



# COWRA EISTEDDFOD





## PRINCIPAL'S REPORT

Dear Parents, Carers and our FHS Community,

Congratulations to our Year 7 and Year 9 students for their excellent application and attitude to the NAPLAN assessments. This year was our first year conducting the assessments online and we were impressed with the maturity with which our students applied themselves.

Congratulations as well to our students from the Support Unit and their participation in the Cowra Eisteddfod. All students represented our school with passion and pride! The team was incredibly successful winning several awards and, most importantly, they had a fantastic time displaying high levels of skill in teamwork. Thank you to our dedicated staff who supported the students to achieve such success.

The weather delayed the Athletics Carnival and is also causing delays with the continuing beautification of our grounds. We are excited for the next step and the commencement of planting in between blocks one and two. Our students have been wonderful in navigating the changes as we cordon off different areas to allow works to occur. Keep watching this space for updates and I hope by our next newsletter we will have made significant progress.



New filtered water stations have been installed providing fresh water for our students through bubblers or water bottle refill. The chilled stations track how many plastic bottles are saved through using the refill station.



The Athletics Carnival has been rescheduled for Friday 27th May. Fingers crossed that the rain stays away and next week we can have both our cross-country carnival on the 25th May followed by athletics. These days are regular school days, and all students are expected to attend.



Public Speaking has returned to Forbes High School. Miss Deborah Waters, Head Teacher English and HSIE has been working with a passionate group of public speakers to prepare them for the Country Women’s Association public speaking competition which is occurring next week. I am excited to have such an important skill being developed In our school.

It has been a busy period at Forbes High School. We welcomed the Executive Director, Dean White and Cowra Director, David Lloyd to our school. We discussed the many new projects that are occurring and the significant focus we have on high quality teaching and learning.

**Volunteer Week**

This week is National Volunteer Week, and I would like to acknowledge our P and C who volunteer their time to support Public Education and make our school the best school it can be. Thank you to our volunteers in the canteen and if you have an hour or two to spare, we would love your support in the canteen or as a member of our P and C.



I had the great pleasure in providing a tour of our school to Forbes North Public School principal, David McGaw this week. I am excited to continue the strong partnership that we already have with Mr McGaw and I welcome him to the Forbes community.

Thank you for your ongoing support of our school and please reach out if you have any questions or concerns.  
Warm regards.  
Kathleen Maksymczuk  
Rel. Principal



## Deputy Principal Report

In our continuing quest to incorporate programs into Forbes High School to support the social and emotional development of our students, a number of school staff have undertaken training in Zones of Regulation and Sista Speak.

### Zones of Regulation

The Zones of Regulation framework is a systematic, cognitive-behavioural approach used to teach participants how to regulate their feelings, energy and sensory needs in order to meet the demands of the situation around them and be successful socially.

This training was delivered out of California in the early hours of the morning which required our group of dedicated teachers to get to school bright and early! The team is now working on how best to incorporate the framework into our context to meet the needs of our students at Forbes High School.

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick	Happy	Frustrated	Mad/Angry
Sad	Calm	Worried	Mean
Tired	Feeling Okay	Silly/Wiggly	Yelling/Hitting
Bored	Focused	Excited	Hitting
Moving Slowly	Ready to Learn	Loss of Some Control	Disgusted
			Out of Control



### Sista Speak

Sista Speak is a ten-week program for young Aboriginal women. The program aims to inspire and motivate young women about the importance of education and focus attention on issues of self-esteem, identity, careers, culture, leadership and economic independence.

The training was presented by Yvonne Hill, Aboriginal Education and Engagement Officer, who was part of the group that developed the Sista Speak program through the Premier's Office many years ago. It was wonderful to have a number of community groups take part in the training, including the Dreaming Centre and Yoorana Gunya, and we will involve these women as mentors when we run the program.

We are fortunate at Forbes High School to now have staff members trained in Sista Speak and its companion program, Bro Speak.

Forbes High School is really looking forward to adding both Sista Speak and Zones of Regulation programs to our curriculum in the coming months.



