



Relieving Principal Kathleen Maksymczuk





Deputy Principal David Lickess Lee-Anne Jones

Year 7 **Tara Morrison**

Year 8 Hayley Wilson

> Year 9 Riley Pike

Year 10 Peita Coote

Year 11 Georgina Price

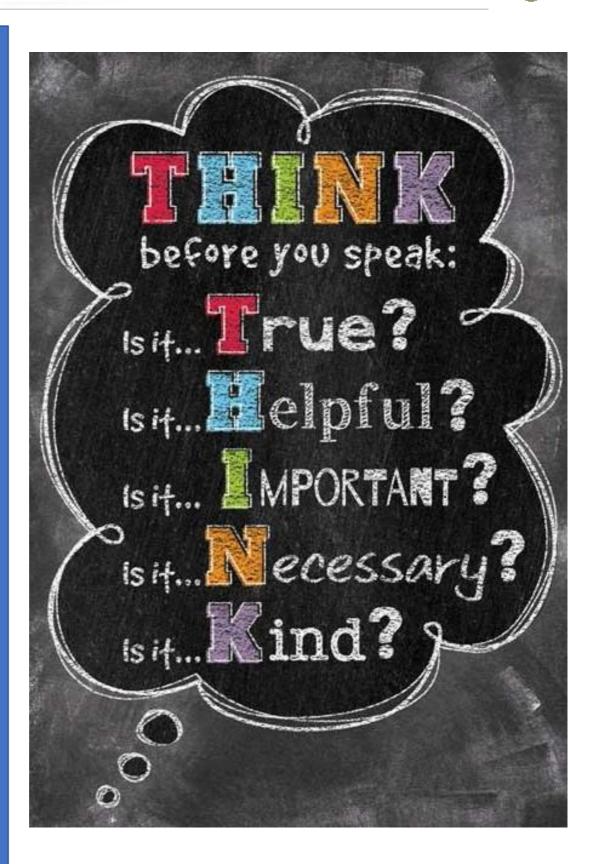
Year 12 Rachel Eagles

Careers Advisor Daniel West

School Counsellor Elisabeth McIntyre

Student Support Officer **Brooke Sargent**

HT Wellbeing/Transition and SRC Coordinator **Amy Adams**



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Principal's Message

Dear Parent, Carers and Students,

As we come to the end of Week 6, I wanted to thank our school community for your support as we manage and negotiate the different guidelines and changes throughout the term. I appreciate your patience as the advice from the Department of Education changes and moves to align more closely with community advice. As a school, we follow the guidelines from the Department of Education, and this includes keeping year groups to separate cohorts and the wearing of masks inside. Whilst we have masks available for students, please ensure your child brings a mask to school for their personal use. All students were also provided with their own FHS cloth mask. There are also guidelines surrounding assemblies and we are working to hold an end of year assembly; however, this may have to be done in a very different way. Please keep an eye out for information as we make our covid-19 safe plans for celebrating student achievement.

It has been a successful start to the Higher School Certificate this year. Students sat the English paper on Tuesday, with Standard and Advanced students completing the second paper on Wednesday. The examinations go through to the 3rd December and I know our students are looking forward to the opportunity to celebrate on the 10th December with the formal dinner. We wish Year 12, all the best with the rest of their examinations.



We commemorated Remembrance Day on the 11th November, an opportunity for us to reflect and remember the sacrifice of service men and women, both former and still serving. Our School Captains, Benjamin Barnard and Emily Gartner, accompanied Deputy Principal Lee-Anne Jones to attend the service in town.

At school, we reflected through targeted activities in the classroom, coming together for a minute's silence and the wreath laying. Vice Captains, Rachel Todd and Blake Bray, led the commemorations for our school.

At the time of writing, we have just held our first virtual HSC information session for parents. Thank to our parents who were able to attend and, to Mrs Georgina Price and Mrs Lee-Anne Jones for making the time to meet with our HSC parents.





