



Term 1 2022 Forbes High School



Police Safety Talks



Come Try Athletics



Rock and Water



Swimming Carnival



Performance by Loretta



Lots of Socks Day



Welcome to FHS Year 7!



Dairy Farm Visit



Relieving Principal
Kathleen Maksymczuk



Deputy Principal
David Lickess
Lee-Anne Jones

Year 7

Shanna Nock

Year 8

Tara Morrison

Year 9

Hayley Wilson

Year 10

Riley Pike

Year 11

Peita Coote

Year 12

Georgina Price

Careers Advisor
Daniel West

School Counsellor
Elisabeth McIntyre

**Student Support
Officer**

**HT
Wellbeing/Transition
and SRC Coordinator**
Amy Adams

PRINCIPAL'S MESSAGE

Dear Parents, Carers and our FHS community,

What a fantastic school term we have had! Forbes High School students have been engaged in high quality teaching and learning opportunities, Best Start Year 7 and check-in assessments, sporting competitions, State swimming representation, band visits, Café 203 serving sensational treats, brand new canteen specials, and a fun filled afternoon culminating in a colour run. There are so many opportunities for our students, and this will only increase in the coming terms.

Congratulations to our swimming teams who attended the State championships last week. All competitors represented themselves and the school with pride, passion and determination. Times and personal bests were improved, and the entire school are so proud of our representatives.

Rock and Water is a program that our Year 8 female students have engaged in during the last five weeks to support their self-confidence, social growth, and self-awareness. The completion of the course was celebrated on Monday with students and carers as well as members of the Forbes Community. A wonderful community day celebrating the wonderful young adults in our school.

Youth week was celebrated with a fantastic afternoon of fun, activities and colour. Thank you to Sarah and the team at Forbes Council for your support with the colour run and the delicious BBQ which was cooked by our SRC. Thank you as well to Forbes TAFE, PCYC and





Catholic Care for their support and participation in the day. A most successful afternoon and a brilliant way to end the term.

ANZAC Day is at the conclusion of the school holiday period. We are inviting all students to attend in full winter school uniform to help commemorate such a poignant day.



As we conclude the term, we acknowledge that there have been some challenges, especially with Covid-19 impacting staff and students. I would like to acknowledge the over 50% of Forbes High School students who have had only one or no negative entries in Sentral. This exemplifies the high expectations of our students. These students will go into a draw for prizes to reward their excellent application and commitment to learning.

I wish you all a safe and restful break. There will be significant works across the school over the break including some long-awaited landscaping work. Enjoy sharing time with family and friends and we look forward to welcoming all students on Wednesday 27th April for the commencement of the second term.

Warm regards.

Kathleen Maksymczuk

Rel. Principal



DEPUTY PRINCIPAL'S MESSAGE

Year 8 Girls Rock and Water Celebration

Year 8 girls have now completed the Rock and Water program. To celebrate this achievement a short recognition ceremony and celebration was held at school on Monday. Girls were encouraged to bring along a significant female in their lives and it was great to see some mums, nans, aunts, sisters and friends come along. It was also wonderful to have some of the ladies from the Dreaming Centre join us.



Ms Fran Emmet-Hinchcliffe, program facilitator, spoke of the purpose of the program and how it is designed to have students reflect upon what they value, as well as take control of their emotions through centring their minds and bodies. Ms Emmett also spoke of how the groups worked on developing their trust of each other.

We were lucky enough to have Sammy Leonard from Forbes Smash as our guest speaker. Sammy spoke on resilience, making it in a man's world and the need to make good choices now because these impact our future.

Guests were also treated to a demonstration of Rock and Water skills and even had the opportunity to take part in some of the activities.





I would like to thank the Year 8 girls for their participation in the program. It was wonderful to see their confidence and skills grow over the five weeks. I would also like to thank the Year 11 and Year 10 girls who helped out and acted as mentors. Finally, I would like to thank the staff who were directly involved, Fran Hinchliffe Emmett, Tara Morrison, Year 8 Year Adviser, Georgie Price, Girls Adviser, and all staff across the school who supported the program.

I'm looking forward to running the program with the Year 8 boys in term 2.

Year 12 Non-assessable exams

It has been decided to run a non-assessable exam period for Year 12 students in the second half of term 2, week 2.

Due to the Covid-19 lockdown in 2021, the current Year 12 students did not get the opportunity to sit their end of course examinations in Year 11, thereby missing out on this valuable experience. The school wants to create an exam experience for the students prior to the Trial examinations, as these exams make up to 30% of a student's assessment mark in a subject.

