





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,

Here we are at the end of another wonderful year at Forbes High School. It has been a brilliant year with so many achievements across all areas of the school. This was recently recognised in our annual Presentation Day. We recognised student achievement from across the year, student leadership, academic excellence and sporting achievements. We were also able to experience musical items from our Stage 5 Music class. I would like to thank our special guests who were able to present awards on the day.





Friday evening, we experienced our final school event for Year 12. It was a wonderful evening where students were presented with their portfolios and student achievement was recognised. We wish Year 12 all the very best in their future endeavours and we await their results in January. Congratulations to all of the students who have already accepted early entry to university, as well as training courses or work in their chosen career.









Purple day allowed us to recognise students upholding our values of being respectful, responsible, honest and doing your best. We wore purple, had pizza and ice blocks and celebrated our school values and pride. We also had a week of fierce competition for *Movember* with the annual *Movember* Games. The teachers came away with a clean sweep of the hotly contested games and raised valuable money for men's health.



Winners of Domino's Pizza Vouchers in the Purple Day Year 10 Best Dressed Winners!











It is this time of year that we thank our staff and community for their commitment to Forbes High School. Thank you to our P and C for all that you do for our school. Congratulations to Mrs Sherylee Cowell for winning the 100 club raffle supporting the fundraising efforts of the P and C. We look forward to our partnership going from strength to strength in 2022.

Thank you to the staff of our school for all that you have done over the year. From being flexible with home learning to providing additional activities for the students of our school, all staff at our school are highly committed and are valued by all. We will say goodbye to the following staff as they move on to new adventures. Miss Kirsty Maye is leaving us for a new position at Canowindra High School. We wish her well in her new school and know that she is leaving a significant gap in our Maths faculty. Mrs Sharon Dean-Moody who has supported the Maths faculty is also leaving us for another position, we thank Sharon for her expertise in Maths and wish her well. Ms Sarah Tottenham our French teacher is moving closer to home and seeking new adventures in her hometown. Thank you, Sarah, for your contribution to languages in our school. We only just welcomed Mr Will Ridley in PDHPE, however, he is not returning to us next year. All the best Will!

Congratulations to Lee-Anne Jones on being successful in the merit selection for the additional Deputy Principal role at our school. We look forward to her continued commitment to our school and the community.

We will welcome several new staff next year, I will introduce them in the first newsletter and via Facebook in the new year. We have been successful in recruiting a HT English/HSIE for 2022, I would like to thank Amy Adams and Kimberley Jackson for their tireless work in supporting and building the team.

To all of our families, have a Merry Christmas and all the very best for 2022. We hope that you all have a restful break and have time with family and friends. We are very much looking forward to 2022 and all of the opportunities to work and walk alongside our families, to ensure the very best outcomes for all students at our school.

Warm regards.

Kathleen Maksymczuk



What's

Happening

At

Forbes

Hiah

School

Week 11 of Term 4 2021

Reminder

To start the day off right, breakfast club

is now running out of

the canteen and is

now serving free toast

Dhurany from FHS



Term 4, Week 10

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 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 FOR 2022 SCHOOL YEAR

Christmas holiday break is the perfect time to make sure your student has the correct school uniform for the start of the school year. If you are buying uniforms, please remember that the school uniform is as follows:

Everyday

- Grey or navy canterbury shorts with the school logo (must be navy • Canterbury logo, not white)
- Kilt or checked dress
- White polo with the school logo
- Blue hoodie with the school logo

Footwear





Black LEATHER ENCLOSED SHOES

For Sport (this is only to be worn during sport - students are expected to be in the everyday uniform and get changed into their sports uniform at school)

- Navy canterbury shorts with the school logo (footie shorts are not allowed)
- Blue and yellow sports shirt
- Joggers







