



SEMESTER ONE ASSEMBLY









PRINCIPAL'S REPORT

Dear Parents, Carers and our FHS community,

What a magnificent term we have had at Forbes High School. We have so many activities and experiences to reflect upon and extremely proud of what we have achieved. I want to thank you, our parents and community for your support for all that we are driving at FHS.

The last two weeks of term have been as active as the others with so many events to show case.

Pots from Yooranya Gunya

FHS was honoured to receive these pots from Yooranya Gunya in recognition of our connection during Reconciliation Week. We thank Nadika and Erica for visiting our school and giving us these beautiful pots. We look forward to continuing to strengthen the connection between our school and Yooranya Gunya.





Forbes Eisteddfod

The school's representation at the Forbes Eisteddfod continued with our students from the Support Unit showcasing their talents in the performing arts. Their performances of dance, poetry recital, percussion and singing were outstanding. All students performed with confidence, passion, and grace. Again, it was such a proud moment to be the Principal of our school. Thank you the staff who worked tirelessly to support the students and make this event such a positive experience.

Indigenous Mural

As our mural nears completion, thank you to Lakkari Pit for her brilliant work in both the design of the mural but also her work with our students, sharing her skills, conveying the story behind the mural as well as what the different symbols represent. This project has been a wonderful experience for our students and we thank Barry Merritt, Forbes High School's AEO for his leadership and vision.



Year 11 Parent Teacher Afternoon

Last week we held a parent teacher afternoon for Year 11 students and families. Thank you to our staff as well as our families for supporting this important event. The rich discussion that took place are invaluable. Parent partnership in education is always important, however, there is an increase in that importance in the senior years and working shoulder to shoulder to support young people through the HSC journey is critical. Please always contact Peita Coote, Year 11 Advisor if you have any concerns or questions in helping support your child through this time.

Atomi – Stage 6 Support

We are pleased to announce that after a successful trial of the student resource Atomi, we have subscribed to this service for our Year 11 and 12 students. This resource has study materials for most subjects including study programs and activities. Please ensure that your student is engaging with this over the break period to maintain focus and momentum with their studies.

Buckley Shield

It was an early start for our boys, Mr Merritt, and Mr Sheritt as they headed out to Coonabarabran on Wednesday morning for the next round of the Buckley Shield. Although they did not come away with the win, they represented our school and themselves with passion and pride. Congratulations boys for all you have achieved and we look forward to seeing what you can do in 2023!



Semester One Assembly

At the time of writing this, we are eagerly awaiting our Semester One formal assembly. I would like to thank our parents, special guests and the team at Forbes High who work tirelessly to ensure that this event is one for us all to remember. Recognition of student achievement, both inside and outside of the classroom is so very important and I am looking forward to seeing our students recognised for their achievements.

Semester One Reports

Reports for the first semester for Years 7 to 10 will go home on Friday, please ensure you retrieve them from your student and take the opportunity to celebrate the successes and to also have the conversation regarding the next learning goal for them at school. Early next term, Tuesday 26th July, we will hold parent teacher evening for Years 7 to 10. Information will be distributed regarding how to book, which will be via the parent portal, a phone call to the school or simply coming on the night. Please take this opportunity to talk with your child's teachers and work in partnership to achieve the best educational outcomes for your student at FHS. School resumes for all students on Tuesday 19th July.

Enjoy the break and we look forward to what the second half of the year brings.

Warm regards.
Kathleen Maksymczuk
Rel. Principal

DEPUTY PRINCIPAL'S REPORT

It is already the end of term 2. How fast time flies in education. It only seems like yesterday that we were welcoming everybody back for the start of an exciting new year.

As year 12 think about entering their final term of HSC, year 10 start to think about what electives they might be taking next year. Now is a great time to be talking to your child and discussing what subjects they are thinking of choosing and why those subjects interest them. It is extremely important that the students choose the subjects they are interested in and not just ones that their friends are going into. Have an open conversation and discuss how they are going and the grades they are achieving in subjects now. This is an especially important conversation to have, as reports are arriving home and parent teacher evening looms at the start of next term. We can help your child be the best version of themselves if we all work together.

Thank you to everyone who took the time to fill in the uniform survey I sent out last week. It is vitally important for us to get the opinions and thoughts of a diverse range of parents/carers. In doing so we can best move forward in implementing a more standardised uniform that allows all stakeholders to have pride in the amazing school that is Forbes High School.

