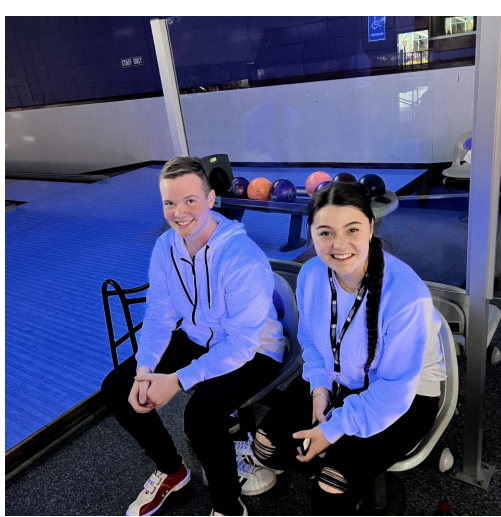




TERTIARY EXCURSION





PRINCIPAL'S REPORT

Dear Parents, Carers and our FHS community,

Thank you for all your support and collaboration to make our school the best learning environment for our students. Your work and partnership with our school is highly valued and it is only by working collaboratively that we will achieve the best outcomes for all students.

This term has been incredibly busy with many different events including excursions, sport and high-quality teaching and learning. Many assessments have been completed and reports will be finalised and issued this term.

Forbes Eisteddfod

Congratulations to our teams who participated in the Forbes Eisteddfod. I had the immense pleasure of watching their performances on Wednesday and I was so proud to be the principal of Forbes High School where we have so many talented students. Congratulations to all the teams and the staff who supported and prepared the students. Forbes High School offers such diverse experiences for all students, and we are proud to continue to build our student talent in these creative areas.

I look forward to our watching our students next week in their performances on Tuesday.



Transition Afternoon

Thank you to the students, staff and parents who attended our transition afternoon on Thursday. It was wonderful to meet our incoming Year 7 2023 families and commence the strong partnership that will ensure the transition to high school and beyond is seamless. Parents and students were provided with information packs, had a student led school tour including a trip to the commercial kitchen for hot chocolate or coffee. Our Year 7 and Year 8 SRC representatives spoke about what they love Forbes High School, and their passion was clear. Thank you to Ms Jackson, Year 7 2023 advisor and Mrs Jones Year 7 2023 Deputy Principal for their organisation of the afternoon.



Equestrian News - Jake Tomlinson

Congratulations to Jake Tomlinson for achieving 14 years age champion at the North-West Equestrian Expo. Jake has demonstrated significant talent in horse riding and entered several different events across the 7 days of competition. Congratulations to Jake for his excellent achievements.



NSW Country / State Junior Rugby Championships

Congratulations to four of our students who represented at the NSW Country/ State Junior Rugby Championships over the long weekend. It is great to see the high level of achievement and talented students that we have. Congratulations to Aurora Farrelly who represented CWJRU in U14 girls. Congratulations also go to Zac Fraser and Oliver Walker who represented CWJRU in U15 boys. Additional congratulations to Oliver Walker who has been selected in the 2022 NSWCRU training squad. Reece Matheson was also selected in CWJRU U14 boys' team but was unable to play due to injury. Well done to all our talent sportspeople!



Forbes North Public School Athletics Carnival

I had the great honour to attend and judge the marching parade at Forbes North Public School. It was wonderful to see such a tradition being maintained in the school and it was difficult to make a decision as to who was the overall winner as a result of the high standard of marching. Thank you to Mr David McGaw, Principal of FNPS for inviting me and for continuing to strengthen a great partnership between our schools.

Mural

The mural at the front of the school is taking shape and it has been wonderful to have our students collaborating with the artist Lakkari in the construction on of the mural. The mural is symbolic in nature and represents several different elements. The main yellow journey track was kept from the previous artwork to respect the previous mural, the artists, and the students. Overlapping the journey track are large round meeting places that symbolise significant moments in the student’s journey throughout school. There are many people symbolised throughout the artwork - representing students, staff, parents/guardians and broader high school community. “Tools” are seen throughout the artwork which are there to assist everyone throughout their journey. There are magpie tracks and platypus bills symbolised throughout the artwork as they are both significant animals in the Forbes area.