Yours sincerely,

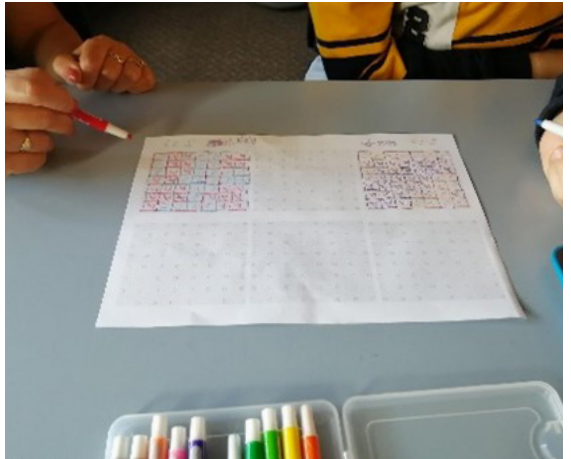
Mrs Lee-Anne Jones  
 Deputy Principal



Yr 12 Numeracy class – learning about the Mathematics/Numeracy skills required in a variety of games.



Yr 11 Mathematics Advanced class working collaboratively on a problem.





## BOYS TO THE BUSH WEEK 2

It was great to see a few more faces as we arrived at the school this morning. Once we had loaded up the bus, we headed back to the office for some introductions. During this time, we discussed the expectations for our program whilst also outlining what we wanted to work on for the next few weeks. One of our focus areas for this group is RESPECT. We will be reinforcing this area throughout most of our activities and hopefully the boys will pick up some new skills and strategies.



Our first activity was helping an organisation in town move furniture around. When we arrived, the boys introduced themselves and we got straight to work. It was hard yakka and the group did extremely well carrying furniture. They used their problem-solving skills as several of the items needed to be squeezed through some pretty tight gaps. The owners were super impressed with the boys and thanked them for their efforts.



Next, we headed to a dam to do some yabbybing. When we yabby, the boys only get a piece of string and meat, no nets, or traps. Tim demonstrated how to catch one and then the boys had a go themselves. We managed to catch a few, with Alex Reid getting the biggest. All the boys showed great determination when trying to catch them and it was a great experience.



We decided on a bit of a tour for the afternoon as the weather was not the greatest. For lunch we headed to Jemalong for a BBQ and checked out a few sculptures on the way home. We talked about the hours needed to finish the artworks and how resilient and determined the artist must be. Once we arrived back at Forbes, we headed to Spooner Oval to use the gym and kick the football around. The boys did well today, and it was great to get to know them all. We look forward to building on the foundation we have developed over the 2 weeks.





## COWRA EISTEDDFOD

Thirteen students recently travelled to Cowra to perform in a variety of acts ranging from a poetry recital, singing both solos and group, percussion instrumental and dance. Students did Forbes High proud and displayed amazing talent and courage. They came away with the trifecta in both the solo and group speech, music and dance categories. Thank you to everyone that helped the students with rehearsals, costumes, props and pep talks. Special thank you to Ms Patten for her organisation and Mrs Tomlinson for getting us there and back safe.



## 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.



## ENERGY DRINKS PROHIBITED AT FORBES HIGH SCHOOL

A reminder to students that all energy drinks are prohibited at school. If you are found to be in possession of one, it will be confiscated.

### WEEK 5

- M 23rd May - Yr 10 Vaccinations**
- T 24th May - CWA Public Speaking  
Walk n Talk for Life**
- W 25th May - Cross Country**
- T 26th May -**
- F 27th May - Athletics Country**

### WEEK 6

- M 30th May -**
- T 31st May - Shearing School**
- W 1st June - Shearing School**
- T 2nd June-**
- F 3rd June - Lamb Marking**

### 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 Maksymczuk  
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  
Elisabeth McIntyre

WELLBEING / TRANSITION  
Amy Adams







**OPEN GIRLS TOUCH FOOTBALL**

The Open Girls Touch Football Team had a fantastic day last week competing in Bathurst. The team won two games which is an amazing achievement. Their sportsmanship and attitude throughout the day is to be commended! Special thank you to Kirby for umpiring, and to Baz and Miss Lind for supporting the girls on the day.



**ALICE IN WONDERLAND THEATRE TRIP**

On Saturday, some of our Year 10 and 11 Drama students went on an excursion with Mrs Smith to the Orange Civic Theatre to see Alice in Wonderland! For many of these students, it was their first time at the theatre, and after this wonderful performance, they are looking forward to seeing more theatre shows. Thank you to Mr Lemon for being our bus driver for the day. Here are some pictures showing the fun they had!





Angus got to hold a chook for the first time this week!



Congratulations to Nerida-Lee Hayne on gaining a School Based Apprenticeship / Traineeship with Moxey's Dairy. Well done Neridae-Lee!

