



ATHLETICS CARNIVAL





PRINCIPAL'S REPORT

Dear Parents, Carers and our FHS community,

This week marks Reconciliation Week, a time for all Australians to learn about our shared histories, cultures and achievements, and to also explore how we all can contribute to achieving reconciliation in Australia. Forbes High School came together to reflect upon this year's theme "Be Brave. Make Change." Our student led assembly provided our school with an opportunity to hear from our student leaders as well as from our community members Nadika Skinner and Erica Stephenson, guest speakers from Yoorana Gunya. Thank you to Ms Lesley McKenzie for her organisation of the assembly and ensuring that this significant week was recognised in our school. Thank you to Lochie Farrelly, Le'Kiesha-Lee Bowden and Ebonnie Colvin-Hopley for speaking at the event. Our assembly was followed by a social event where the school was able to come together and share a barbeque for recess.



Walk 'n' Talk for Life

I had the great pleasure of attending an important community event with some of our students last week. The Forbes CDAT team held Walk 'n' Talk for Life, an opportunity for us to walk together and talk together to support mental health. We had the privilege of listening to the powerful story of Jeff Amatto and the power of culture, love and respect in shaping our lives. His message was heard by all who were there, and I know that this had a significant impact on our students. Thank you to Barry Merritt our Aboriginal Education Officer for supporting our students to attend this event.



Public Speaking – Country Women’s Association Competition

Public Speaking has returned to Forbes High School, and we are so very excited! Congratulations to Ms Deb Waters, HT English/HSIE for her mentoring of our student team and having them prepared for the annual Country Women’s Association public speaking competition.

Congratulations to Annaliese Green for winning the Year 9 and 10 division of the competition with her speech on the topic of Horizons.

Several of our Year 7 and 8 students also competed and were excellent ambassadors for our school. Thank you to Addi Bale, Logan Davis, Zoe Fraser, Steph Vonthein, Drew Barter and Lacey Osborne for their outstanding representation of Forbes High School. For more information, please see Ms Waters’ full report.



School Improvements

Our school beautification is taking shape and we are extremely excited with the transformation of our grounds. As well as adding visual appeal for our school, there are several practical components that will enhance student learning. Raised garden beds will support many areas of our school including TAS and Science, outdoor chessboards will challenge our students in their critical thinking skills and new soft fall areas will create more room for fun in our learning.

Students will be involved in the re-imagining of our mural at the front of the school, creating the opportunity for strong links and connections. We are looking forward to this work being undertaken throughout the second half of the term and are excited to showcase its completion.



Year 12 Parent Teacher Interviews

Thank you to our Year 12 parents for taking the opportunity to meet with our teachers and discuss the next steps in their learning as we reflected upon their reports and non-assessable examinations. The rich discussions are invaluable and help our students maintain their focus in the lead up to the next significant examination period in Term 3, the Trial Higher School Certificate.



Year 11 Reports and Parent Teacher Interviews

Year 11 reports are nearly ready to be distributed. This will be followed by an opportunity for parents to attend the school and meet with teachers to discuss how your child is progressing in Year 11 as they rapidly head towards their final year of schooling. The date for this event is Wednesday 22nd June 2022.

Save the Date -Year 7 to 10 Parent Teacher and Open Night

We are extremely excited to hold an open night where we provide an opportunity for Year 7 to 10 parents to meet with staff, share some refreshments, see the work that students are completing and engage with our school. This evening will be on Wednesday 20th July 2022. We look forward to seeing you all at Forbes High School.

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’S REPORT

In the 12 years that I have been teaching I have had many memorable moments. From seeing the fresh-faced Year 7s coming through the door on their first day, all shiny and eager, to Year 12 students leaving school to enter the next stage of their lives, and many more in between.

Through the good and the bad, the one constant is the dedication of staff and the commitment of parents wanting the kids of our town be successful in what they want to achieve in life. However, there are a group of people that often goes unacknowledged in the vast bureaucracy that is education. Those people are the SLSOs, the office staff, the maintenance people, and the prep assistants. Without these amazing people doing the unseen work in the background, our school would not run as well as it does. So, thank you to all our support staff for everything you do every day.

Last week I had the privilege of taking the Skills Training Van to the Lachlan athletics carnival with five of my Year 11 students from Hospitality: Kynan, Imogen, Aleasha, Avril and Elly. This is the first time that the Skills van has attended an event with these students, so everything was extremely new to them. They represented the school amazingly and served over 120 customers in the space of two hours with friendly smiles on their faces. They brilliantly demonstrated the tenets of our school, being Respect, Honesty, Doing their best and Responsibility.

The athletics carnival was held last Friday, and we were extremely lucky that the predicted rain held off which allowed us to complete the event in full. A great time was had by all, and participation was at a high standard. It would have been more pleasing to see more of our students attend this event as these days are classed as a normal school day.

