





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





NAIDOC Week 2021









Forbes High School 18 Wyndham Avenue, Forbes NSW 2871 T (02) 68522666 F (02) 68511071 E forbes-h.school@det.nsw.edu.au WS forbes-h.schools.nsw.gov.au





Principal's Message

Dear Parent, Carers and Students,

It is hard to believe we are the end of Week 8 of this term. We have had such a diverse range of experiences this year and now we can add flooding in the community to that list. Despite the challenges that we all faced, what I saw as a school community pull together to support each other and the broader community of Forbes. Our students responded by wanting to help sandbag and support the SES, we were not able to do that with Covid restrictions, however, that did not stop them making other plans. By making sausage rolls to sell and donate as well as holding a fundraising day on Wednesday, our students have raised approximately \$1000 to support local community groups. I am so very proud of our school and our student body – it is a privilege to work with remarkable young people every day.





Year 7 2022 Orientation Day was an outstanding success on Tuesday with our newest school students enjoying a fun filled day of different learning activities. It was fabulous to see the students engage in new learning experiences, navigate their way successfully thought the school, make new friends and leave the day with full of excitement for next year. On Tuesday 30th November, we will hold a virtual event for Year 7 2022 parents. We look forward to seeing you all there.









Last week we were able to celebrate NAIDOC in a Covid safe way. We started on Monday with an assembly where we learned about NAIDOC and this year's theme of Healing Country. Our students spoke about the importance of NAIDOC and we were able to participate in learning activities every day. We had kangaroo sausages, boomerang throwing, artefacts on display as well as painting for students. We look forward to 2022 where we can have our community on site to celebrate such important events.





I would like to acknowledge the way Year 12 have conducted themselves during the Higher School Certificate Examinations. They have outstanding in their approach to the examinations and flexible with the added complications of the flooding. We have supported students from other schools to complete their examinations here and other schools have done the same for our students. We have one more week of the HSC before Year 12 are able to celebrate with their formal on the 10th December. Changes announced by the Health Minister yesterday means that all students in Year 12 may attend their school organised formal even if not double vaccinated as long as they have a negative PCR test within 72 hours.

We are still operating under Covid-19 restrictions which are different for schools, this does mean that we have to maintain separate cohort groupings in the school and mask wearing is mandatory for staff and students indoors. Please encourage your child to bring their own mask to school, all students were provided with a Forbes High School washable mask. In regard to the end of year assembly, we are unable to have parents on site for this event which must be held outdoors. I wish that this was a different scenario and I look forward to 2022 when we can share these experiences together as a school community.

As we head into the final few weeks of term, please reach out and contact us if there is anything we can do to support you and your child here at Forbes High School.

Warm regards.

Kathleen Maksymczuk



Dhurany from FHS

Deputy Principal's Message

What a busy time we have had this last couple of weeks, Transition of year 6 students, fundraising day for the floods, HSC Examination, Yondr visits, Hospitality students running Café 203 and making bulk sausage rolls.

On the subject of orientation, Year 6 had a wonderful day this week as they completed their orientation day. They all arrived eager and willing to engage in the day of activities ably organised by their Year advisor, Ms Shanna Nock. They rose above the nerves of being in a room full of people they will spend the next 6 years with, to finishing the day with team building and hopefully leaving with new lifelong friends. They are a wonderful bunch of young men and women, and I personally cannot wait to work with them all over the coming years.



A big thank you to the SRC, school student leadership group and Mrs Coote's Hospitality class for the time, effort and commitment they have put into developing a plan for giving back to the community in what has been another challenging few weeks.

At first, they wanted to go out and help the SES with sandbagging, however, due to current Department of Health and DoE restrictions this was not possible.

Not to be outdone, they came up with the plan to make over 400 sausage rolls and sell them with all profits going to local agencies to help with the recent floods.

Not only did they complete this mammoth task they also, along with the able leadership of Mrs Price, ran a full day of activities and food with all proceeds again going to local causes.





We have an amazing school of outstanding students that go above and beyond to ensure that we are first and foremost the community school that people are proud to attend and work in. Thank you from the bottom of my heart to all involved in these and all efforts to keep Forbes High School a proud public school.

With only 3 weeks left to go of the school year, I want to remind students and parents that classes will be continuing with learning until the very last day (*Thursday 16th December at <u>3PM</u>*), and in that vein, the expectations for uniform and behaviour do not change.

The last few weeks are in fact an important time to reflect on learning and close any gaps that may be in our young people's knowledge bank.

While we are aware that students grow out of uniforms and parents will not want to replace them just before the holidays, please ensure that if your child is not in the correct uniform then a note is supplied to the roll call teacher at the start of each day.