These examinations will give students valuable opportunity to develop revision skills, exposure to exam style questions, answering questions under time pressure as well as the opportunity for teachers to feedback to students on their knowledge of course content and their exam techniques. We wish these students all the best for their exams.

Finally, I would like to wish everyone a happy and safe holiday, and I hope the Easter bunny tracks you all down!

Regards,
Lee-Anne Jones
Deputy Principal



FORBES ANZAC DAY COMMUNITY MARCH 2022

Forbes High School would like to invite students, staff and families to the Forbes ANZAC Day Community March.

Monday 25th April.

Staff and students are to assemble at 9:45am in Cross Street. Students are to wear full winter school uniform - white shirt, grey trousers/kilts, black shoes.

We look forward to seeing you all there to support our community.





FHS P & C

The P&C will be holding its next meeting on **Wednesday May 11th** at **5pm** at the Forbes High School.

MEETING DATES 2022

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

- May 11 (FHS)
- June 8 (FHS)
- Aug 10 (Club Forbes)
- Sept 14 (FHS)
- Nov 9 (FHS)
- Dec 7 (Club Forbes & Xmas dinner)

The P&C are also seeking casual canteen assistants, which has been advertised. We are also seeking any interested volunteers to help out. We will also be conducting a survey to gain some feedback from the school community regarding our canteen service.

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.

Looking forward to helping support our families, students and staff.
Have a great week.

Kind regards,
Nat Walker
(FHS P&C President)



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

Week 1 & 2 of Term 2 2022

Reminder

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

WEEK 1

25th April – ANZAC Day
26th April – Staff Development Day
27th April – Students return
Tertiary Awareness Day
Excursion
28th April - Open Girls Soccer
29th Apr -

WEEK 2

2nd May – HSC Practice Exams
3rd May – HSC Practice Exams
4th May – HSC Practice Exams
5th May – HSC Practice Exams, AFL
Carnival
6th May – HSC Practice Exams



**Feeling unwell?
Can't attend school?**

**There are three ways to
explain your absence:-**



- Ask a parent/carer to call the school on 6852 2666.
- Parents/carers can respond to the automated SMS sent from the school. Just hit reply!
- Bring in a note to explain your reason for being absent

AEROSOL FREE SCHOOL



For the health and safety of all in our community, the use of aerosol deodorants is NOT PERMITTED on site at Forbes High School.

Students who wish to 'freshen up' during the day will need to use a roll-on deodorant.

Some students and staff will suffer a serious asthmatic reaction to aerosols, which could lead to serious harm.

SCHOOL PHOTOS

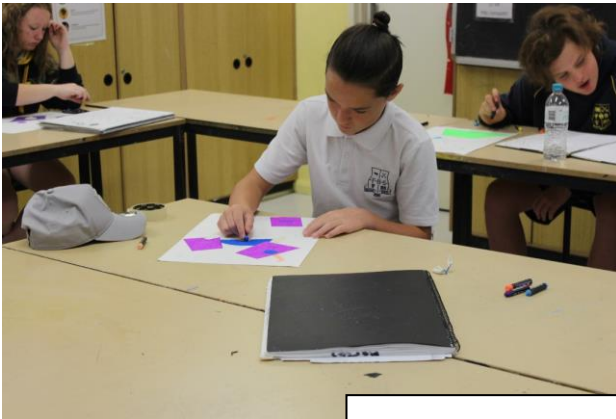
Please disregard previous advice that school photos would need to be re-taken. Equipment has been restored and photos will be distributed early next term.



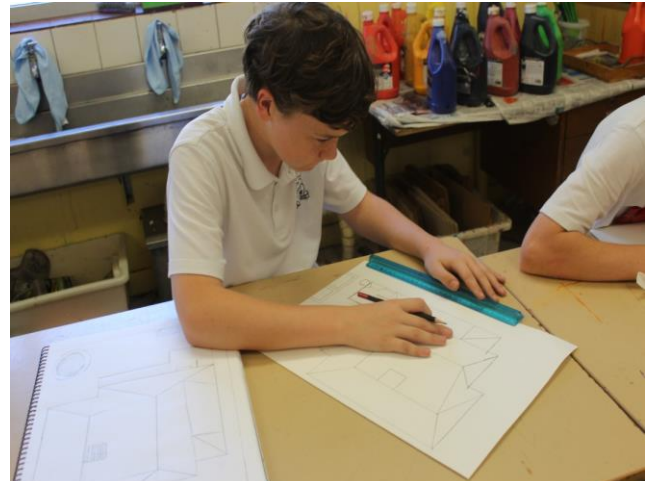
STAGE 5 MUSICAL THEATRE FOR SPORT

Students who have chosen Musical Theatre for Sport this term have been practicing and performing “We don’t talk about Bruno” from the Disney movie Encanto





