



**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,

Welcome to Week 10 and our return to face to face teaching. We are excited to have our students back on site and reconnect with them in a face to face setting. It is very challenging to be at school without hearing the footsteps, laughter and sounds of learning without our students. It will be a great way to end the term hearing their voices and seeing their faces, even underneath the mandatory face masks! We will be able to see the smiles through their eyes.

I have been incredibly impressed by the way students have engaged in the learning from home, whether that is online learning or through work packs. As we transition back to school tomorrow and into Term 4, we will complete a Check-in Assessment to ensure we gauge where students are up to with their literacy and numeracy. Keep an eye out for this next term.

Thank you for all your support during this period. It is not easy to be the teacher at home and all staff at Forbes High appreciate what you have done to support your child during this time.

Students will return at Level 3 restrictions which does mean that masks are mandatory both inside and outside the classroom. We need your support with this, as this is not a school rule but a key feature of the public health order.

### **Congratulations to Mr Lickess**

With Mr Jason Nottingham taking on a new role, I would like to welcome Mr David Lickess to the role of Deputy Principal. Mr Lickess brings a wealth of experience and expertise into this pivotal role in the school. I welcome him to the Senior Executive Team and look forward to the positive role he will continue to play in our school.

Mrs Peita Coote will step into the Head Teacher TAS role and it is wonderful to see the depth of expertise we have at our school. Congratulations to Mrs Coote for taking on this new and exciting role.

### **Term 4**

Next term will see all student return to school on Tuesday 5<sup>th</sup> October. Year 12 will commence their HSC on the 9<sup>th</sup> November and we will have a number of weeks with Year 12 on site to support them in their lead up to the HSC.

Transition for our Year 7 of 2022 will occur next term. We were hoping to commence this term, however, we have not had control over the circumstances of lockdown. Ms Shanna



Nock has been working with our partner primary schools to ensure we have the best experiences we can have for our newest students. Watch this space for our transition adventures!

Finally, I wish all of our families a wonderful holiday break. Take this time to recharge and refresh in preparation for a busy Term 4, where we hope to have opportunities to have our families on site.

As I come to the end of my first year at Forbes High, I thank you for your support of our school. We cannot do what we do as a school without your support.

Warm regards,

Kathleen Maksymczuk

## JOB JUMP

JOB JUMP is a valuable resource for Stage 6 students and their parents. This publication provides a comprehensive guide to all universities, colleges and as well as TAFE. Containing up to date information and links to open days, courses and careers, it is a must read for all. Press Control + Click on the Job Jump logo to go to the publication.





## Deputy Principal's Message

As the end of term approaches, I would like to congratulate and thank everyone associated with Forbes High School for how they have risen to the challenge of lockdown and remote learning these past 5 weeks. It has been wonderful to see the engagement of students with their schooling and the efforts of teachers and other staff to support students across the school.

We are all really looking forward to being able to return to the school site in term 4 and hopefully this will be as early in the term as possible, so fingers crossed that the current restrictions are eased during the holiday period. However, until this occurs here are some ideas for things we can do to fill in our time during the holidays!

Getting out in the sun and away from our devices is always a good idea so why not take part in a scavenger hunt or even spread some joy by chalking your walk!

