



Love Bites Seminars for Year 10



Relieving Principal
Kathleen Maksymczuk



Deputy Principal
Jason Nottingham
Lee-Anne Jones

Year 7
Tara Morrison

Year 8
Hayley Wilson

Year 9
Riley Pike

Year 10
Peita Coote

Year 11
Georgina Price

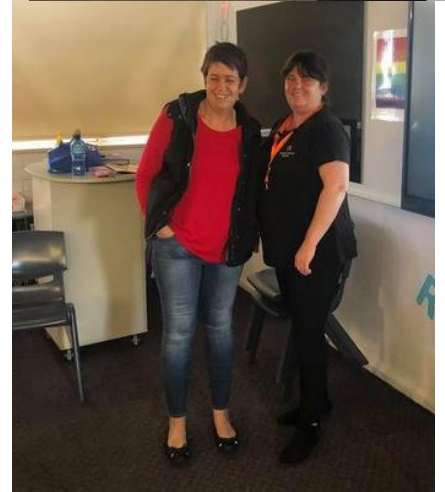
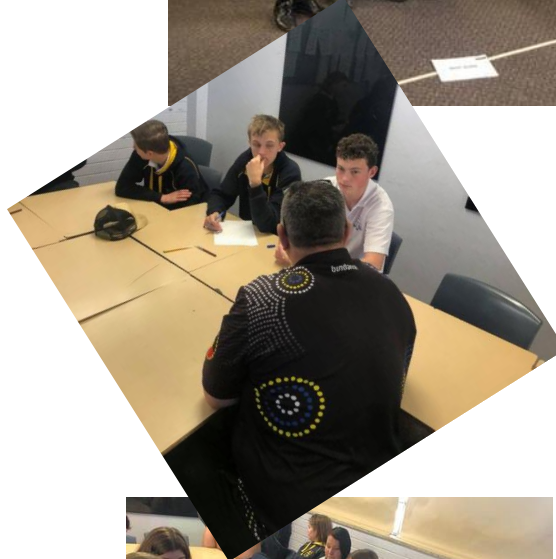
Year 12
Rachel Eagles

Careers Advisor
Daniel West

School Counsellor
Elisabeth McIntyre

Student Support Officer
Brooke Sargent

HT Wellbeing/Transition and SRC Coordinator
Amy Adams



LIKE US ON





Principal's Message

Dear Parent, Carers and Students,

As we approach the final few weeks of term, it is a timely reminder of our core business of teaching and learning. Many students are finalising assessments before the issuing of our Semester One reports before the end of the term. Please contact your child's teacher or their Year Advisor if they need support completing any of the assigned work. Early next term we will have a parent, student and teacher evening allowing for us to come together as a school community.

There have been many activities over the last two weeks which our students have had the opportunity to engage in, ensuring that their time at our school is rich and broad. Some of the activities our students have experienced are attending the Reconciliation Awareness Day in Forbes as well as a two day Wiradjuri Language Camp at Lake Burrendong where students were able to work with other schools and engage in a rich cultural experience.



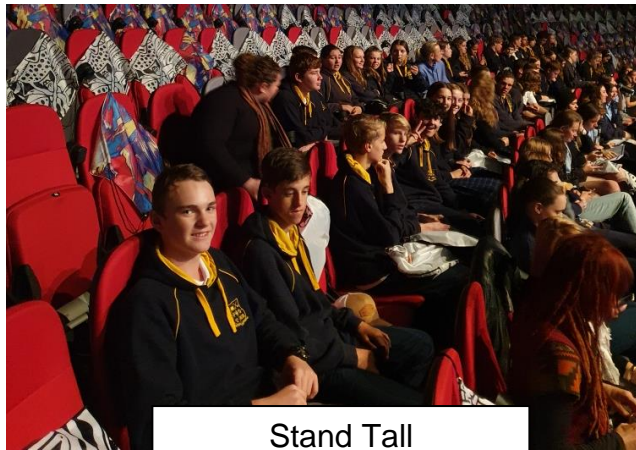
Wiradjuri Language Camp



Year 11 Biology and Earth and Environmental Science participated in a water field study in Orange as part of their course and Business Studies students attended lectures in Sydney.