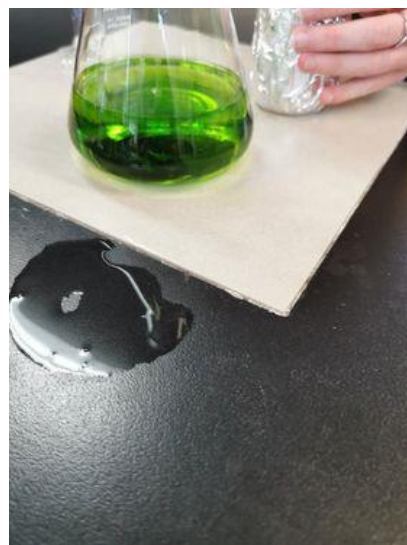
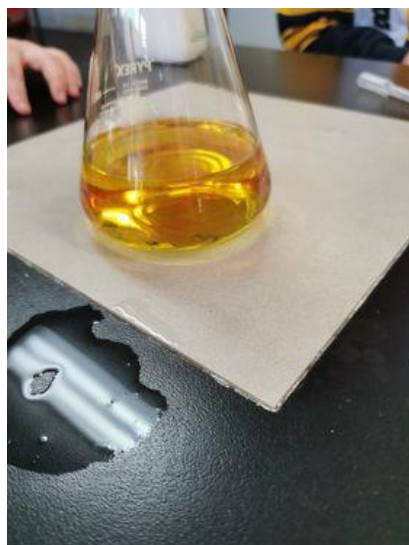
STAGE 4 VISUAL ARTS





YEAR 12 CHEMISTRY

Year 12 Chemistry students have been working on equilibrium or reversible reactions. The photos and videos these show an indicator changing colour as it loses and gains oxygen.



OPEN BOYS SQUASH

The Open Boys Squash team played against Parkes High on Monday. Sam, Isaac, Ben and Jake played very well but unfortunately lost all games. Great effort boys!





UNVEILING OF RECONCILIATION PLAQUE

Forbes High School was invited to St Vincent De Paul's in Forbes for the unveiling of a reconciliation plaque. The day was led by our amazing FHS teacher Lesley McKenzie & Aboriginal Education Officer Barry Merritt, Aboriginal students Thomas Marsden, Lochie Farrelly and Ebonnie Colvin-Hopley. Aunty Aileen Allen did the Welcome to Country. It was amazing to see the Forbes community really coming together for such an important day.



TOM KEMP RUGBY

Forbes High School would like to thank Kandos High School for hosting the Tom Kemp Rugby League game. FHS led at half time 24-10. They had a try disallowed after half time, and then, despite their valiant efforts, Kandos came out on top 26-24. Thanks goes to Mr Merritt and Mr Sheritt for the day.





STAGE 5 CHILD STUDIES

Students in stage 5 Child Studies have been learning about the stages of pregnancy. This week they were given the opportunity to create models of what the foetal growth and development looks like in the womb using playdough.





NOTIFYING THE SCHOOL ABOUT YOUR CHILD'S HEALTH CONDITION

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. It is important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues should be provided to the school by parents. This will greatly assist our school in planning to support your child's health and wellbeing. Please also remember to notify the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your child's health needs or as otherwise required by law.

BUCKLEY SHIELD

Forbes High School would like to thank Delroy High School for a great game of rugby league playing in the Buckley Shield. Both teams played with high spirits for their schools with Forbes coming out victorious with a score of 50 to 10. It was an awesome effort from FHS led by captain Reece Matheson. Every player in the FHS team was playing to make their team mates proud of them, and the results speak for themselves 🍌🍌🍌. Thank you to Mr Merritt and Mr Sherritt for the day.