# NEIGHBOURHOOD SCAVENGER HUNT

**How many items can you check off on your walk?**

|  |   |
|--|---|
| <input type="checkbox"/> Dog                   | <input type="checkbox"/> Yellow car                   |
| <input type="checkbox"/> House name sign       | <input type="checkbox"/> Boat or RV                   |
| <input type="checkbox"/> Cat                   | <input type="checkbox"/> Leaf                         |
| <input type="checkbox"/> Fire hydrant          | <input type="checkbox"/> Trampoline                   |
| <input type="checkbox"/> Bus stop              | <input type="checkbox"/> Basketball or netball hoop   |
| <input type="checkbox"/> Dandelion             | <input type="checkbox"/> Spider's web                 |
| <input type="checkbox"/> Ball                  | <input type="checkbox"/> Street sign                  |
| <input type="checkbox"/> Bird                  | <input type="checkbox"/> Rubbish or recycling bin     |
| <input type="checkbox"/> Freshly cut lawn      | <input type="checkbox"/> Butterfly                    |
| <input type="checkbox"/> "For Sale" sign       | <input type="checkbox"/> Clouds                       |
| <input type="checkbox"/> Lawn ornament         | <input type="checkbox"/> Runner                       |
| <input type="checkbox"/> Bug                   | <input type="checkbox"/> Out of state license plate   |
| <input type="checkbox"/> Bumper sticker on car | <input type="checkbox"/> Motorcycle                   |
| <input type="checkbox"/> A neighbour           | <input type="checkbox"/> Teddy Bear in window         |
| <input type="checkbox"/> Crack in the concrete | <input type="checkbox"/> Wooden gate                  |
| <input type="checkbox"/> Kids' bike            | <input type="checkbox"/> Garbage truck or courier van |
| <input type="checkbox"/> Flowerpot             | <input type="checkbox"/> Mailbox                      |


**Share Your Adventures**  
Why not share your lockdown adventures on the newsletter post on the Forbes High School Facebook page?



Another way to spread some joy might be to make this very simple chocolate pop-it recipe.



1. Wash the pop-it
2. Melt the chocolate
3. Add a layer of M and M's or smarties in each bubble of your pop-it
4. Cover the bubbles with melted chocolate to form an even layer on top
5. Tap gently to even the chocolate and to remove any air bubbles
6. Refrigerate the fidget until the chocolate is just set
7. Pull the silicon mould away from all the four sides first before inverting it and laying it on to a flat surface
8. Gently pull the silicon mould towards you releasing the chocolate pops
9. Cut along the row to create a chocolate bar

Regards,

Mrs Jones



### 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 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](mailto:forbeshighschool@pandcaffiliate.org.au)

#### Week 1 & 2 of Term 4 2021

##### Week 1

- 4 Oct
- 5 Oct        Students return
- 6 Oct

##### Week 2

- 7 Oct
- 8 Oct
- 11 Oct
- 12 Oct
- 13 Oct
- 14 Oct
- 15 Oct

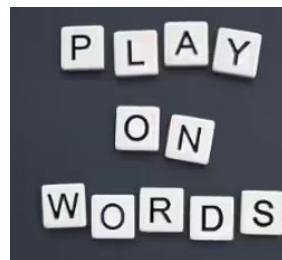
#### Reminder

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

### GAMES AND RIDDLES RESOURCES

Mrs Bottaro-Porter has shared some of her favourite websites for fun and interactive games and riddles. If you are looking for something to do why not check them out?

[Maths Riddles](#)



[Play on Words](#)



[Mathigon](#)

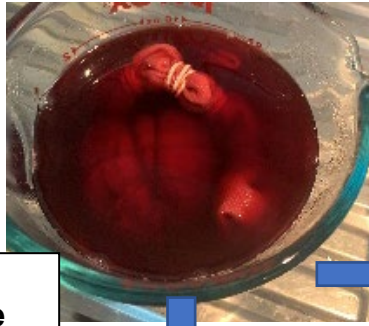
[Sudoku](#)



## YEAR 9/10 TEXTILES TECHNOLOGY

During Week 9 the Textiles Technology class and Mrs Price had some fun at home with tie dyeing and experimenting with natural dyes. These are some of the colourful results.





