



## PRINCIPAL'S REPORT

Dear Parents, Carers and our FHS community,

Thank you to our community for the last few weeks which have been challenging for the entire Forbes and surrounding community. It has been devastating for so many families and we have worked to ensure we have regular routines in place for our students. There has been, and will continue to be additional counselling support not only for the rest of this year but into 2023 for our families. Please contact your child's Year Advisor or their Deputy Principal if you have any questions or would like to access additional support for your child.

### Forbes Public School

Forbes High has thoroughly enjoyed having the Forbes Public School hub operating from our site. It has been wonderful hearing the laughter and chatter as the students learn and play. We thank our students for their flexibility in adapting and taking the opportunity to work with the students from FPS. This arrangement will continue for the rest of 2022.

We do ask that our students exit from the Calarie Rd gates of an afternoon as the gates at Wyndham Ave are extremely busy with FPS students being collected by parents. This slight change will ensure the safe exit of all students from our school. Thank you for your understanding and flexibility.



### School Spectacular

Congratulations to our students who performed in the 2022 School Spectacular what an honour it was to travel to Sydney to see them perform. I would like to acknowledge the tireless work of Ms Nicole Patten and Ms Fran Hinchcliffe-Emmet for their tireless work with the students to ensure that their performance was huge success. Thank you as well to all of our support staff who assisted and travelled the students.







### Year 12 Graduation Dinner

Tonight, is the Year 12 graduation dinner and it is one of our final opportunities to celebrate the achievements of Year 12, 2022. We look forward to celebrating with our students, their friends, and families. Keep an eye on our Facebook page for photos of the evening.

### Transition Week 9

Next week we have 3 transition days for our incoming Year 7 2023 student cohort. Ms Kimberley Jackson their Year Advisor is extremely excited to welcome the students and she has some wonderful activities and experiences for them. We cannot wait to spend this time with our Year 7 students.

### A Combined BBQ for Forbes High School and Forbes Public School



Warm regards.

Kathleen Maksymczuk  
Principal



## DEPUTY PRINCIPAL'S REPORT

### **Attendance**

After much delay we were finally able to reward students with 90% and above attendance in Term 3 with their Domino's pizza voucher.

To further reward students with outstanding attendance, the executive staff of the school will be cooking breakfast for students with 90% above attendance for 2022. (Due to circumstances in Term 4, we will only be looking at attendance for terms 1 to 3). 110 students achieved this feat in 2022, which is 36% of our student population. Please keep an eye out for invitations to this event.

We are also impressed with the number of students who attend school for between 85% and 89% of the time in 2022, that was another 66 students, and will be rewarding these students with a Dominoes pizza voucher. We really want to encourage these students to look at what they can do to improve their attendance that little bit so they can take part in some of the great things we have planned for 2023.



### **Flood Support**

The Henry Lawson High School, Grenfell, have kindly delivered a range of pre-prepared meals for staff at Forbes Public School and Forbes High School. Students cooked the meals and plated-up individual servings which have been frozen for staff members to take home.

The meals were delivered to the high school by Ms Grace Eppelstun and students, Matilda York, Ebony Dowd and Bridie Forde.





Forbes High and Forbes Public school staff would like to thank the staff and students of The Henry Lawson High School as well as acknowledge the kind donation of the ingredients from Mawhoods IGA Grenfell and the packaging which was donated by Diverse Range, Young.

In addition, a box of sandwich bag sized lollie packs have been donated by Rae Dawson, an SLSo at The Henry Lawson High School.