The HSC is an important culmination of our students' schooling, and it is important that we walk side by side with our parents on this journey. We will continue to schedule opportunities to check in and answer any questions that you may have. Additionally, we are planning other events in the virtual space to ensure we are connecting with you our school community.

Year 7 transition has been occurring in targeted groups allowing our Year 7 2022 students to experience high school lessons. We look forward to having a full orientation day on 23rd November. Due to Covid-19 restrictions, we will hold a virtual parent information evening shortly to meet our new families and answer any questions you may have.







Thank you for all that you do every day to support our school. We are eager to have parents and community back on site as soon as we restrictions ease. Please reach out and contact the school for anything that you need.

Warm regards.

Kathleen Maksymczuk

Deputy Principal's Message

Yondr Phone Pouches.

Yondr phone pouches will be introduced on Monday 6th December. From the time of issuing the pouches, the Forbes High School Mobile Device Procedures, as noted below, will come into act. From this point onwards, mobile devices will need to be in the pouches from the beginning until the end of the school day.

FORBES HIGH SCHOOL



Responsible Use of Mobile Devices Plan and Procedures

Rationale

When mobile devices are misused by students they can be very disruptive to teaching and learning and in some case cause harm. For the wellbeing of students, mobile devices should be used to build health and feelings of safety, not distract students, or impact upon them by missing work, being caught up in negative comments or being focused on their devices instead of people or other parts of their life.

At Forbes High School we acknowledge that:

- Students may need to be in possession of a mobile device, especially a mobile phone, for reasons relating to their safety in travelling to and from school.
- There may be sometimes during school that mobile devices may be used for lesson delivery and educational engagement. A decision to use a mobile device will be under the explicit direction/invitation and supervision of the classroom teacher.
- Mobile devices may form part of reasonable adjustments provided to a student to enable them to participate in school on the same basis as their peers.
- Mobile devices refer to mobile phones, smart watches, tablets etc.
- Use of laptops is dealt with under the school's BYOD plan and procedure.

Expectations

The mobile device is the student's responsibility. Forbes High School recommends that students DO NOT bring mobile devices to school. The school will not accept any responsibility for the security, loss or damage of the device while in the student's possession.

- During the school day mobile devices are to be placed in the student's Yondr pouch. This may include mobile phones and smart watches.
- It expected that students DO NOT bring tablets such as I-pads to school. If a student brings a tablet to school it is expected to be OFF and AWAY in the student's bag. Any breach of this expectation will activate the mobile device discipline procedure.
- Students are not to use a mobile device to record images, video or sound (unless under explicit teacher instructions).



- Students are not to use a mobile device for accessing, downloading or sending inappropriate, offensive or prohibited material.
- Students are not to use a device to contact a parent or carer during school hours. All such calls or messages should be made through the front office.
- All parent/carer contact with students throughout the school day is to occur through phoning the front office.
- During excursions, sporting events or extra-curricular activities students are not to use mobile devices without the direct permission of a teacher.
- In the case of overnight excursions students will be allowed to use their mobile phone
 to contact home at the discretion of the supervising teacher. All contact during the
 excursion should be through the supervising teacher on the number provided on the
 permission notes.

Roles and responsibilities

Students

- Follow the expectations of the Responsible Use of Mobile Devices Plan and Procedures
- Bring the Yondr pouch to school each day and comply with requests to lock the mobile device in the pouch at the beginning of the day. Comply with all other requests by staff around the use of mobile devices.

Parents/Carers

- Support the school in the implementation of the Responsible Use of Mobile Devices Plan and Procedures.
- Ensure their child fully understands the policy and its requirements.
- Provide support to the school in the implementation of the Responsible Use of Mobile Devices Plan and Procedures.
- Ensure all contact with their child during the school day is made through phoning the front office on 02 6852 2666

Teachers

 Support the implementation of the Responsible Use of Mobile Devices Plan and Procedures.