COLOUR RUN FUN









Forbes High School P & C Association Inc

ABN 70 299 040 152
Wyndham Ave
Forbes, NSW 2871

Email: forbehighschool@pandcaffiliate.org.au

Forbes High School P & C 2022-2023 Membership Form

☐ I would be interested in becoming a financial member (please find enclosed \$2.00)

☐ I would like to be involved in P & C fundraising activities

☐ I would like to be involved in volunteering in the canteen

I can attend meetings: Face to Face ☐ or online ☐ not at all ☐

I can assist in the canteen on a ☐ weekly or ☐ monthly basis

I am available on the following days or would prefer the following days:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday

I would like to see the following as fundraising goals (please list any ideas your may have)

Beautification project ☐ Subject/Faculty support ☐ Student state sponsorship ☐
Other:

Your Contact Details:

Name: Phone:

Address: [www](#)

Email:

Students at School:

Please return this form to school with your membership fee or email to forbehighschool@pandcaffiliate.org.au and direct deposit to FHS P&C

Bank details:
BSB: 802394
Account: 21595



Dear Friends,

I'm jumping right in today with a gorgeous offering for the **teenagers** in your life. Whether it's your *niece or your nephew, son, daughter, cousin or grandchild*. Maybe it's the next door neighbour. I would love you to **forward this email** to them right away! Or even better, **gift them** this wonderful experience.

How would it feel to be a part of a workshop that is **supportive, fun** and **useful** for you in your **teenage years**?

Led by **experienced** teachers Carmen Spry and Cherie Stitt, together we will practise **yoga, breathing** and **meditation** and see how they can be brought into everyday life, to help **transform experiences** that seem difficult into those that are met with ease.

This workshop for teens will provide **practical tools** and support to help you when **navigating relationships, work, school work, emotions, self belief** and all that comes with living a full life.

This workshop is for you if you want to find out more about:

- ~ Our **Chakras**, or energy systems, and how this awareness can be useful in **making choices** for ourselves.
- ~ How yoga can help **regulate** our **nervous system**.
- ~ The ways that our **breath** can bring us a sense of **calm**.
- ~ **Meditation** and the **benefits** of pressing 'pause' in our day.
- ~ Why **connecting** with others in a workshop can help us to uncover so many **awesome** things about **ourselves**..

Numbers will be limited to ensure everyone has an opportunity for **personal support**.

Here's the Eventbrite **link**:

<https://www.eventbrite.com.au/e/an-introduction-to-the-chakras-a-workshop-with-carmen-cherie-tickets-289960980097>

Please reach out for any more details you need.

Thanks for your support in supporting our wonderful teens!

See you on the mat.

Love Carmen ♥

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



Parkes PCYC presents

FIT 4 LIFE PROGRAM

**Wednesday
7:30am-8:30am
Forbes Youth + Community
Centre**

**Please contact Senior Constable
Lockwood on 0458 490 539.
Participants must be aged 10-17
years.
Transport available.**





If you find yourself in financial crisis and
require financial or material assistance,
please call the Salvos on

1300 371 288

Opening hours: Monday to Friday 9am - 5pm



Salvos
Connect

Salvo Connect Sites

Tuesday = Parkes, 10am to 1pm
Family Store, 33 Church Street

Wednesday = Forbes, 10am to 1pm
Family Store, 73-77 Rankin Street

Friday = Condobolin, 10am to 12noon
Café Romo, 81 Bathurst Street



VERTO

TRAINING SERVICES

PROVIDE RESPONSIBLE SERVICE OF ALCOHOL (RSA)



SITHFAB002 PROVIDE RESPONSIBLE SERVICE OF ALCOHOL (RSA)

WHAT YOU WILL LEARN

In this course you will learn about:

- Providing responsible service of alcohol under the Liquor Regulation 2018.

CERTIFICATION

On successful completion, you will receive a Statement of Attainment in:

- SITHFAB002 Provide responsible service of alcohol (RSA)

THE FINE PRINT

You do not need to be 18 years or older to complete the course, however, it is the minimum legal age required to use the certification. You must bring photo identification on the day of training. Once training and assessment is completed, you must apply to the regulatory body for your license.

FINANCIAL INFORMATION

The cost of the course will be covered by Forbes Shire Council for a maximum of 15 students (maximum class size).

DELIVERY DETAILS

Course mode: Face-to-face
Course duration: One full day
Training date: Friday 22 April 2022
Training time: 9am – 5pm
Location: The Forbes Youth and Community Centre (YACC)
1 Batty Street
Forbes NSW 2871

Our RSA/RCG is approved by Liquor & Gaming NSW



APPROVED
TRAINING
PROVIDER

RSA and/or RCG
courses in NSW
2021/22

Please consult liquorandgaming.nsw.gov.au to determine whether you require the licensee training

If you have completed RSA training in another State other than NSW, please contact Liquor and Gaming NSW regarding the online NSW RSA Bridging Course. You may be eligible to obtain a NSW competency card with an RSA endorsement. This information must be disclosed prior to enrolment in an RSA course.