As I am writing this, over 40 students from Years 9 and 10 are attending an event in Sydney, Stand Tall. This event is in its 10th year and a host of speakers will speak to the students on the topics of resilience, the strength to stand up to bullying, the keys to motivation, the power of perspective and the benefits of making good and wise decisions.



Four of our staff completed Stronger Smarter training last week and will support our school in leading a culture of high expectations. Every year we train up to four members of our staff and build the shared understanding across the school. Additionally, at the start of next term, members of our school will be able to engage in a Connecting to Country activity. We look forward to continuing to build the partnerships with our AECG and local community.

Transition for Year 6 into 7 has also commenced with Ms Nock, our Year 7 Advisor for 2022, visiting Forbes Public and Forbes North Public Schools. We are excited to be working with our partner schools and ensuring that Year 7 of 2022 have a smooth transition.

As always, we appreciate your support of Forbes High School, please contact the school if you have any questions or queries.

Warm regards.

Kathleen Maksymczuk



Deputy Principal's Message

Dear Parents, Carers and Community Members,

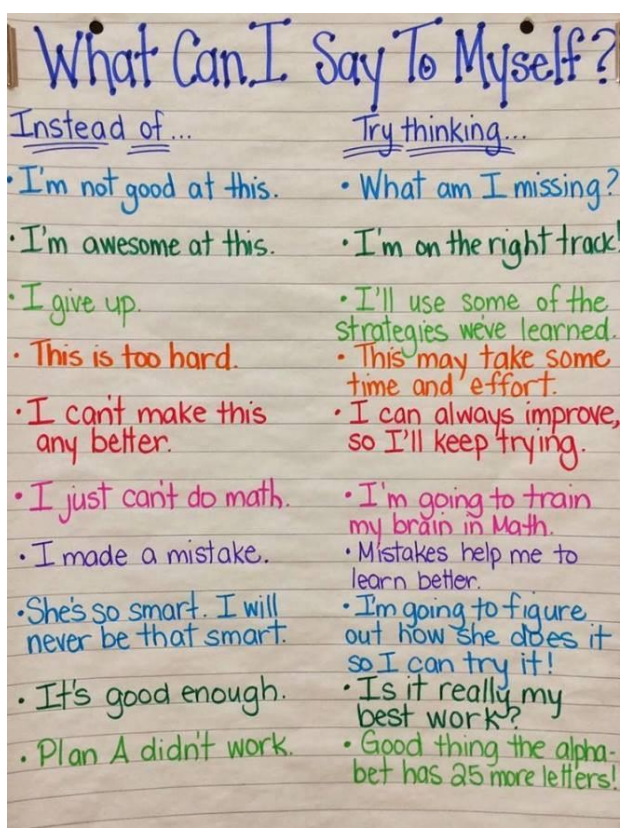
As we move towards the end of the semester, students in years 7 to 10 are finalising tests and assignments as teachers mark work and write reports. For some students this will be a time of celebrating their hard work and success since the beginning of the year. For others, the results or reports which they receive may bring disappointment.

It is important at this time that all students utilise a **growth mindset**, to either help them overcome their disappointments or to ensure that they remain open to learning opportunities into the future.

The opposite of a growth mindset is a fixed mindset. This is where people may believe that they will always be good at some things and poor at others. Even people who appear to be achieving well can display a fixed mindset.

When we find ourselves keeping a fixed mindset we need to challenge these limiting thoughts through **positive self-talk**. By doing this we will flex our learning muscles which will help us to grow as learners through developing our learning resilience and overcoming obstacles put in front of us.