Procedure

- Every student will be issued with a personal Yondr pouch with an ID number. While the Yondr pouch is considered school property, it is each student's responsibility to bring their pouch with them to school everyday.
- Entering the school
 - When students enter the school they will attend the Yondr station and lock their mobile device/s into the pouch and store the pouch in their backpack.
 - Yondr stations will be located: To be determined.
- Exiting the school

 As students exit the school they will attend the Yondr station and unlock their mobile device/s and store the empty pouch in their backpack for the next school day.

Violations and consequences

- If a student is found to not have their device in their Yondr pouch they will be reminded
 of the expectation. If the student does not comply with the expectation they will be
 referred to a Deputy Principal and the phone will be taken and placed in the school
 safe for collection by a parent or carer. Repeated refusal to comply with expectations
 will result in a suspension.
- If a student has not brought their Yondr pouch to school they will be referred to a
 Deputy Principal and the phone will be taken and placed in the school safe for
 collection by a parent or carer. Repeated refusal to comply with expectations will
 result in a suspension.
- If a student is found with a device during the day they will be referred to Deputy Principal and the phone will be taken and placed in the school safe for collection by a parent or carer. Repeated refusal to comply with expectations will result in a suspension.
- If a student deliberately damages their Yondr pouch they will be required to pay \$15 for a replacement pouch.
- If a student loses their Yondr pouch they will be issued with another pouch.

Exemptions

Exemptions from any part of this procedure may apply for certain students in some circumstances. Parents and carers can request an exemption and these will be considered on a case by case basis and granted when required by law or at the Principal's discretion.



Students will be issued with either a large or large pouch.



extra-

Students tap the button at the top of the pouch against the unlocking station to open the pouch.

Frequently Asked Questions

Will I get to keep my phone?

Yes, students will place their phones in the pouches and keep the pouches with them throughout the day. The school will not be collecting students' phones.

What if my parents need to get a message to me?

Parents can phone the school and a message will be passed onto the student.

How will I check my timetable?

Students will be issued with hard copies of their timetables.

Will I be able to use the app on my phone to pay at the canteen?

No. The pouches will remain locked for the whole school day. Students will need to bring cash or their keycard to pay at the canteen.

Will I need to place my fitness tracker in my pouch?

Yes. Although some fitness trackers do not have smart watch capability, others do. For this reason, all fitness trackers will need to be placed into the pouches.

What if my boss needs to contact me about my shift?

Employers are able to contact the school and leave a message if they need to communicate with students.

How long will we have the Yondr pouches for?

The school will use Yondr pouches indefinitely. Students will be issued with a Yondr pouch which they will use daily whilst they are attending school.

Why can't we use our mobile devices during recess or lunch?

The impact of mobile phones upon health, happiness and education is not just in the classroom but also in the playground. For this reason, Forbes High School will be phone free from the beginning of the school day until the end.

Will other mobile devices be allowed?

The school does not recommend students bring mobile devices to school. Students may bring a laptop to school under the school's Bring Your Own Device procedure.

Can we personalise our bags?

Yes, Yondr pouches can be personalised but if your tastes change you will need to pay for a replacement pouch.

Why does everyone have to have a pouch, couldn't they just be given to those students who misuse their phones?

Research indicates that mobile devices impact all students and detract from teaching and learning time, so for this reason it is important that we have consistency across the school.

Can I unlock my pouch before I catch my bus?

Yes, the pouches can be unlocked at the end of the school day.

I know how to break into a Yondr phone pouch.

Yes, Yondr phone pouches are not infallible, however, to damage a pouch or to be caught with a phone during school hours without permission will result in you being sent to the Deputy Principal to hand your phone in to be locked in the safe and collected by a parent. Repeated refusal to follow instructions will result in suspension.