A date for the diary for Year 11 parents and carers: On Wednesday 22nd June (Wednesday of Week 9 this term) we will be holding a parent/teacher evening for all year 11 students. Come and speak to the teachers, find out how your child is doing and what they can do to improve results. I would like to see all parents/carers of all Year 11 students at this event as it is vitally important that we work together to help the students achieve to the best level they are able. You will be able to book times and appointments via the online Sentral Parent Portal. If you haven’t accessed the parent portal, please do so by following the link sent previously to your emails or phoning the school to get a new link sent out.

Regards
 David Lickess



YR 12 BUSINESS STUDIES

Year 12 Business Studies participated in the Coca Cola vs Pepsi challenge as part of our Marketing unit. Students had a blind tasting of three types of Coca Cola and Pepsi where they had to guess which brand and flavour was which. Students struggled to figure out which was which with Laura Eldridge taking the winning with 3/6 correct guesses. We then discussed the important of marketing and brand awareness when it comes to international companies such as Coca Cola and Pepsi because in fact each drink actually did not taste that different from the others. We also discussed the difference in marketing of each company For example, who their target markets was and how they promoted their products to their target market.



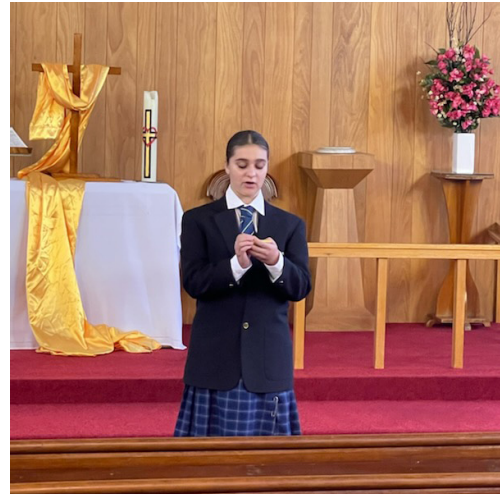


BOYS TO THE BUSH UPDATE

About 9.00am on Wednesday 25 May 2022 Boys to the Bush mentors Warwick Edgerton and Peter Butcher attended the Forbes High School and collected the students involved in the program. Shortly after, the Mentors travelled with the students to the Forbes Community Garden where the boys participated in some community work. Half of the boys assisted with emptying a large garden bed by shoveling soil onto a tray of a utility whilst the other half of the boys assisted shoveling manure onto a trailer and sieving it through some mesh to remove large rocks and other debris. The boys worked hard from about 9.20am -12pm and were well behaved and respectful to the more elderly community members whilst at the gardens. All the boys did well during their time at the garden and should be congratulated for their efforts.

Mentors then travelled with the students to the Forbes Archery Club where the boys spent the afternoon fishing and spending time by the river. The boys were shown how to use hand lines at the river with one decent size cod caught by the boys. It was nice to see the boys having some time to relax and enjoy each other's company. The boys were provided with a BBQ lunch consisting of rissoles and sausages. At the conclusion of the day all boys were returned to the Forbes High School.





CWA PUBLIC SPEAKING

On Tuesday 24th June, 7 students participated in the Forbes CWA Public Speaking Competition held at the Uniting Church in Brown St. All students worked hard on polishing their speeches ensuring they were engaging and entertaining.

Annaliese Green won the 9/10 competition with her thoughtful interpretation of the topic Horizons. In this, she outlined a timeline of her future dreams and goals from a young age and how these 'horizons' have evolved and changed over the years. The judges were impressed with the depth of her content as well as her delivery and she is now onto the next stage on June 20, at Cowra.

The 7/8 competition was strong with all our students being commended for their efforts. Topics ranged from weird animals, grandparents and smartphones, and something you are proud of. Our students' speeches varied in content but were all interesting. Addi Bale even threw in a few jokes to amuse the crowd and Logan went way back into ancient history for his speech on cats. Zoe Fraser and Logan Davies came in as First Reserves and should a spot open up, will be off to the next stage with Annaliese at Cowra. Steph Vonthein, Addi Bale, Lacey Osborne and Drew Barter were awarded with participation awards and spoke beautifully.

Congratulations to all students who represented our school respectfully and looked amazing in their full school uniform. You made Forbes High very proud.





Students created an Art collaboration of unique ceramic Savannah lions to support their geography studies on Savannah landscapes.