Finally, I would like to take this opportunity, as it is my last newsletter for the year, to thank all parents and caregivers for letting me be a small part of your child's life this year. While at times it has been difficult, it has always been immense fun and I love what I do and making a small difference into the lives of our next great generation.

Have an amazing, restful and safe holiday period and I look forward to working with you all again next year in 2022.

David Lickess







Week 9 & 10 of Term 4 2021

Week 9

WEEK J	
29 Nov	HSC Exams
30 Nov	HSC Exams
	Transition
1 Dec	HSC Exams
2 Dec	HSC Exams
3 Dec	
Week 10	
6 Dec	YONDR implementation
7 Dec	
8 Dec	P & C Meeting
9 Dec	
10 Dec	Major Assembly
	Yr 12 Graduation Dinner

<u>Reminder</u>

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

FHS P & 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 MolloyVice 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 <u>forbeshighschool@pandcaffiliate.org.au</u>

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.







Science/Agriculture Faculty

The Agriculture faculty has had a busy semester, with student's halter training beef steers and dairy heifers, with 9/10 Agriculture studying dairy cattle and pigs. Peppa and George have been a hit and gained 40kg each, since arriving. 8Ag have enjoyed growing vegetables such as potatoes and picking fresh strawberries.

The Year 6 transition day was a success with students participating in a farm tour, along with washing, and parading, the dairy heifers. We look forward to them joining us next year.

Science has welcomed a new member of staff this term. Mr Azim joins us from Sydney and is embracing his new country lifestyle with his wife and two small children.

In Science, after returning from Online Learning, we have concluded our Chemistry topics and commenced studying Earth and Space in all junior classes. Senior classes have started working on their first HSC assessment. All senior students are encouraged to find the motivation to work diligently and regularly, completing drafts for feedback and allowing for improvements before the final submission.

The Science faculty was also involved in the Year 6 Orientation, making silly putty from common chemicals, and using the Bunsen burners for crushing cans with heating and rapid cooling. Both the teachers, and the student helpers, enjoyed the company and enthusiasm of the Year 6 students as budding scientists.









NAIDOC Week Celebrations

On the 10/11/2011 Forbes high school Naidoc week began. The week started with a small assembly lead by Matty Duke & Emily Molloy telling students what NAIDOC meant to them. Forbes High School AEO. Barry Merritt also put out a video to the school elaborating on what NAIDOC meant to our people.











Tylah Bond (pictured left) demonstrating how the Bull-roarer works. This is our traditional phone. Before we would walk onto another tribe's country, we would swing the bull-roarer around & if we heard the bull-roarer back we knew we could walk on country.

A massive shout to Tristan McKinnon for being the only student to catch a Boomerang all week & received a free Boomerang.

I would like to thank Paul West for making & donating all arts & boomerangs, Bull-Roarers. Paul is a Wellington man & a very close friend/ family member.











Each day a bbq is cooked for each year group- the food of choice is Wambuwuny- Kangaroo.

Manning the bbq is our school Captain Benjamin Barnard, Jake Schaefer, Kynan Bond, and their trusty side kick AEO Barry Merritt.









COMMUNITY HEALTH CHILD AND BABY IMMUNISATION **CLINICS**



G-BAND

FREE SERVICE

Community Health has appointments available for these immunisation clinics:

- FRIDAY 19th November
- FRIDAY 3rd December
- FRIDAY 17th December

Clinic location: Forbes Community Health, Elgin Street FORBES NSW 2871

To make an appointment please call:

Denise - 6850 7305 or 0438 013 762

PLEASE JOIN US FOR



SATURDAY 11 DECEMBER 2021 VICTORIA PARK. FORBES 7PM

LOCAL PERFORMERS

FOOD, DRINKS AND **GLOW CANDLES ON SALE**

BYO CHAIR OR BLANKE

ORR







White Ribbon Day

Thursday 25th November 2021

Come and join us for morning tea on Thursday 25th November in support of White Ribbon Day

Time 10:00am - 12:00pm

Location

Binaal Billa office 18 Spring Street, Forbes NSW

White Ribbon Day brings communities from all over Australia together to engage in promoting Global recognition of violence against women

Yoorana

Gunva

binaa bila







celebrate lia ustralia Day

WEDNESDAY 26 JANUARY 2022

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



Hosted by Forbes ROTARY Lions Park 7AM – **9**AM



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.

> RSVP Friday 26 November | 5pm events@forbes.nsw.gov.au phone: 02 6850 2354





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 <u>Student code of conduct</u> and <u>Opal terms of use</u>.



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>





Term 4, Week 8



18 Wyndham Avenue, Forbes NSW 2871 T (02) 68522666 F (02) 68511071 E forbes-h.school@det.nsw.edu.au WS forbes-h.schools.nsw.gov.au









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 lifeline 13 11 14

kids helpline 1800 55 1800

qlife (3pm-midnight) 1800 184 527