Here are some examples of limiting self-talk and some positive talk we could replace it with:



Mrs Jones

Deputy Principal



**What's
Happening
At
Forbes
High
School**

Weeks 9 & 10 of Term 2 2021

Week 9

14 June Public Holiday
15 June Minimum Standards Testing

16 June
17 June
18 June

Week 8

21 June
22 June
23 June
24 June SRC Disco 6pm – 9.30pm
25 June Beanies for Brain Cancer and Last day of term 2

Reminder

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

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 11th August (venue/ time TBC)
- Wednesday 15th September (venue/ time TBC)
- Wednesday 10th November (venue/ time TBC)
- 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

BUILDING RESILIENCE PROGRAM

Forbes High School students have completed a ten week course on building resilience. The course is facilitated by our Student Support Officer Brooke Sargent and Rural Youth Mental Health Worker Abbey Swain from the Benevolent Society. The course focuses on understanding emotions and promoting skills to manage these emotions to create resilience and to connect with other students.





NEW ONLINE ENROLMENTS

We are excited to announce we will be rolling out the new Online Enrolment System from Monday 7 June 2021

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

Further information about online enrolment can be found on our website [here](#).



Beat the Cold with Forbes High School
Winter jackets are available from the School Front Office.
Jackets are \$95.00



SCIENCE and AGRICULTURE Faculty

As usual, it has been a busy time for both Science and Agriculture. In Science, stages 4 have been studying Biology this term. Year 8 have been completing several dissections related to human body systems, while year 7 have been studying classification and cells.

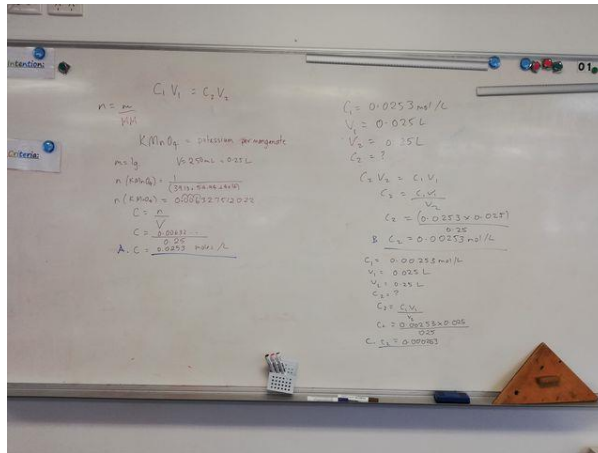


Year 11 Biology and Earth and Environmental Science have been completing field work, with both groups attending Lake Cowal Conservation Centre to perform biotic and abiotic data collection. This was used by the Biology students to complete their Depth Study, while Earth and Environmental students also visited the Orange Wastewater Treatment Plant for their Depth Study focussing on Human Impact on the hydrosphere.



Year 11 Chemistry, meanwhile have been experimenting with changing concentrations, carrying out practical work related to the Chemistry Syllabus.





Agriculture, Primary Industries and Show Team have been working solidly all term with the animals readying them for the show season and completing study days with pigs, cattle, and sheep. The wethers are being prepped for the Dubbo Wether Trial, while the students worked well at the Bedgerebong Pig Day and Beef Cattle Education Day.





Our trip to Camp Licola

By Chloe Cowell & Angela Emery

Day one

On the second week of the school holidays Chloe and Ange caught a bus to Camp Licola in Victoria. The bus ride was very long and it took all day to reach Camp Licola in Victoria.

Once we got to camp we unpacked the bus and then it started raining, so we had to rush to the cabin and put our stuff in the room we were staying in. Then we went to the hall and had some lunch. We had hamburgers. Yummy!

After we had some lunch we went back to our cabin to make our beds. Once we finished making our beds we talked to each other and then Mrs Kaye told us to come out to the lounge room to join the other people at the camp. We went to the lounge room then we went back into our room playing with our phones, then Mrs Kaye told us to come out again.