		Juniors	Seniors
Boys / Unisex	Winter & Summer	<ul style="list-style-type: none"> <li>- Grey shorts / Grey long pants</li> <li>- Navy polo with White trim (with FHS logo on)</li> <li>- Navy FHS logo jumper</li> <li>- FHS Navy Jacket</li> <li>- Black leather enclosed shoes</li> </ul> 	<ul style="list-style-type: none"> <li>- Grey shorts / Grey long pants</li> <li>- White polo with Navy trim – SENIOR under the logo)</li> <li>- Navy FHS logo jumper</li> <li>- FHS Navy Jacket</li> <li>- Black leather enclosed shoes</li> </ul> (Year 12 may wear their senior jerseys -ONLY on non-formal occasions) 
Girls	Winter	<ul style="list-style-type: none"> <li>- Kilt or navy-blue slacks</li> <li>- Navy polo with White trim (with FHS logo on)</li> <li>- Navy FHS logo jumper</li> <li>- FHS Navy jacket</li> <li>- Black leather enclosed shoes</li> </ul> 	<ul style="list-style-type: none"> <li>- Kilt or navy-blue slacks</li> <li>- White Polo with Navy trim (WHITE banding – SENIORS under the logo)</li> <li>- Navy FHS logo jumper</li> <li>- FHS Navy jacket</li> <li>- Black leather enclosed shoes</li> </ul> (Year 12 may wear their senior jerseys -ONLY on non-formal occasions) 





	Summer	<ul style="list-style-type: none"> <li>- FHS check dress or navy-blue shorts</li> <li><u>IF Wearing Shorts</u> - Navy polo with White trim (with FHS logo on)</li> <li>- Black leather enclosed shoes</li> </ul>	<ul style="list-style-type: none"> <li>- FHS check dress or navy-blue shorts</li> <li><u>IF Wearing Shorts</u> – White Polo with Navy trim (with FHS logo on)</li> <li>- Black leather enclosed shoes</li> <li>- (Year 12 may wear their senior jerseys -ONLY on non-formal occasions)</li> </ul>
			
Sports uniform - To be worn ONLY during sport periods- Brought to school and changed into then back into full uniform)		<ul style="list-style-type: none"> <li>- FHS Sports shirt</li> <li>- Canterbury Shorts/ Tracksuit Bottoms. Must have navy CC logo, not white or multicoloured.</li> <li>- FHS Navy jacket</li> </ul>	<ul style="list-style-type: none"> <li>- FHS Sports shirt</li> <li>- Canterbury Shorts/ Tracksuit Bottoms. Must have navy CC logo, not white or multicoloured.</li> <li>- FHS Navy jacket</li> </ul>
			



GREY SHORTS



NAVY SHORTS



GREY TROUSERS



NAVY TROUSERS



KILT



JUNIOR POLO  
SHIRT



SENIOR POLO  
SHIRT



SPORTS  
SHIRT



## YEAR 7 Food Technology

Mrs Coote's Year 7 Food Tech class had to create their own muffin recipe.











The student of the FHS Support Unit have been working with Boys to the Bush to explore different jobs around the community.

On their first trip with Boys to the Bush, one group of students was picked up at 9am and made their way to the Forbes Ambulance Station. On the way they discussed the importance of being respectful on these visits, whilst also talking about what the Ambulance Service does. Upon arrival, they all shook hands with the officers and introduced themselves. Once these formalities had finished, the students got straight into checking out the Ambulance vehicle. The boys had the opportunity to check heart rates and oxygen levels, use the automatic stretcher and many other resources that the Ambulance use. They also listened to some first aid advice for treating snake bite and practised bandaging a leg. All the boys got a real kick out of using the lights and sirens and couldn't believe how loud they are. When the tour was complete the boys got some PPE kit to take home which was another highlight. They all thanked the officers before heading back to the office to present everyone with their Boys to the Bush shirt and hat. The last job was heading to the butcher to purchase some sausages for some other staff members to cook later in the day.