Thank you,

Lee-anne Jones

Deputy Principal





Week 5 & 6 of Term 4 2021

week /	
15 Nov	HSC Exams
16 Nov	HSC Exams
	Transition
17 Nov	HSC Exams
18 Nov	HSC Exams
19 Nov	HSC Exams

Week 8

22 Nov **HSC Exams** 23 Nov **HSC Exams**

Yr 7 Orientation Day

HSC Exams 24 Nov **HSC Exams** 25 Nov 26 Nov **HSC Exams**

Reminder

To start the day off right, breakfast club is now running out of the canteen and is now serving free toast

FHSP&C

Below are the dates of the FHS P&C meetings for the remainder of 2021. All members of the Forbes High School Community are welcome to attend.

Wednesday 8th December + Xmas dinner @ Club Forbes

FHS P&C Executive committee 2021

President: Raewyn Molloy Vice president: Jo Barnard Vice President: Louise Allen Treasurer: Lisa Fraser

Secretary: Nat Walker

FHS P&C would like to welcome new families to come along and join up.

Membership forms can be found on the school website.

Membership fees are \$2.

For further information please feel free to contact the committee on forbeshighschool@pandcaffiliate.org.au

UNIFORM REMINDER

- All students must wear black leather shoes to school. If they have PE or sport, then they must bring their joggers in their bag and change into them at the start of the period. Students are not to come to school in their joggers, even if they have PE the first period on their timetable.
- Students may wear their sports shirt to school on their designated sports day – Tuesday for years 7 & 8, Thursday for years 9 & 10.
- Boy's uniform consists of white polo shirt, blue or grey shorts or blue tracksuit pants, and the FHS jumper.
- Girl's uniform consists of either the school tunic or white polo shirt, blue shorts, or blue tracksuit pants, and the FHS jumper.
- If, for an unforeseen reason, your student is unable to wear the full school uniform, please send in a note explaining the change in uniform.





SUPPORT UNIT

Miss Patten's class has been enjoying all of their subjects. They've created a new garden and cuddled cows in Agriculture, cooked delicious bolognaise, and loved the Colour Run!







STAGE 4 SCIENCE

This term we have been learning about the layers of the Earth, Volcanos and how weathering impacts the Earth's crust.

One of our first practicals, we got to make a layer of the Earth pudding and it was delicious! Each layer was a different coloured custard, and the crust was made from broken up biscuits.

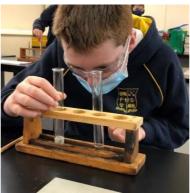






We also made an interactive model of the Earth's layers and got to look at the impact of acid on rock.











Lastly, we have been researching Volcanos and have made models using papier mache. We are looking forward to making them explode, apart from Bradan's who made an extinct Volcano Mt Canobolas.







STAGE 4 DESIGN AND TECHNOLOGY

This term we have been completing a unit where we have had to research, design, and build a desk tidy from recycled materials. We have really enjoyed this unit and it is great to have built something that we can use in the classrooms.



PDHPE / CAPA

We would like to officially welcome Miss Day and Mr Ridley to our PDHPE/CAPA faculty for the remainder of the year. Miss Day joins us as a Teacher Education Student via Charles Sturt University and will be working with the PDHPE faculty. Mr Ridley may be a familiar face to some, first coming to Forbes High School as a Teacher Education Student in 2016 under the expert tutelage of Mr Bainbridge. Mr Ridley will join the PDHPE/CAPA faculty for the remainder of 2021.

The PDHPE faculty have been in full swing with their end of year assessment tasks and in class online testing. Mr Hoy and Mr Ridley's Physical Activity and Sports Studies elective classes are currently completing their peer coaching tasks, which requires them to plan and deliver a lesson of their choice to the students in their classes. This task has proven to be a real eye opener with many of the students gaining a new insight into the planning, preparation and pressure that comes with delivering lessons on a day-to-day basis (and maybe even some newfound respect for their teachers).