Next we got ready to walk to the hall to have some dinner. We had to wait for our dinner. We had chicken schnitzel, vegetables and some mashed potatoes. For dessert we had ice cream and fruit. After dinner we walked back to the cabin to put on our pj's. Then Mrs Kaye told us to jump in the shower so we got our stuff ready for our shower and the water was really cold!

Day two

On Tuesday morning we were making pancakes for breakfast. We did some Archery in the morning and then Arts and Crafts in the afternoon. It was our job to make a 40 sign as Camp Licola has been running for 40 years.





Day three

Another great thing we did at Camp Licola was hike up a big hill. It was really steep and we had lunch up at the top. We had pies and sausage rolls. It was sunny and freezing. We walked back down to the camp and jumped on the trampoline. It was an inground trampoline and you could bounce really high.

Day four

We had the choice of going rock climbing or going on the big swing. We chose the big swing. We had to wear a harness and we were really nervous and shaking afterwards, but we were really proud of ourselves for doing it.

Day five

We had to get up really early in the morning, while it was still dark, to pack our bags and to help pack the bus. We then had some toast for breakfast and at 7.30am we caught the bus. We arrived home at 10 o'clock that night. It was a really fantastic week. Thank you to the Lion's Club for selecting us to go.





COME TRY SPORT DAY AT DUBBO





DRUMBEAT

Forbes High students have completed a ten week program called Drumbeat. The boys had a fantastic time learning new skills, new songs and making new connections. Drumbeat is an evidence based social and emotional learning program, incorporating hand drumming. The program focuses on social connections through team work and is proven to build resilience, showing measurable changes in social behaviour. Within the ten session group drumming program, the facilitators use a combination of five core elements to achieve the program objectives of social and emotional learning. The five elements are: core rhythms, rhythm games, discussion, improvisation and performance.



MEALS ON WHEELS

Our Year 8 students have had the opportunity to give back to our community by volunteering with Meals on Wheels. We have been successful in delivering 23 meals this year to our most vulnerable community members.





TRANGIE JUNIOR JUDGING



Monday 28th June 2021

from **8.30am** Registration to approx. **5pm**
at **Trangie Agricultural Research Centre**

Cattle, Meat Sheep, Merino Sheep, Fleeces, Cotton & Grain Judging

Sub-Juniors under 10 years
Juniors 10-15 years Seniors 15-24 years

**GRAIN
WOOL
COTTON**



**CATTLE
MEAT SHEEP
MERINO SHEEP**

Senior winners qualify for Western Region Judging Finals.

No previous knowledge or experience necessary

Cash prizes to be won donated by NSW Farmers

Entry Fee: \$25 for the day (includes BBQ lunch)

Drinks and snacks will be available for purchase

\$20 ENTRY FEE FOR PREREGISTRATION & PAYMENT BY Friday 25th JUNE

Enquiries / Rego forms: Kath Donoghue 0457823546 email: trangiejuniorjudging@yahoo.com.au



Get real-time trip info and digital timetables for school buses



Getting your child to and from school has never been easier.

Real-time trip information is now available, and there are a range of trip planning tools you can use on the go.

Choose from a range of easy-to-use apps and online tools that work with phones, tablets, smart devices, and even voice assistant technology. Or just hop on a computer.



Trip Planner
Visit transportnsw.info/trip to use the trip planner tool in your web browser



Opal Travel app
Download the official Opal Travel app to your phone or device



Facebook Messenger
Send a travel query to our Facebook Messenger bot and get an instant reply – search for 'NSW Public Transport – NSW GOV' to start your chat



Google or Alexa
Ask Google Assistant or Amazon Alexa to 'talk to Transport NSW to plan a trip'

Or try one of many handy third-party apps – visit transportnsw.info/apps to find an app that suits your needs



Access school bus timetables and get real-time trip updates – anywhere, any time.



Use interactive maps to see where and what time your child's school bus will stop – so you know when it's on the way in the morning, when it has arrived at school, and what time it'll drop them off in the afternoon. That means less time waiting at the bus stop and less worry about when they'll be home.