As we move forward into term 3, it is of vital importance that year 12 students ensure that attendance is as high as possible and that they are accessing their teachers at every available opportunity. I know that over the holidays there will be many teachers on site working with students on major works or on exam practice, and during next term countless evenings will be spent in school doing the same. Thank you in advance to all those dedicated students and teachers who strive every day to ensure that the young adults of our school start the next stage of their lives in the best possible manner.

Finally, please enjoy a relaxing and safe break.

Regards
David Lickess



CWA PUBLIC SPEAKING

On Monday 20th June, Annaliese Green competed in the Inter Group final of the CWA public speaking competition at Cowra. Her topic was Pressure and she outlined all the pressures faced by teens in terms of assessments in the secondary school setting. Annaliese used the metaphor of sinking and not swimming under the pressure and captured the experience perfectly. Whilst she didn't finish in the top 3, she spoke well and represented FHS beautifully. Well done Annaliese.





SUPPORT UNIT EISTEDDFOD

Congratulations to all the students who delivered sensational performances on the stage at Forbes Eisteddfod yesterday. The adjudicator was extremely impressed with the confidence and showmanship of the solo performers, as well as the timing and dedication to practices that had clearly gone on behind the scenes in the group acts. The students have worked hard during this term to fine tune their performances, working on their stage presence and use of the stage, clear pronunciation of words and voice projection when singing, and ensuring they produce clean, sharp movements when dancing. Thank you to all the parents, grandparents, carers and family friends who attended to cheer the students on, this level of support is appreciated by the staff and loved by the students. Thank you also to the phenomenal team of teachers and SLSO's in the FHS Support Unit, who work diligently every year behind the scenes to provide students with these opportunities. Thank you to Mrs Neilsen for making up the dance moves and cutting the music for the Evolution of Dance number; thank you to Ms Emmett for providing the very cool MC Hammer costume and leather jacket and loading all the music; thank you to Mrs Cowell for the overalls and always bringing in extra black clothing (just in case someone forgot their costume); thank you to Mrs Tomlinson for playing and leading the music and for driving the bus; thank you to Mrs Cheney for making the sets; thank you to Miss Reid for covering classes so students can be given extra practices; thank you to Mrs Maksymczuk for attending all the performances and encouraging the students on..... and thank you to the wonderful team of Support Unit staff who helped behind the scenes, gave up their lunch times for extra practices and constantly told students, 'you can do it!'



AGRICULTURE

It has been a busy term for Agriculture and Primary Industries at Forbes High School.

Year 8 successfully completed their Aussie BBQ paddock to plate portfolios; Stage 5 Elective Agriculture completed their Prime Lamb course. Stage 6 Agriculture and Primary Industries had some great Industry experience including: Gundmain Feed-lot visit, Side-By-Side safety course, Shearing School and Lamb Marking.



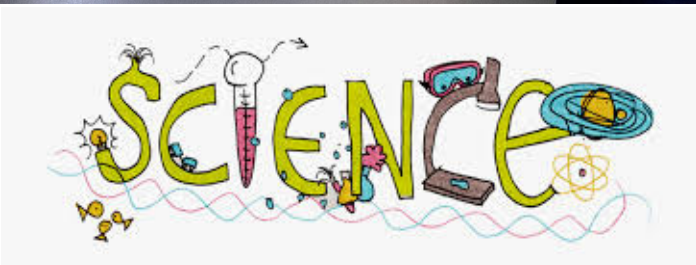
We were also able to update some machinery for the farm with the purchase of a new Kubota Tractor, as well a Direct Drill Combine, which Mr Byrne and Mrs Eagles are very excited about.

Science has been busy with Depth Studies for our seniors. 11 Biology visited Lake Cowal Conservation Centre on one of the coldest days this year. The students were great, participating fully and not complaining, in conditions that were far less than favourable. There were fashion statements based on Yeti fashion.





Year 7, 8 and 10 have been studying Biology with Year 10 modelling DNA with lollies. With Year 8 enjoying dissections. Year 9 have been studying Physics, with sound and electric-ity experiments.





FORBES HIGH SCHOOL P & C

The P&C will be holding its next meeting on **Wednesday August 10th at 5pm** at the Club Forbes.

MEETING DATES 2022

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

- 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

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.

TERM 3 WEEK 1

M 18th July - Staff Development day

T 19th July - First day back for students

W 20th July -

T 21st July - Maths Standard Study Day

F 22nd July - Dental Screening

WEEK 2

M 25th July - FHS NAIDOC Week

T 26th July - Parent Teacher Night

W 27th July - Maths Advanced Study Day

T 28th July - Try a Trade Day

F 29th July -

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





We want YOU!