WEEK 7

M 6th June -
 T 7th June - Country Cup
 W 8th June - Tertiary Excursion
 T 9th June- Tertiary Excursion
 Lake Cowal Excursion
 F 10th June - FPS Athletics
 Helpers excursion

WEEK 8

M 13th June - Public Holiday
 T 14th June -
 W 15th June -
 T 16th June-
 F 17th June -

BREAKFAST CLUB

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



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

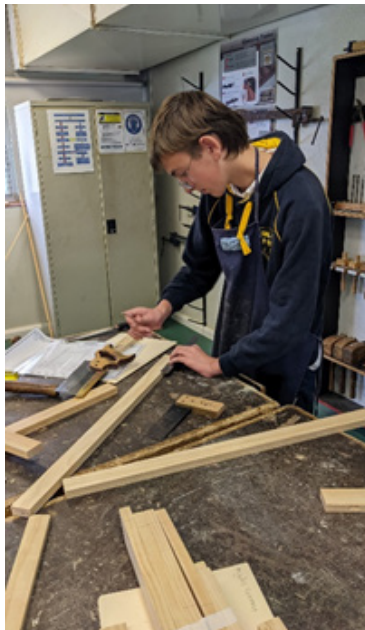
YEAR 12 YEAR ADVISOR
 Georgie Price

CAREERS ADVISOR
 Daniel West

SCHOOL COUNSELLOR
 Sophie Limbert

WELLBEING / TRANSITION
 Amy Adams





Steph and Ben working on their folding chair in Technology Mandatory. Students are using traditional timber working techniques to produce the chair. Their dovetail joints are all coming along nicely.

The process of design requires testing and evaluation. Here our Design and TEchnology students test a recipe for giant bubbles using a scaled down recipe. The results were promising with strong bubbles created. Do you know the secret ingredient? The answer is very sweet.





Zac and Hannah working on finishing touches on their tool-boxes in Year 9 Timber



Oscar, Hailey, Chase and Alex working together to build a puppet theatre.



Year 7 were investigating different foods, so they made some spelt flour pancakes. Using ingredients that many students may not know about, in foods that they know is a great way to expand students' food knowledge.

Well done, they tasted great!



Year 11 Industrial Technology Metal:

Students are learning how to use the plasma cutter this term as part of their camping shovel project.

It makes cutting through mild steel



Year 7 Technology Madatory:

Students are building a passive speaker dock this semester. They are introduced to a range of hand tools and masic machinery. The project allows students to work with



Year 7 Digital Technologies:

Year 7 Digital Technologies are developing their coding skills in preparation to create their Lego Mindstorms Robots by the end of term.

Students will develop their understanding of how colour sensors, ultrasonic sensors and understand the motors used withing the robotic systems.





Year 12 VET Construction:

Students will revamp the school archway this term, expanding on their joinery skills. They are working with ironbark timber and have quickly learnt that it's as hard as the name implies.



Year 8 Food Technology:

Year 8 Food Technology students were set the task to design and write their own recipe for an ultimate hamburger. Students worked on writing procedures and specific vocabulary required when writing recipes. Once student's recipes were produced they used them to follow in class to prepare the hamburger.





PCYC SAFER DRIVERS COURSE

Get 20 Log Book hours and be ready for your P-plates sooner!

PCYC is the largest provider of Driver Education Programs in NSW. Book online today.

Upcoming Course Dates: Parkes - PCYC 36-38 Pearce Street

Module 1 & 2 Monday June 6, Tuesday June 7 and Wednesday June 8 2022

PCYC SAFER DRIVERS COURSE **IS LIFE CHANGING**

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 \$2.00per person
Bird Entry: \$1per bird , minimum \$10 - NO Poultry or Pigeons
SELLERS: \$5per 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

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.

