to help people who are in trouble.</p> <p>Interviewed by Brodie Morley</p>	<p>Oscar Browne</p>  <p>I am 16 years old on 19th November. I am in Year 9 at FHS. I have lived in Forbes all my life. I love FHS and my favourite teacher is Ms Patten. Mr West makes me laugh. Best memory is Forbes Eisteddfod with The Big Red Car - thanks Mrs Neilsen for making it! I love singing, dancing and watching TV. If I had a superpower I would like to be superfast.</p> <p>Interviewed by Mrs Neilsen</p>
<p>Sarah-Jane Sullivan</p>  <p>I am 13 years old. I am a student at FHS in Year 8. The thing I like the most about Forbes is that there are a lot of nice people in this town. The best thing about FHS is that it's a nice clean place to learn. I love laughing at people doing funny things. My favourite FHS memory is bucket drumming at Cowra and Forbes Eisteddfod last year. My favourite hobbies are singing, dancing and entertaining. If I had a superpower I would like to be Superfast (like Flash).</p> <p>Interviewed by Oscar Browne</p>	<p>Nicole Patten</p>  <p>'Young at heart' I am a teacher at FHS. I have lived in Forbes for most of my life. I love Lake Forbes. It's a wonderful place for everyone to use. I love the staff, the students and all the fabulous excursions at FHS. I spend a lot of time laughing at work, as I'm lucky enough to work with a lot of comedians. Best FHS memory: Taking 7 students to School Spectacular in 2018. My hobbies are: Talking, walking and hiking; Listening to Podcasts and Audiobooks; watching my children doing activities they love! If I had a superpower it would be to STOP TIME when needed.</p> <p>Interviewed by Brodie Morley</p>	<p>Angela Emery</p>  <p>My name is Angela Emery, I am a Student at Forbes High School. I have lived in Forbes all my life and my favourite thing about Forbes is the friendly people. I love going on excursions. My family makes me laugh the most. My favourite memory of FHS is playing sports. Three of my favourite hobbies are riding my bike, playing soccer and chopping wood with an axe. If I had a superpower it would be to fly.</p>



| NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed

1 day per **week**
 = **8** weeks  = Over **2.5** years missed

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Forbes High School

P&C meeting

Wednesday 9th December

6pm, Venue to be advised

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 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**

SAFER DRIVER BOOKINGS

If you are looking for a way to gain 20 hours in your learner's logbook and learn practical ways to stay safer on the road then book into our Safer Drivers program. Module 1 is 18/12/20 and then Module 2 will be held on 19/12/20.

Don't miss out. Head to our website down below to book.

<https://www.pcydrivereducationprograms-sdc.org.au/>

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