The second group had the focus being about employment opportunities and community engagement, so BttB decided to visit a few local businesses. The first stop was to Club Forbes to chat with Duty manager, Henry. Henry took them through the club, explaining all the different areas. During this time he talked about job opportunities within the club such as office and administration, hospitality and management. Henry told the boys all about his journey with the club, from bar work right through to becoming Duty Manager. They got an idea of what qualifications and certificates they would need, such as RSA and RCG to be able to work in the club. After that was finished, we headed to C and D flooring to check out the damage from the recent flood. Unfortunately, the water went through their shop about 800mm deep. They chatted about how they prepared for the flood and what they have to do now to get back up and running. It was pretty devastating to see. Next stop was a local painter, where we checked out his tool trailer and chatted about what things a painter has to do before he gets to the painting stage of a job. The boys didn't seem very keen on the idea of becoming a painter after this. They did get an appreciation for how hard the job is though. To finish off our day we checked out the flood water at a property on the edge of town before visiting Charlie's horse. A great day was had with all the boys from FHS.

## ROTARY IMPOMOEA CHRISTMAS TREE FESTIVAL



Head down to the Presbyterian Church next door to the Town Hall to see some amazing Christmas trees, including 2 trees made by students from the Support Unit using recycled materials.





Term 4, Week 8  
**DHURANY**  
from Forbes High School

FORBES HIGH SCHOOL

# Welcome

## Year 7 2023

TRANSITION DAYS FOR YEAR 6 ARE TUESDAY 6TH, WEDNESDAY  
7TH AND THURSDAY 8TH DECEMBER. 3 FULL IMMERSION  
DAYS FOR YEAR 7 2023

FOR ANY QUESTIONS CONTACT THE  
FHS FRONT OFFICE ON: 6852 2666

PLEASE MEET MS JACKSON  
IN THE FHS HALL AT 8:45AM.  
PARENTS ARE WELCOME  
TO ATTEND IN THE MORNING.



## Road safety

### 40km/h school zones

40km/h school zones slow traffic on the roads around schools. This is to help protect children on their way to and from schools at the times and places where they are often in high numbers. Most 40km/h school zones operate between 8.00am and 9.30am and from 2.30pm until 4.00pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all notified school days including staff development days (student-free days). While some schools may operate on different term dates, school zone speed limits must be followed during NSW Government determined school terms.

You can find the school term dates on the following websites:

- [roadsafety.transport.nsw.gov.au](https://roadsafety.transport.nsw.gov.au)
- [educationstandards.nsw.edu.au](https://educationstandards.nsw.edu.au)
- [education.nsw.gov.au](https://education.nsw.gov.au)

To increase motorists' awareness of 40km/h school zones, triangular 'dragon's teeth' road markings indicate that the vehicle is entering a school zone.

Fines and a loss of demerit points will apply if the 40km/h speed limit isn't followed. For more information on fines and demerit points, visit [rms.nsw.gov.au](https://rms.nsw.gov.au)

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://safetytown.com.au)



Lives lost on NSW roads.  
Our goal is zero.



#### 1 BE A GOOD LISTENER

Sometimes being a good friend means just being willing to listen. You don't need to have all the answers, and don't assume your friend wants advice – they may just want to talk, and to have someone hear what they're saying.

#### 2 GET THE FACTS

If your friend has a medical or mental health issue, learn about what they've been diagnosed with. Being interested in what they're going through shows them you care.

#### 3 ASK THEM WHAT THEY NEED

If you're worried about someone and want to be there for them, ask them what they need. You'll then know what they'll find helpful when going through tough times.

#### 4 BE FREE WITH YOUR HUGS

Hugging your friends is a great way to show that you care for them. Physical contact can be comforting, especially when someone feels alone. Just make sure you ask first.

#### 5 KEEP IN TOUCH

Show your friends you're there for them by making an effort to keep in touch through social media, emails, texts and calls.

#### 6 TELL THEM HOW YOU FEEL

You can make a real difference to how someone is feeling just by letting them know that they're important to you. So, go for it!

#### 7 BE WILLING TO MAKE A TOUGH CALL

If you think your friend's safety is at risk, you might need to act without their consent and get help. It can be a tough call, but remember that good friends care enough to step up.