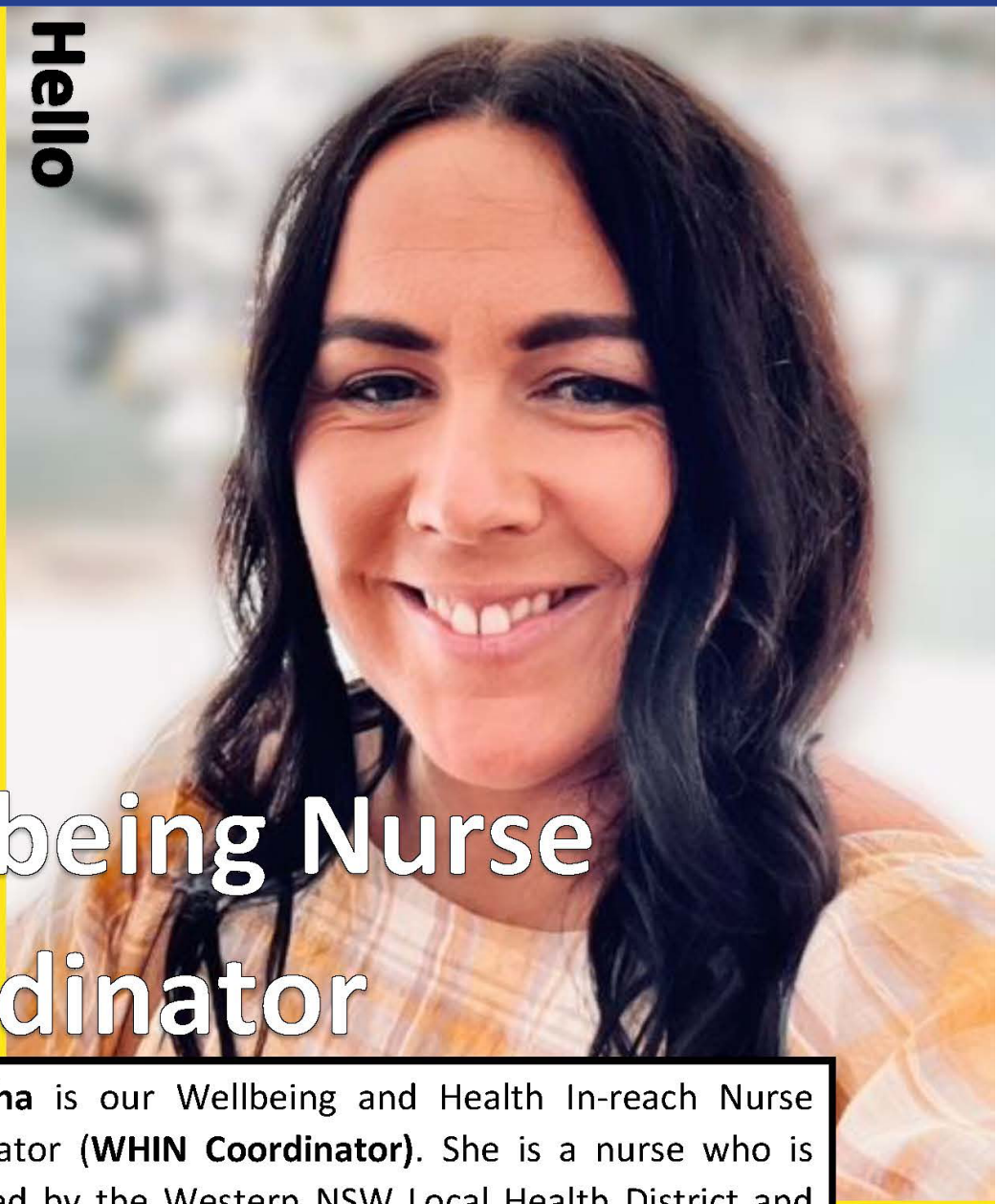
MEETING DATES 2022

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



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



CatholicCare
Wilcannia-Forbes

**FREE COMMUNITY
EVENT!!**

**Tuesday
21st June 2022
11:30am - 1:30pm**

FORBES

Mental Health Expo
Venue: Forbes High School Hall

For more information contact Renae:
rherbert@ccwf.org.au

<https://www.eventbrite.com.au/e/forbes-mental-health-expo-tickets-336896084257>

Special Guest

**SAM
WEBB**
www.samwebb.com.au

"We can save the lives of individuals, if we change the way society understands, perceives and interprets mental illness." - Sam Webb



Women in agriculture

Lunch and learn events



SafeWork NSW are running a **free** lunch and learn session for women involved in the agricultural industry.



Interested in learning more about WHS?



Looking for tools to assist you with WHS compliance?



Keen to know what rebates are available?



Want to network with local like-minded people?

SafeWork NSW Inspectors will present and provide resources and answer questions about:


- Safety while working near the electricity network
- Electrical safety
- Emergency preparedness and response
- Safety around your farm vehicle
- At risk workers/contractors

Those in attendance may also be eligible to apply for the following rebate programs:

- Small business rebate up to the value of \$1000
- Quad bike safety improvement program up to the value of \$2000
- Aerial Marker installation free of charge (conditions apply)

Register your interest now
Limited Tickets

Register via Eventbrite here or
 E agriculture@safework.nsw.gov.au



Location:
 Forbes Memorial Services Club
 Templar Street
 Forbes, NSW 2871

Date:
 14 June 2022



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

FREE
Combined Event
to celebrate
Reconciliation
Week TOGETHER
in Forbes

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

BE BRAVE. MAKE CHANGE.

NATIONAL RECONCILIATION WEEK 2022

27 MAY - 3 JUNE

#NRW2022
NRW.RECONCILIATION.ORG.AU



TRANSPORT AVAILABLE



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





Term 2, Week 6
DHURANY
 from Forbes High School

FROST AND FIRE®



FORBES SKI DAM / 4 - 10PM
 SATURDAY 18TH 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