Make a real difference to people's lives as a Home Care Worker

If you are seeking a challenging and rewarding part-time or casual position wanting some work-life balance, this role offers flexible hours, subject to business demands however would be accommodating around school hours.

Working as a **Home Care Worker** you will help to enhance the independence and quality of life of our customers. You will assist customers to maintain their independence and provide ongoing domestic, personal and social support to people living in the community.

Working with us looks like:

- Investment in staff training & development with opportunities for diverse career paths
- A flexible & family friendly workplace
- The opportunity to take advantage of great salary packaging benefits.
- Access to Fitness Passport
- Enjoy work life balance in a regional setting.

Great careers start here!

For more information, contact
1800 580 580 or
recruitment@livebetter.org.au

liveBetter
livebetter.org.au





The Shark Cage Group Program



An eight-week supportive and informative group for women who have experienced family violence or sexual abuse in their lives.

Sometimes women begin to feel that they must attract abuse if it happens more than once in their lives. This is not true. No one is ever to blame in any way for the abusive actions of others.

This group program recognises that there are sharks out there in the world and sometimes it is not possible to avoid them. Having a strong Shark Cage of human rights can help you to recognise sharks before they become part of your life. This program will help you to strengthen your Shark Cage and make sure it has a good alarm system.

You will also explore how to recognise a respectful dolphin and identify the characteristics of healthy relationships. In working through the 5 steps in the Shark Cage framework, you will learn about the impacts of trauma, how to manage strong emotions, develop assertiveness skills and build your sense of empowerment. You will also create your personal Treasure Chest of tools to help you heal and create a new, strong and positive sense of yourself and your rights.

Dates: Thursday 04/08/2022 to Thursday 22/09/2022

Time: 10.30AM to 1PM (Morning tea, coffee and tea provided)

Cost: Free

Location: Forbes Preschool Community Room (8 Barton Street, Forbes)

We take great care to ensure our group programs are well matched to the needs and expectations of participants. To find out if this is the right program you can ring **Jess or Tanya on 6850 7300** at Forbes Community Health to book in for an individual meeting.

Please note that the agency has the final say regarding allocation of places in the group.

The Shark Cage is a registered international trademark of Ursula Benstead.