Term 4, Week 10

YEAR 12 MAJOR AWARDS

Presented at the Year 12 Graduation Dinner

CITIZENSHIP AWARD Matilda Langham

BLUE AND GOLD CITIZENSHIP AWARD Hannah Staines

CARMEL HODGES MEMORIAL HUMANITARIAN AWARD Hannah Staines

> **DOUG HODGES AWARD** Sean Darcy

TVET AWARD Jessica Croucher – Certificate II in Animal Studies

> ANDREW SMART MEMORIAL AWARD Hannah Staines

KRISTIE CARPENTER MEMORIAL SCHOLARSHIP AWARD Hannah Staines

> VET STUDENT OF THE YEAR Jasmine Casey

REUBEN F. SCARF MEMORIAL FOUNDATION Patrick Terrado

> LOUISE STEPHENSON AWARD **Tyrone Clothier**

FHS P & C CANTEEN AWARD Stuart Shaw Jasmine Casey

ADF LONG TAN AWARD Hannah Staines

AMPOL BEST ALL ROUNDER Matilda Langham

The Dux of Year 12 will be announced early next year.





Major Award Recipients Forbes High School End of Year Assembly 2021

DUX OF THE YEAR

Dux of Year 7: Phoebe Walker Dux of Year 8 : Annaliese Green Dux of Year 9 : Isabella Brown Dux of Year 10 : Laura Vonthien Dux of Year 11 : Rohan Webb Support Unit Most Improved : Bradan Mugridge Support Unit Consistent Effort : Logan Harvey

CITIZENSHIP AWARDS

Year 7 Citizenship: Chloe Little Year 7 Blue & Gold Citizenship: Phoebe Walker Year 8 Citizenship: Stuart Cuskelly Year 8 Blue & Gold Citizenship: Skye Saville Year 9 Citizenship: Sarah-Jane Sullivan Year 9 Blue & Gold Citizenship: Isabella Brown Year 10 Citizenship: Matty Duke Year 10 Blue & Gold Citizenship: Jaide Robinson Year 11 Citizenship: Rachel Todd and Emily Gartner Year 11 Blue & Gold Citizenship: Ben Barnard

ATTENDANCE AWARDS

Tylah Bond
Isaac Barnard
Grace Barbary
Aiden Miller
Benjamin Barnard

2022 STUDENT REPRESENTATIVE COUNCIL

Year 8: Bert Ward Stephanie Vonthien Chloe Little Eli Brown Year 9: Stuart Cuskelly Philip Klingner Year 10: Isabella Brown Grace Barbary Sarah-Jane Sullivan Year 11: Lily Boyd Hallie Lemon Georgia Cole Kirby Maslin





Laura Vonthien Matty Duke (Girri Girri Representative) Kynan Bond (Girri Girri Representative) Year 12 : Jessica Williams

TVET AWARDS

Brodie Gartner – Statement of Attainment in Youth Engagement Cherylee Byrne – Certificate III in Early Childhood Education and Care Bonnie Hession - Certificate III in Early Childhood Education and Care Dylan Jones – Certificate II in Automotive Cassidy Rob-Potts – Certificate II in Animal Studies

ROTARY PUBLIC SPEAKING AWARD

Emily Gartner Deegan Weaver Lochie Farrelly Kynan Bond

LITERACY AWARD

Laura Vonthien

FORBES CHRISTIAN BOOKSHOP AWARD Brooklyn Read

NSW FARMERS ASSOCIATION AGRICULTURE AWARD Zac Fraser

COMMERCE AWARD Laura Vonthien

INDIGENOUS CITIZENSHIP AWARD Matty Duke

GIRRI GIRRI SPORTS ACADEMY AWARD Lochie Farrelly

BLAZE LITTLE MEMORIAL AWARD Kynan Bond

FORBES SHIRE COUNCIL ACHIEVEMENT AWARD Chloe Cowell

> BRAD RIDLEY MEMORIAL AWARD Emily Gartner

CARMEL HODGES AWARD FOR MATHEMATICS

Stage 4 : Hannah Williams Stage 5 : Grace Barbary





PHIL DONATO SCHOOL CITIZEN OF THE YEAR 2021 Ben Barnard

BECKHOUSE SHIELD Lily Boyd

CHARLES STURT UNIVERSITY 2021 YEAR 11 MERIT AWARD Le'Kiesha-Lee Bowden

AURORA COLLEGE AWARDS

Czarah Saladino Derek Pymont Rohan Webb

ADF LONG TAN LEADERSHIP AWARD Jaide Robinson

KOREAN EDUCATION DIRECTOR'S AWARD FOR OUTSTANDING ACHIEVEMENT IN KOREAN LANGUAGE STUDY Grace Barbary

WILLIAM RUBENSOHN FOUNDATION SCHOLARSHIP

Hannah Williams Chase Swansborough

MALE SPORTSPERSON OF THE YEAR Noah Girot-Serplet

FEMALE SPORTSPERSON OF THE YEAR Kirby Maslin

PREMIER'S SPORTING CHALLENGE MEDAL Matty Duke

YONDR POUCHES

A reminder to students to leave their YONDR pouches in their school bag in preparation for next year.