Read more here: [reachout.com.au/en/what-is-a-good-friend](https://reachout.com.au/en/what-is-a-good-friend)

**REACH  
OUT.COM**



## FORBES HIGH SCHOOL P & C

The P&C will be holding its next meeting on **Wednesday 7th December**, to be held at the Club Forbes

### MEETING DATES 2022

Meetings for the year will be on Wednesday evenings at 5pm.

- Dec 7 (Club Forbes & Xmas dinner)

Membership forms are also available and we would like to encourage families to become a member to support the school. Forms can be found on the school website <https://forbes-h.schools.nsw.gov.au/> . Membership is only \$2 We look forward to helping support our families, students and staff.

Have a great week.  
Kind regards,  
Nat Walker  
FHS P&C President

## UNIFORM PRICE LIST

Below is a list of items that are available for sale from the front office.

- Sports shirt \$30
- Sports shorts \$35
- School Jacket \$95
- Visual Art Diary \$8
- School Hoodie \$45
- Tracksuit pants \$60
- Calculator \$35

If you require a white FHS polo shirt or a tunic, these can be purchased from Gunns, on Rankin Street.

### WEEK 9

- M 5th Dec
- T 6th Dec - Year 6 to 7 Transition
- W 7th Dec - Year 6 to 7 Transition
- T 8th Dec - Year 6 to 7 Transition
- F 9th Dec

### WEEK 10

- M 12th Dec
- T 13th Dec
- W 14th Dec - End of Year Presentation Ceremony - 10am
- T 15th Dec
- F 16th Dec - Last day of term 4

### BREAKFAST CLUB

Breakfast Club is running from the Canteen every morning from 8:30am. Come and grab some toast to start your day.



Kathleen Maksymczuk  
Relieving Principal



David Lickess  
Deputy Principal



Lee-Anne Jones  
Deputy Principal

YEAR 7 ADVISOR  
Shanna Nock

YEAR 8 ADVISOR  
Tara Morrison

YEAR 9 ADVISOR  
Hayley Wilson

YEAR 10 ADVISOR  
Riley Pike

YEAR 11 YEAR ADVISOR  
Peita Coote

YEAR 12 YEAR ADVISOR  
Georgie Price

CAREERS ADVISOR  
Daniel West

SCHOOL COUNSELLOR  
Sophie Limbert

WELLBEING / TRANSITION  
Amy Adams





Forbes Community Health are holding additional  
Immunisation Clinics leading up to Christmas

- Friday 2nd December
- Friday 9th December
- Friday 16th December
- Thursday 22<sup>nd</sup> December

Bookings essential – call Denise on:

**6850 7305 or 0438 013 762**





## Change the course of your life at TAFE NSW Forbes

### Certificate I & II courses - Semester 1, 2023

Course Name	Code	Study Type	Course Start Date	Hours Per Week	Duration
Certificate I in Fundamental Aboriginal Languages for Personal Use	10701NAT	Part time Afternoon	8 February 2023	5 hours	9 months
Certificate I in Access to Work and Training	11009NAT	Part time Day	Apply Now 11 January 2023	10 hours	4 months
Certificate I in Skills for Vocational Pathways	12610216	Part time Day	Apply now 31 January 2023	10 hours	6 months
Certificate II in Retail Services	SIN20216	Full time Day/Evening	Register Interest 8 February 2023	15 hours	4 months
Certificate II in Retail Services	NR202116	Full time Day/Evening	24 April 2023	15 hours	4 months
Certificate II in Engineering Pathways	MEM20413	Part time Evening	8 February 2023	4 hours	1 year
Certificate II in Applied Digital Technologies	10120170	Part time Day	8 February 2023	15 hours	9 months
Certificate II in Community Pharmacy	SIN20116	Part time Day	9 February 2023	6 hours	4 months
Certificate II in Community Pharmacy	NR201116	Part time Day	27 April 2023	6 hours	4 months
Certificate II in Workplace Skills	BSE20020	Part time Evening	Any time	3 hours	9 months

© 2023 TAFE NSW. This document is current at the time of printing (November 2022). Terms and conditions may apply.