As part of the 'Health and Safety in Childhood' unit, stage 5 Child Studies have been exploring a variety of children's charities both in class and through an assessment task. Building on the content they explored in class, students had the opportunity to use their creativity to host a "Charity Expo" where they researched a specific charity and created posters to display for their peers, exploring the impact of the charity's work on children experiencing illness or disadvantage. This week we have moved on to critical first aid looking at the DRSABCD action plan and will continue to explore basic first aid for infants and children over the coming lessons.

In Junior Music this Semester, Year 7 & 8 have been working hard. In addition to learning about the Keyboard, Guitar and Drums they have begun learning to play the guitar. 7MU4 and 8MU1 are learning the Bob Dylan acoustic version of "Knockin' On Heaven's Door" which has a few simple chords and most students are going really well.

They have also studied different styles and genres of Music and all classes are currently preparing advertising material for a Festival to be held in Forbes, concentrating not only on the types of Music they are "advertising" but all the logistics of staging such a festival.

As the year is drawing to an end, students are working enthusiastically to finalise their projects in Visual Arts. Year 7 have almost completed their Clay Monster Containers and are planning and working on their planned surface decoration. Year 8 have completed a series of lino printing lessons and are now about to embark on silkscreen printing on t-shirts and pillowcases.

Year 9 and 10 are exploring the traditions of black and white photography in the darkroom having completed a term of digital photography.

Year 12 are now planning their HSC Body of Work and are looking forward to starting them in the next few weeks.











MY PHOTOGRAPHY WINNINGS BY PETA

During my time in lock down I was studying Art for school, and we were concentrating on learning how to compose good photos, using different composition techniques and shooting from unusual viewpoints. Mrs Hill told me about a regional competition that she thought some of my shots would be good for. I also decided to put some photos in one local photography competition. My local competition was for the Forbes show. I entered 2 photos, one for landscape, a black and white photo of a receding fence and one for best pet/animal. I chose a portrait of my blue heeler Patch. Both photos were entered in the junior section. I was very nervous because it was the first time I had put something in a photography competition. My landscape photo got highly commended, and my best pet/animal came first. I remember I was in the middle of class (during lockdown) when my mum sent me a screenshot of my photo with the place. I was jumping for joy with the news.

The regional competition was called, 'Central West Is Best'. Their theme was 'No Place Like Home' and the competition ended up getting nearly 400 entries. For this theme, I entered 3 photos called, 'Sunset Over the Chaos' which was a sunset over an 'experimental' crop and it's endless fence, a black and white photo of a fence going diagonally down the middle of my photo and rusty truck in the paddock. This competition made me feel really nervous because I didn't know if my photos were good enough. A few weeks later they released the winners on their website and when I found out I received Runner Up in the Under 18 section, I was shocked and so happy. I felt very proud of myself and my photo.













WEDNESDAY 26 JANUARY 2022



TUESDAY 25 JANUARY FROM 6PM Citizen of the Year Awards LIVE-STREAMED VIA FACEBOOK

Breakfast

Hosted by Forbes

ROTARY **Lions Park 7AM - 9AM**

Chillin

Various locations around LAKE FORBES 10AM - 2PM

LIONS PARK 6PM - 10PM

9PM FIREWORKS

LIONS PARK - LIVE-STREAMED VIA FACEBOOK







JOIN US FOR OUR BIANNUAL WELCOME TO FORBES EVENT!

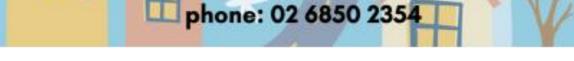
NEW TO FORBES?

Thursday 2 December | 5.30pm

Forbes Sports & Recreation Club Deck 175 Lachlan St, Forbes

Come along and enjoy our hospitality, meet Council staff, community groups and Councillors all in a relaxed atmosphere.