Each student will need to have their pouch in their bag at the start of their first day of school 2022.

Year 7 students will receive their YONDR pouch on their first day of school.













Forbes Community OSHC is looking for casual OUT OF SCHOO HOURS CARE EDUCATORS



- Have a passion and enthusiasm for caring for children?
- Need work during University holidays or school term breaks?
- Then this might be something you're interested in!





What you will need-

Minimum Certificate III in Children Services or equivalent (attending university completing a course in education, Certificate III or IV in Education Support)
 Paid Working with Children's Check (WWCC)

•A passion for working with children, initiative, and an enthusiasm for working with children aged 5-12 years.

·Double COVID vaccination.

Current First Aid Certificate (either HLTAID0012 or HLTAID004), Child Protection training (CHCPRT001) and CPR training would be desirable, but not essential.

> Email us your CV: director@forbesll.com.au Need more information- call Wanita (Forbes Community OSHC Coordinator) 0437 833 613 Applications close December 13th 2021





Forbes Olympic Pool



January 2nd– 10:30am - 2:30pm January 16th – 10:30am - 2:30pm January 30th – 10:30am - 2:30pm

"Normal pool entry fees apply Participants must be over the age of 6 and able to swim 25m unassisted

For more information call Shae Hapgood on 02 6850 2369 or email youth@forbes.nsw.gov.au















Contact Council's Youth Officer on 02 6850 2300 or youth@forbes.nsw.gov.au for more information







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 <u>local bus operator</u> 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.

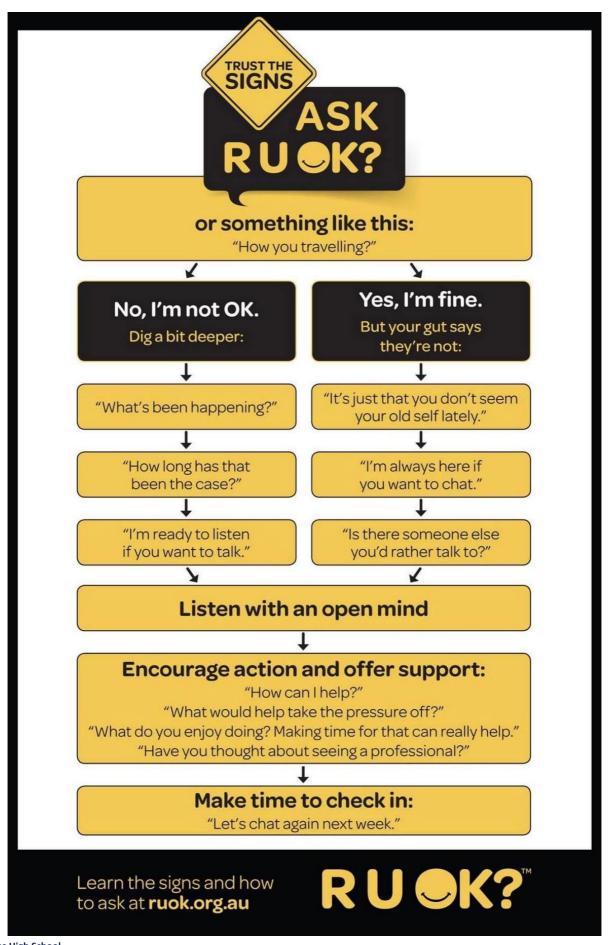
Please also remember that students using Opal cards must tap on and tap off in line with the <u>Student code of conduct</u> and <u>Opal terms of use</u>.



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>















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

lifeline 13 11 14

kids helpline 1800 55 1800

qlife (3pm-midnight) 1800 184 527