Get information about real-time delays and planned service changes so you're always in the know.

Trip Planner tips

1. Go to transportnsw.info/trip
2. Enter an address, point of interest, bus stop name or ID or choose 'My current location' as your starting point
3. Enter the school name as the end point
4. Refine your search to get an accurate plan:
 - Change to 'Least walking' or 'Fewest changes'
 - Ensure 'School bus' is turned on. Turn off other modes if you only want to see school buses (this applies to the Opal Travel app as well).
 - Reduce 'Connecting with public transport walking time' from 20 minutes to 5 minutes.





ALL PROCEEDS TO RONALD MCDONALD HOUSE – ORANGE

Christmas in Vegas

Featuring the Fabulous

Tallulah



FORBES TOWN HALL

SATURDAY 31ST JULY 2021

DOORS OPEN 6.15 PM

TICKETS **\$110**

123tix.com.au

Tickets available from 1 June

includes:

DRINK + CANAPES ON ARRIVAL

DINNER AND DESSERT

CABARET SHOW – 8.30pm

ENTERTAINMENT BY LOCAL ARTISTS

also includes \$25 DONATION

RAFFLES DRAWN ON NIGHT

HAVE SOME FUN AND DRESS UP IN CHRISTMAS THEME

PRIZES FOR: BEST DRESSED COUPLE | BEST DRESSED WOMAN | BEST DRESSED MAN





Service NSW is here to help.

With more than 100 locations across NSW, helpful and friendly Service NSW team members are here to help you access the NSW Government services you need at a Centre near you.

Remember getting your licence at RTA? Service NSW can help you do that – and much more!

Service NSW offers a range of services. Drive to work? Service NSW can help you get a **driver's licence** or replace your lost licence. They can also help you **register your car** or apply for a **Mobility Parking Permit**.

Need proof of identity? Apply for a **birth certificate** or a **NSW photo card**.

Kids want to do after-school activities? School-enrolled children in NSW are eligible for two \$100 vouchers under the **Active Kids Program** and one \$100 voucher for the **Creative Kids Program** per year.

Over 60? Apply for a **Seniors Card**. Or are you a senior who lives regionally? Apply for a **Seniors Regional Travel Card** to assist you with the cost of travel. Need help with your business?

A **Business Concierge** can assist you with advice on applications forms, licences and grants to start and run your business. Service NSW can also advise you on how to become a licensed tradesperson, or how to check a building contractor or tradesperson's licence.

Service NSW helps eligible people to save money through accessing more than 70 rebates and savings under the **Cost of Living Program**.

Bushfire-affected customers can access the **Bushfire Customer Care Service**.

Call Service NSW on 13 77 88 or find your nearest Service Centre or Mobile Service Centre at www.service.nsw.gov.au. You're always welcome to come in with your family, your Elders or a support person.



FORBES COMMUNITY HEALTH FREE CHILD INFLUENZA VACCINE CLINIC

For Children 6 months to <5 years of age



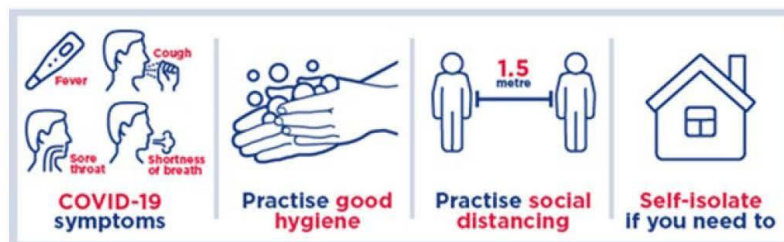
Appointments are essential:

Please call **Forbes Community Health** on **68 50 7300**

For more information call Denise on 68 50 7305 or Jane 68 50 7310.

Two doses of influenza vaccine at least four weeks apart are recommended for eligible children who are receiving the influenza vaccine for the first time.