FORBES AFL SPRING SERIES

Forbes Junior AFL is pleased to announce the AFL Spring Series

- Touch/tag AFL competition for 10's, 12's and 14's age groups.
- Commences Monday evening November 8 at 6:00 at Gaggin Oval
 - Teams are mixed boys and girls
 - Games are played on a rectangle field.
 - Modified AFL rules
 - 8 players per team on the field at any time
- Cost is \$5 per player. Registrations will be done at the ground

This is the perfect way to try AFL, great fun and fitness. Please contact Forbes Junior AFL for more information on 0429 948 390.



School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can <u>apply</u> or <u>update</u> details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their local bus operator to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

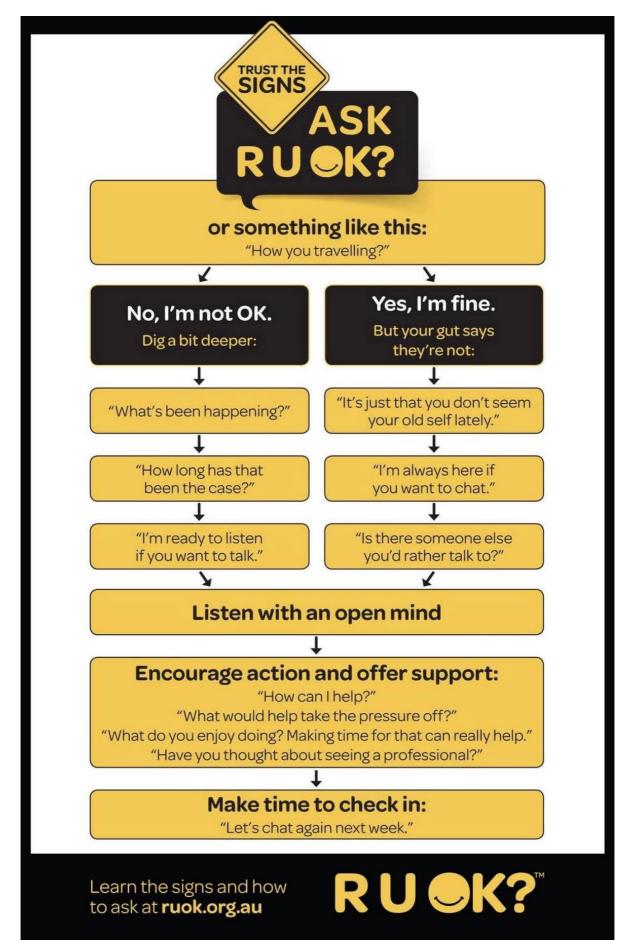
Please also remember that students using Opal cards must tap on and tap off in line with the Student code of conduct and Opal terms of use.



Further information can be found at <u>transportnsw.info/travel-info/using-public-transport/school-travel</u>
Enquiries can be submitted at <u>transportnsw.info/contact-us/feedback/passes-concessions-feedback</u>









Your personal mental health check-in



Feelings

On a scale from O ('not at all') to 10 ('extremely'), how stressed, anxious or down you are feeling?

Body

Notice any tension in your body like tight shoulders, chest, or jaw. Other signs you might be feeling stressed include dryness of the mouth, difficulty breathing, and a racing heart.

Sleep

Are you constantly struggling to get to sleep, waking in the night, earlier than usual, or finding it difficult to get back to sleep? These are signs your mind is unable to switch off and relax.

Thoughts

Are you always worrying about the worst-case scenarios? Focusing on the 'what if' scenarios is not useful and it's best to try and limit this as much as possible.

Reactions & behaviour

If you're frequently snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope, it's time to prioritise your mental wellbeing.

Check-in buddy

Choose a check in buddy. This may be your partner, housemate or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.



24/7 support lines

If you or someone close to you is experiencing distress or is in immediate danger dial 000

beyond blue 1300 22 4636

mensline 1300 78 99 78

suicide call back service 1300 659 467

1800RESPECT 1800 737 732

Black Dog Institute lifeline 13 11 14

kids helpline 1800 55 1800

qlife (3pm-midnight) 1800 184 527