### FORBES HIGH SCHOOL P & C

The P&C will be holding its next meeting on **Wednesday June 8th at 5pm** at the Forbes High School.

#### MEETING DATES 2022

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

- June 8 (FHS)
- Aug 10 (Club Forbes)
- Sept 14 (FHS)
- Nov 9 (FHS)
- 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



# WALK N TALK FOR LIFE

In Conjunction with Yoorana Gunya Family Healing Centre and the Forbes Community Drug Action Team

**WHEN; 24TH MAY 2022**  
**WHERE; LIONS PARK**  
**STARTS; 10AM**  
**FINISHES; 1:30PM**



Set a goal, achieve some steps and come connect with your community to help raise awareness for mental health.

**A Light Lunch and Snacks will be provided.**

**JEFF AMATTO**  
**"MORE CULTURAL REHABS LESS JAILS"**  
**WILL BE ATTENDING AS OUR SPECIAL GUEST!**



Jeff will work closely with our community to educate, support and inspire others through a workshop and presentation speech to educate people and show them a way forward without addiction.





FORBES CWA EVENING Branch

## OPEN GARDEN

Come and explore a magnificent garden and sculptures  
 at

### Helen and Kingsley Green's "Brooklyn"

(From Post Office: South on Newell Hwy (3.3ks), left onto Wirrinya Rd (4.8ks), right onto Victory's Rd (1.4kms), left into "Brooklyn" HJ Green – balloons at entry to property)

**2pm-4pm**

**Saturday 21<sup>st</sup> May**

**\$10 per person**

Afternoon tea and refreshments included

**All funds raised supports:**

- local CWA Projects
- NSW CWA Disaster Relief Fund

FORBES SHIRE COUNCIL

JOIN US FOR OUR BIENNIAL  
**WELCOME TO FORBES EVENT!**

# NEW TO FORBES?

**Friday 20 May | 5.30pm for 6pm**  
 Forbes Historical Museum  
 Spring St, Forbes

Come along and enjoy our hospitality, meet Council staff, community groups and Councillors all in a relaxed atmosphere.

**RSVP**  
**Wednesday 18 May | 5pm**  
**events@forbes.nsw.gov.au**  
**phone: 02 6850 2300**

NSW Health **Forbes Community Health Flu Clinics**

## Flu in kids can be serious

**To book an appointment contact:**  
 Denise 68507305 or 0438013762 -  
 denise.hopkins@health.nsw.gov.au

**Protect your child from the flu**  
**Get your child their FREE flu shot today**

Flu shots are safe and FREE for children aged 6 months to under 5 years

**Forbes Community Health**

[www.nsw.gov.au/flu](http://www.nsw.gov.au/flu)

**Friday 3rd June**  
 Nelson's Park,  
 Forbes  
 3pm - 6pm

**FREE**  
 Combined Event  
 to celebrate  
 Reconciliation  
 Week TOGETHER  
 in Forbes

# BE BRAVE MAKE CHANGE

There will be a range of activities available for children and families.

**NATIONAL RECONCILIATION WEEK 2022**  
 27 MAY - 3 JUNE

#NEW2022  
 NEW.RECONCILIATION.ORG.AU

**TRANSPORT AVAILABLE**

Please phone Nadika or Taylor at Yoorana Gunya on 026850 1222 for any enquiries.



Term 2, Week 4  
**DHURANY**  
 from Forbes High School

# FROST AND FIRE®



FORBES SKI DAM / 4 - 10PM  
 SATURDAY 18<sup>TH</sup> JUNE 2022

# THIRSTY MERC

**SMITH & JONES / JOSH MAYNARD**  
 EMILY PAVEY, CLYNTON BREEN & JO STEPHENSON  
 SYDNEY FIRE DANCERS



Tickets essential: [123tix.com.au](https://www.123tix.com.au)  
 \$15 tickets 18 and over / under 18s free entry

**BRING YOUR OWN CHAIR**



## Become a foster carer

Foster Carers are needed in your area more than ever before.

Whether you are giving a child a long-term home, or stepping in to help in a crisis, being a foster carer is a hugely rewarding experience.

If you have room in your heart and your home, please take the first step and contact Challenge Foster Care on **1800 084 954**, [fostercare@challengecommunity.org.au](mailto:fostercare@challengecommunity.org.au) or visit our website [challengecommunity.org.au](http://challengecommunity.org.au) to find out more about becoming a foster carer.