Clinics have been modified due to the COVID-19 social distancing restrictions. Information relating to this will be explained at time of booking





YOUTH SERVICES GUIDE

Need help?
There is heaps available!



INDIGENOUS SERVICES

Name	Contact
CatholicCare Wilcannia Forbes (Aboriginal Families as Teachers Program)	6850 1777
Binaal Billia Family Violence Prevention Legal Services (FVPLS)	1800 700 218
Weigelli/Oriana Haven Hub Project	6872 1360
Yoorana Gunya Family Healing Centre Aboriginal Corporation	6850 1222

DISABILITY SERVICES

Name	Contact
All About You – It's Your Life	0421 255 289
Aruma	1300 538 746
Best Life Living	0432 674 386
Currajong Disability Services	6863 4713
Flourish	1300 779 270
National Disability Coordination Officer Program	0458 489 597
OC TEC	6851 6966
Sureway Employment and Training	1300 787 392

EMERGENCY SERVICES

Name	Contact
Police	000
Fire Brigade	000
Ambulance	000
SES	132 500

CRISIS SUPPORT SERVICES

Name	Contact
CatholicCare Wilcannia Forbes (Family Mental Health Support, Specialist Homelessness Service)	6850 1777
Domestic Violence Hotline	1800 656 463
Forbes St Vincent De Paul	6851 4285 or 6852 1865
CatholicCare Wilcannia Forbes (Forbes Womens Refuge)	6850 1777
Havannah House	6852 1366
Kids Help Line	1800 511 800
Lifeline	13 11 14
Link2Home Homelessness	1800 152 152
Central West Women's Domestic Violence	1300 384 357
Benevolent Society (Brighter Future Central West Program)	1800 236 762
Rape Crisis Center	1800 424 017
Sexual Assault services	1800 823 040 or 6369 3000
Uniting Bumsida Orange (Youth Hope Program)	1800 864 846

LEGAL SERVICES

Name	Contact
LawAccess	1300 868 529
LGBTQIA	
Name	Contact
Twenty Ten Counselling Service	1800 652 010

EMPLOYMENT AND TRAINING SERVICES

Name	Contact
OC TEC	6851 6966
Sureway Employment and Training	1300 787 392
Tafe NSW	6853 9100
Verto	1300 483 786

HEALTH SERVICES

Name	Contact
Alcohol and other Drug Information Line	1800 432 599
Cannabis Clinic	1300 663 433
Forbes Community Health	6850 7100
Forbes Women's Health Clinic	6850 7300
Orange Sexual Health Unit	1800 816 925
Binaal Billia Family Violence Prevention Legal Services (FVPLS)	1800 700 218
Medicine and Mind	5971 0201

MENTAL HEALTH

Name	Contact
Benevolent Society – Rural Youth Mental Health	1800 236 762
Beyond Blue	1300 224 636
Child and Adolescent Mental Health (Forbes Hospital)	6863 7404
CatholicCare Wilcannia Forbes	6850 1777
Headspace (eheadsace)	1800 650 890
Headspace Dubbo	5852 1900
Kids HQ	6361 7557

Mental Health Hotline 1800 011 511

VOLUNTEERING SERVICES

Name	Contact
Forbes Business Chamber	0407 380 936
Forbes Leos Club	0419 463 803
Forbes North Schools as Community Centres	6862 3008
Forbes Youth Action Team	6860 2300

OTHER SERVICES

Name	Contact
Emergency and Water Ombudsman NSW (EWON)	1800 344 545
Benevolent Society (ReachOut Parent Coaching, Kids in Focus)	1800 236 762
Boys to the Bush	0417 219 120
CatholicCare Wilcannia Forbes (Financial Counselling, Men and Family Relationship Services, Targeted Earlier Intervention Program)	6850 1777
Interrelate	1300 473 528
Lifeline Central West	1300 798 258
Migrant and Refugee Support Service	6393 8625
Mission Australia	1800 868 868
Neighbourhood Central Family Support	6862 1872