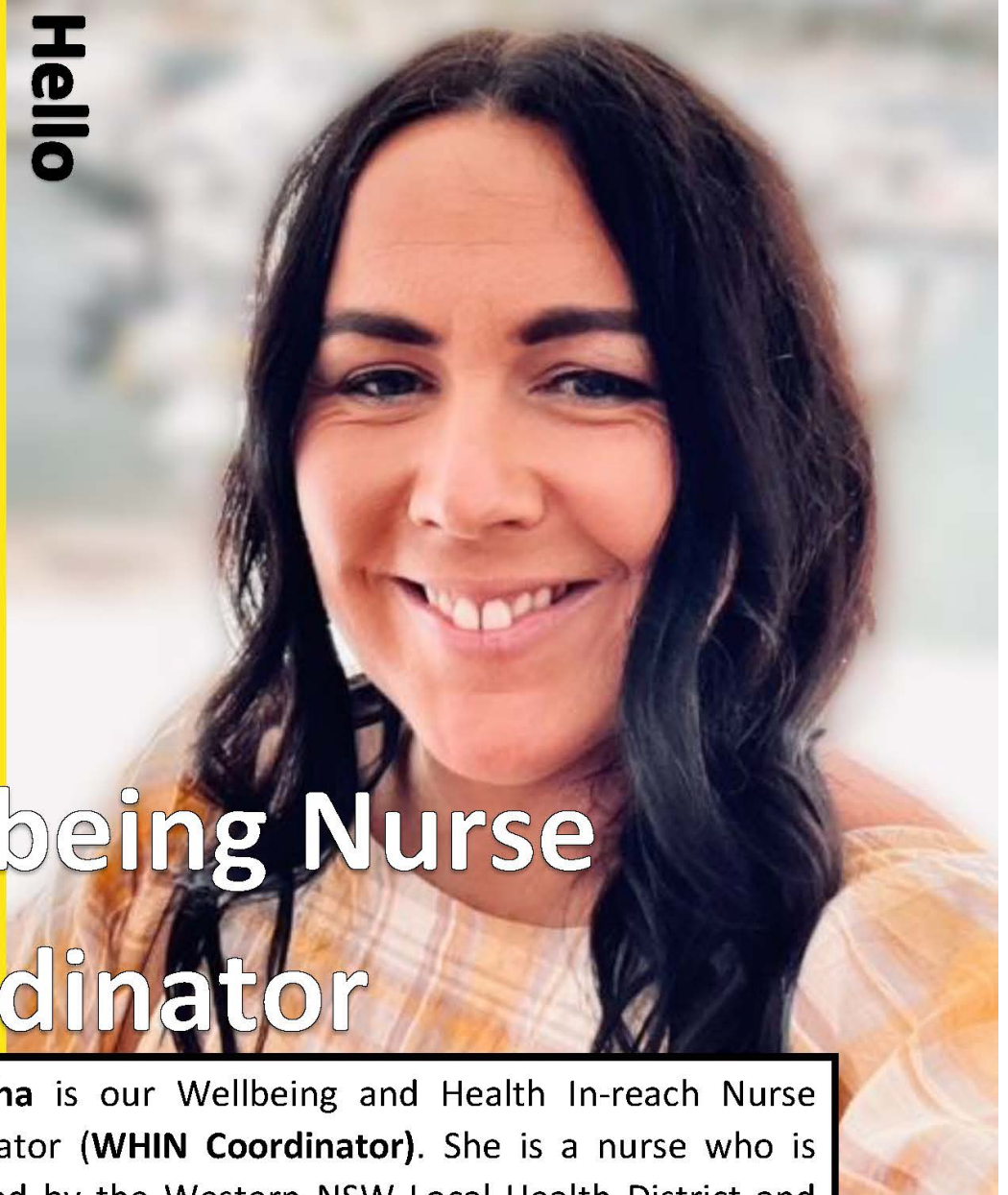


Hello

Forbes

High School!

Every Wednesday



Wellbeing Nurse Coordinator

Samantha is our Wellbeing and Health In-reach Nurse Coordinator (**WHIN Coordinator**). She is a nurse who is employed by the Western NSW Local Health District and works with us **every Wednesday** as part of our Wellbeing Team. **Sam** is here to provide advice and support for students and their families. You can chat to her about any kind of health issue you might need help with.



**Need advice about a health issue?
Come and have a chat!**

Phone: 6852 2666

Email: samantha.hunter@health.nsw.gov.au



Do You Know What They Are Vaping ?

We are **Encouraging Parents and Carers** to find out more and talk about the hidden impacts of vapes with your children. Alarming, we are seeing an increase in the number of young people trying vaping.

Young people may think they are simply inhaling flavoured water, this is far from the truth. Vapes can have the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.

Vapes are colourful, with flavours that make them appealing. You wouldn't put cleaning products in your food, so why would you want to put it into your lungs?

What you can do as a parent or carer

There are ways you can help protect your children from vaping: Whether you suspect your child is vaping or not, take the time to talk to them about it and help them understand all of the risks. It is never too late to have the conversation.

- Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about on it, or seeing people vaping on the street.
- If your child is vaping, encourage them to stop, let them know that help is available and you are there for them.
- Learn about the different types of vapes available and the risks associated with using these products.
- Set a good example by being tobacco or vape free.
- Report those who are selling vapes to minors or selling vapes containing nicotine by completing the online reporting form or calling the Tobacco Information Line on 1800 357 412.



Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack.

Get the facts at health.nsw.gov.au/vaping

March 2022 © NSW Health. DPIPS CPY10/20201



Central West BIRD CLUB

Saturday 6th August 2022
Forbes Showground, Show St,
Forbes NSW 2871

BIRD EXPO & MARKETS

BIRD SALE OPEN TO PUBLIC from 10am - 2pm unless sold out prior!
MARKETS open 10am - 2pm

Entry \$2.00 per person
Bird Entry: \$1 per bird, minimum \$10 - NO Poultry or Pigeons
SELLERS: \$5 per table - NO PRE-BOOKINGS
Benching Times: Friday 2pm - 5pm OR Saturday 7:00am - 9:30am
Vendor/Seller entrance via Racecourse Road

Conditions: - NSW NPWS and the ABA Bird Sale voluntary Code of Practice conditions will apply.
- All sellers are required to be a member of a Club Affiliated with the Associated Birdkeepers of Australia. Temporary memberships available on the day for those requiring one at \$2 per person

Raffle Drawn 12pm - Proceeds going to Orange Hospital High Risk Paediatric Unit!
Barista coffee, hot food and cold drinks will be available on the day.

Heaps of Trade Stalls attending - Feed, Aviaries/Cages, Breeding Boxes, Show & Carry Boxes, Bowls, Medications, Supplements, Toys and Heaps More!

Dinner/Meet & Greet Friday Night from 6:00pm - Located upstairs @ The Inn
Call Sharon on 0406 512 851 for enquiries
Trade/Market Enquiries please text Nat 0420 425 833 or leave a message