FOR MORE INFORMATION PLEASE
CONTACT US ON 1300 4 VERTO OR
AT TRAINING@VERTO.ORG.AU

VERTO
SKILL TO TRANSFORM
Training Organisation ID: 6971



CONNECT WITH VERTO

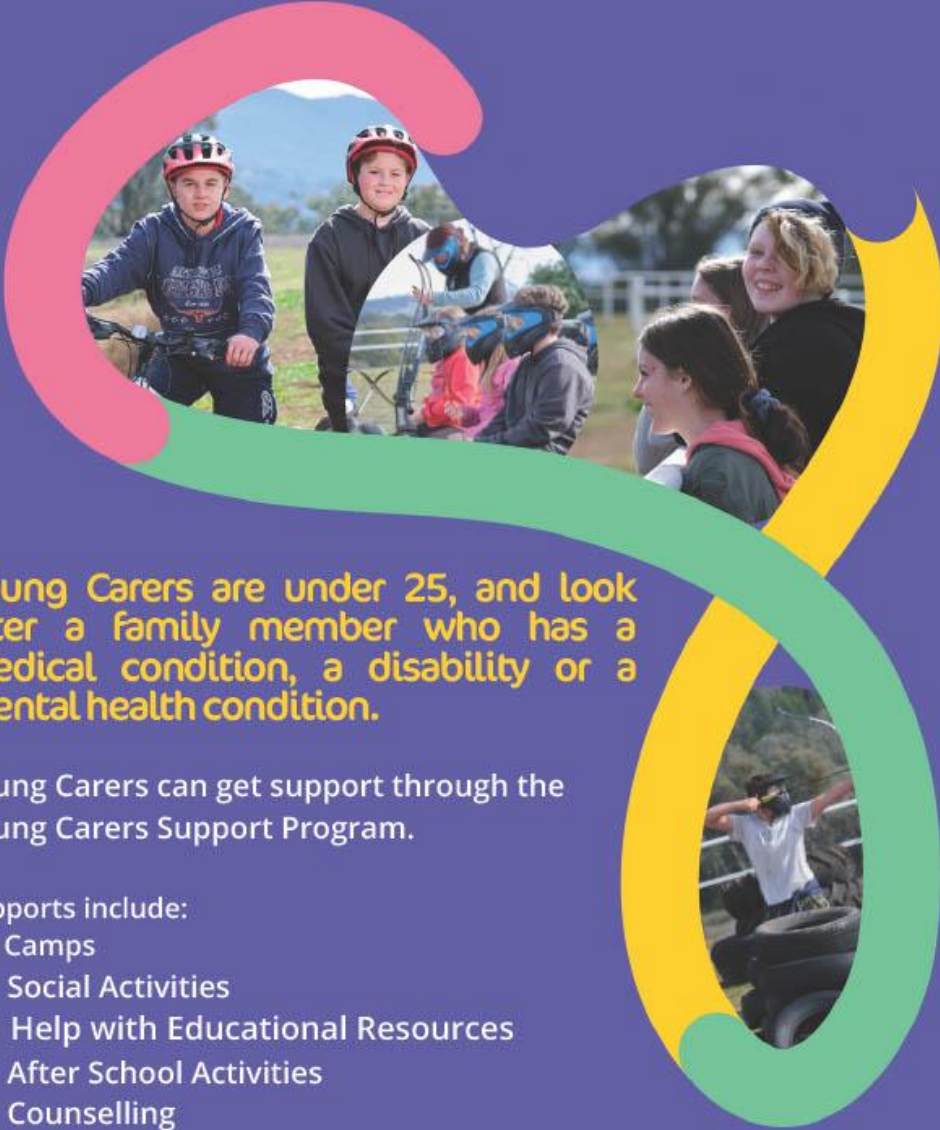
1300 4 VERTO

[verso.org.au](https://www.verso.org.au)





Do you know a Young Carer?



Young Carers are under 25, and look after a family member who has a medical condition, a disability or a mental health condition.

Young Carers can get support through the Young Carers Support Program.

Supports include:

- Camps
- Social Activities
- Help with Educational Resources
- After School Activities
- Counselling

The Young Carer Program is FREE to access.

If you are a young carer yourself, or you know a young carer, call 1800 422 737 for further information or to register.



SCAN ME



carergateway.gov.au
1800 422 737 Monday-Friday 8am-5pm