**Natural Dye  
Raspberries**

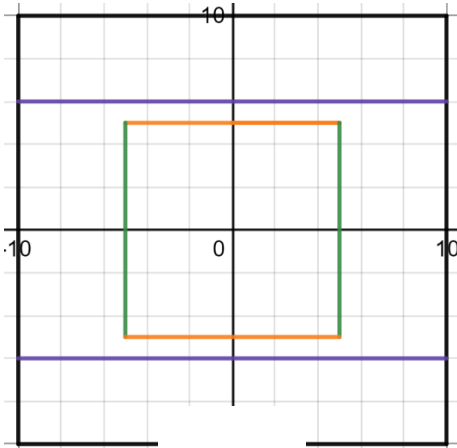




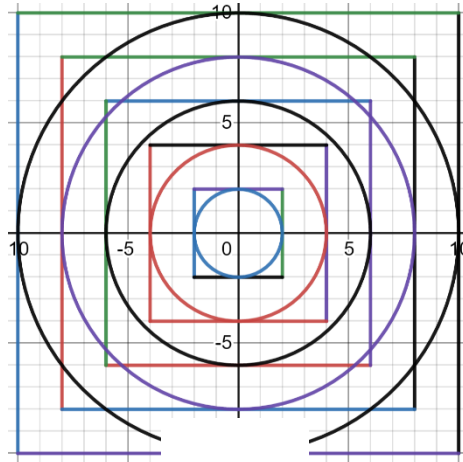


## YEAR 7 MATHEMATICS HYPATIA

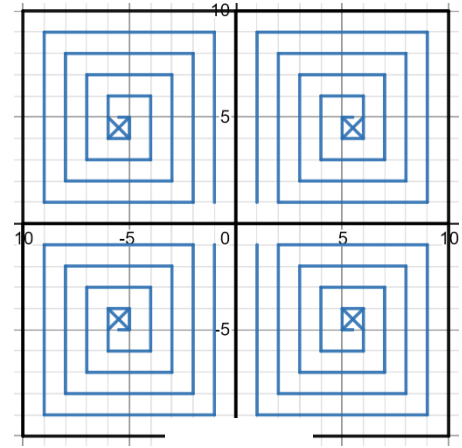
Year 7 have learning about the equations of straight lines and transforming points and lines into different quadrants in the Cartesian Plane. As part of this they have created tiled patterns using the online graphics calculator DESMOS.