[tafensw.edu.au](http://tafensw.edu.au)  
 131 601

**TAFE** NSW  
TECHNICAL AND  
FURTHER EDUCATION



## Certificate IV courses Semester 1, 2023

Course name	Code	Study Type	Course start date	Hours per week	Duration
<u>Certificate IV in Real Estate Practice</u>	OPF41419	Variable Evening	Any time	3 hours	2 Years
<u>Certificate IV in Ageing Support</u>	CHC43025	Part-time Day	8 February 2023	14 hours	1 year
<u>Certificate IV in Retail Management</u>	SIR40016	Part-time Morning	7 February 2023	6 hours	7 months
<u>Certificate IV in Accounting and Bookkeeping</u>	FNS40222	Part-time Morning	Any time	3 hours	2 years
<u>Certificate IV in Tourism Preparation</u>	10707NAT	Part-time Day	Apply now 6 February 2023	10 hours	9 months
<u>Certificate IV in Leisure and Health</u>	CHC43125	Part-time Day	8 February 2023	14 hours	1 year
<u>Certificate IV in School Based Education Support</u>	G1640221	Part-time Afternoon	6 February 2023	10 hours	1 year
<u>Certificate IV in Community Services</u>	CHC43025	Full-time Day	2 February 2023	15 hours	1 year
<u>Certificate IV in Information Technology (Web Development)</u>	ICT40120	Full-time Day	6 February 2023	20 hours	4 months
<u>Certificate IV in Information Technology (Web Development)</u>	ICT40120	Part-time Day	8 February 2023	10 hours	8 months
<u>Certificate IV in Information Technology (Gaming Development)</u>	ICT40120	Part-time Day	9 February 2023	10 hours	1 year
<u>Certificate IV in Information Technology (Networking)</u>	ICT40120	Part-time Day	7 February 2023	10 hours	1 year
<u>Certificate IV in Information Technology (Programming)</u>	ICT40120	Part-time Evening	7 February 2023	6 hours	1 year 6 months
<u>Certificate IV in Information Technology (Programming)</u>	ICT40120	Part-time Day	7 February 2023	10 hours	1 year
<u>Certificate IV in Information Technology (Systems Administration Support)</u>	ICT40120	Part-time Day	8 February 2023	10 hours	1 year
<u>Certificate IV in Information Technology (Systems Administration Support)</u>	ICT40120	Full-time Day	6 February 2023	20 hours	6 months

## Diploma courses Semester 1, 2023

Course Name	Code	Study Type	Course Start Date	Hours Per Week	Duration
<u>Diploma of Early Childhood Education and Care</u>	G1650121	Part-time	Apply now 15 February 2023	6 hours	1 year 9 months
<u>Diploma of Hospitality Management</u>	SIR40016	Self-paced	Register Interest	3 hours	2 years

### How to get involved:

For course and enrolment information visit [tfe.nsw.edu.au](https://tfe.nsw.edu.au), contact our friendly staff on 131 601 or visit our campus.

131 NSW Forbes  
Wiradjuri Country  
Unit 10/11A St Harold Street  
Forbes NSW 2871

RT062023. This document is correct at the time of printing November 2022. \*Terms and conditions may apply.

[tfe.nsw.edu.au](https://tfe.nsw.edu.au)  
131 601

**TAFE** NSW 





# ROTARY IPOMOEAE 10TH CHRISTMAS TREE FESTIVAL

Please deliver trees to Town Hall between 7am and 10am Friday Dec 2nd. (You can deliver after 10am if necessary!)

## Forbes Town Hall

### VIEWING

**Friday** December 2nd ..... 1pm to 5pm

**Saturday** 3rd December ... 9am to 5pm

**Saturday** 3<sup>rd</sup> December 10.30am official opening

**Sunday** 4th December ..... 9am to 2pm

### CONTACT

Sue-anne Nixon 6851 5197 Helen Pitt 0427201445

Enter a tree for your school, club, business or