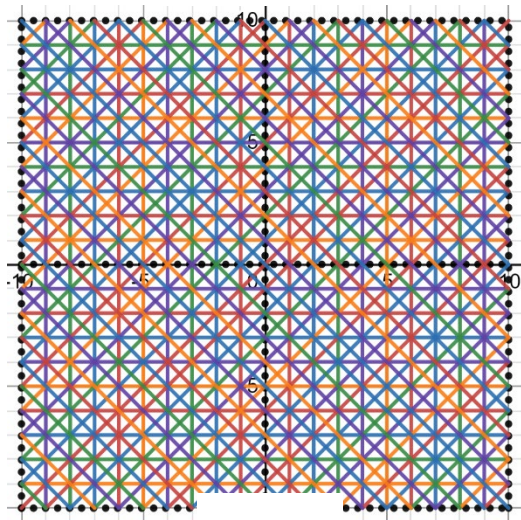
Bella



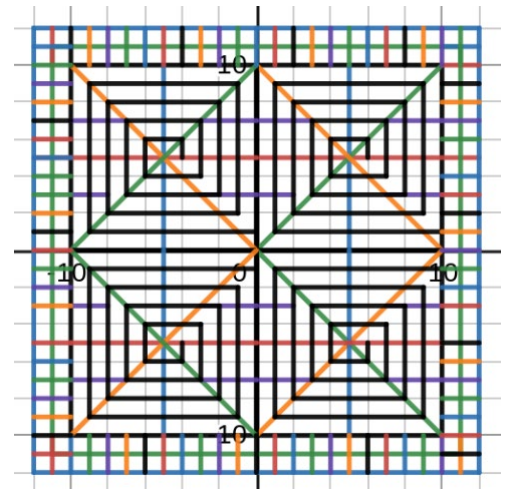
Wyatt



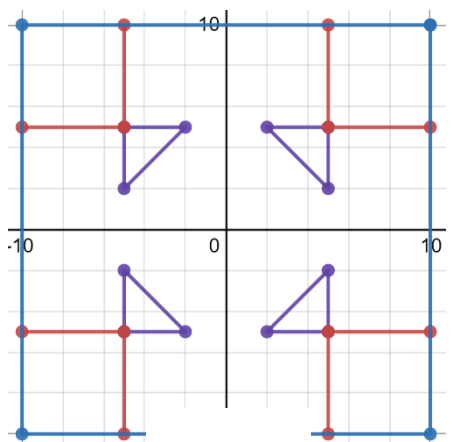
Sophie



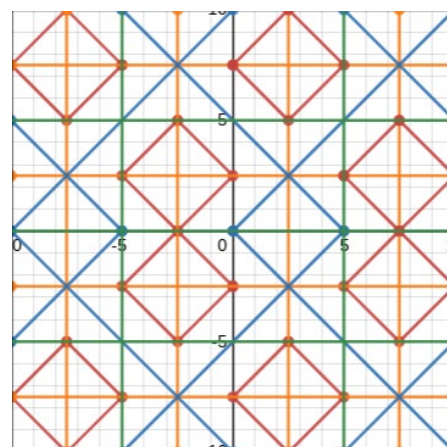
Logan



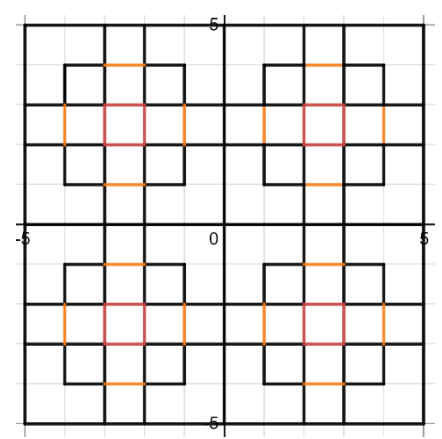
Tylah



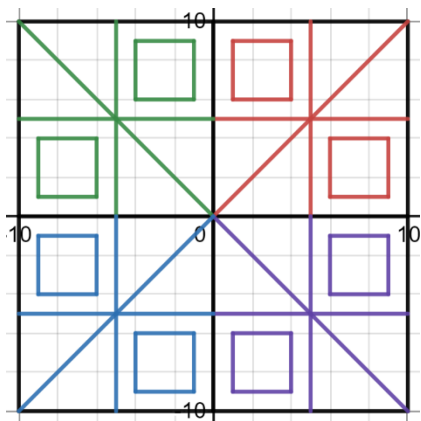
Marcus



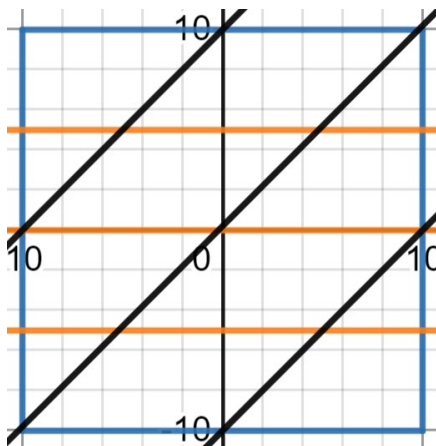
Zain



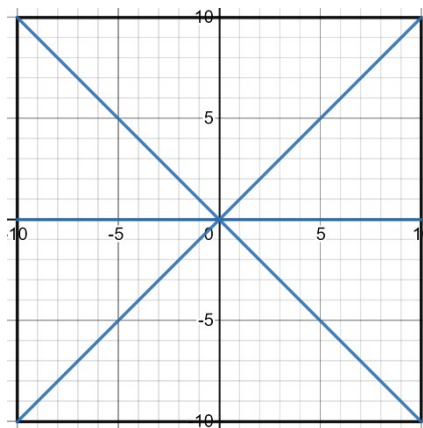
Phoebe



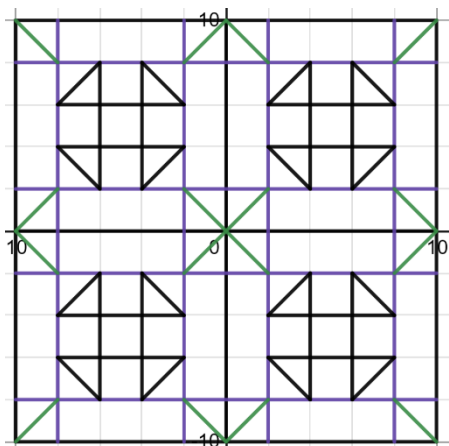
Chloe



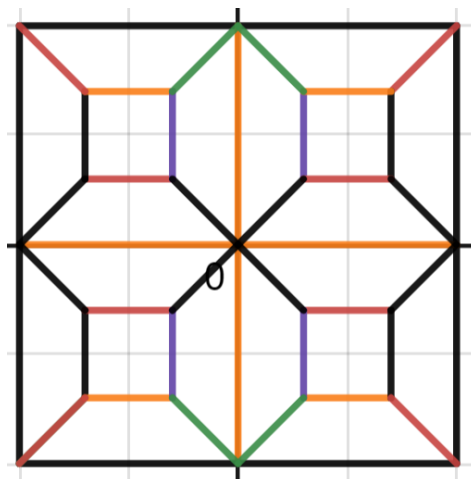
Tilly



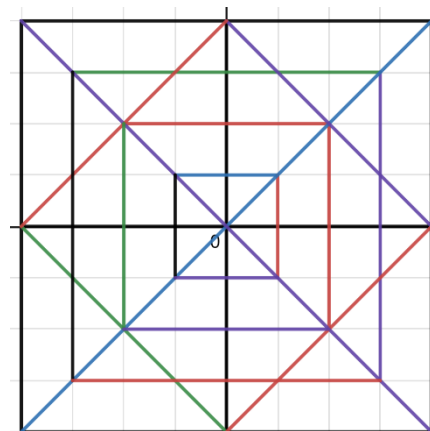
Heidi



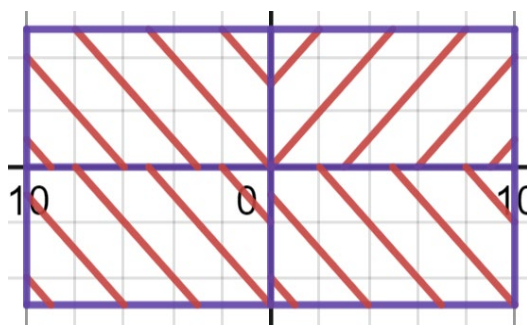
Madison



Ashden



Eli



Amelia



Nicola McDermott  
Former Little Athlete  
2021 Olympian

# Run, Jump, Throw, Walk or Roll **TO BE YOUR BEST**

Sign up for your local Little Athletics Centre this Summer

**Forbes Little Athletics**

welcomes you and runs **Tuesday Evening**

**Visit [lansw.com.au](http://lansw.com.au) to join today**

*Active Kids vouchers accepted*

Little Athletics is a Foundation sport that focuses on leaning and developing fundamental skills with a focus on Family, Fun and Fitness!



Scan to register at your Little Athletics Centre



Major Sponsor



Learn the signs and how to ask at [ruok.org.au](http://ruok.org.au)





# Your personal mental health check-in



## Feelings

On a scale from 0 ('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**

lifeline  
**13 11 14**

mensline  
**1300 78 99 78**

kids helpline  
**1800 55 1800**

suicide call  
back service  
**1300 659 467**

qlife  
(3pm-midnight)  
**1800 184 527**

**1800RESPECT**  
**1800 737 732**



**Black Dog  
Institute**





## JOB JUMP

JOB JUMP is a valuable resource for Stage 6 students and their parents. This publication provides a comprehensive guide to all universities, colleges and as well as TAFE. Containing up to date information and links to open days, courses and careers, it is a must read for all. Press Control + Click on the Job Jump logo to go to the publication.