I look forward to the work’s completion and sharing this with our community.



Thank you for your ongoing support of our school and please know that we are always available to support your student to achieve their best at FHS.

Warm regards.

Kathleen Maksymczuk
Rel. Principal



Deputy Principal’s Report

Year 6-7 Transition

Forbes High School has recently commenced its transition program for Year 6 students. Year 7 2023 are lucky enough to have Ms Kimberley Jackson as their Year Adviser. Ms Jackson and myself, as Deputy Principal for Year 7 2023, have been visiting our partner primary schools to introduce ourselves to our future students.

This week we held a school ‘open afternoon’ where parents and children were given a school tour and were able to learn about some of the great things happening at Forbes High School. It was wonderful for our guests to hear some of our Year 7 and 8 students speak of their experiences at high school, and to also meet many of our teachers and see our classrooms and refurbished grounds. Many of our guests took the opportunity to partake in a hot drink prepared by our hospitality students!

The school is looking forward to welcoming these students to a series of transition days during the next two terms where they will get to experience even more of what Forbes High has to offer.

Atomi

The school is pleased to announce that we have committed to a subscription to the Atomi learning system for students in Years 11 and 12.

Atomi is an online learning resource that supports students and teachers through specific curriculum content in a variety of subjects as well as offering lessons in study skills. Atomi can be customised to suit the individual student and can be used to deepen understanding, as well as revise course content. Atomi is an online platform and as such is available to students both at school and at home.

Attendance

Students who regularly attend school and complete Year 12 or an equivalent qualification have better health outcomes, better employment outcomes, and higher incomes across their lives.

Forbes High School strongly encourages all of our students to attend school regularly so that they can benefit from the life changing opportunities that education offers.

As we near the end of the semester we will be analysing our attendance data and recognising those students with excellent attendance as well as those with improved attendance. Please remember, that if there is a reason your child cannot attend school to let the school know.

Regards,
Mrs Lee-Anne Jones
Deputy Principal



JAKE TOMLINSON YEAR 8 EXCELS AT NORTH WEST EQUESTRIAN EXPO

Approximately 600 students attend North West Equestrian Expo at Coonabarabran for 5 days. Jake competed in the One Day Event (ODE) dressage, showjumping and cross country jumping. After dressage Jake was placed 13th. He then did his showjumping and cross country jumping to be placed 4th overall.



Jake also competed in the Junior (12 years to 15 years) Boys Pentathlon. This event you had to run 2.4kms, throw a javelin, showjumping, weave jump and a mountain bike ride which was cancelled due to the weather. Jake won the run and showjumping leg, came 6th in the javelin and 4th in the weave jump to give Jake a total 50 points to finish 1st overall.



Jake competed with RBCC in a six bar team with 4 other riders - Jemma Hodder, Freya Hooper and Tess Worland. The Six-bar event is where riders jump six fences set in a straight line. In most places, fences are placed at equal distances apart, the first fence is the lowest and each subsequent fence is higher than the one before. There are 5 rounds. Jake got to the 4th round before he knock the last jump at 120cm high. The team did an excellent job to finish 6th overall.



Team penning is a team sport in which there are three members and the objective is to separate three specific type of identifiable cattle from a herd of 30. The sport is fast-paced, in which the riders, after separating the cattle, also have to move them inside of a 16' x 24' pen through a small 10' opening. The pen is located at the opposite end of the arena. The sport requires complete teamwork to successfully identify and cut out the right cattle, move them back to the pen, and prevent the other cattle from straying in 90 seconds. Jake competed with Ella Breen from Canowindra and Will Poole from Dubbo in two rounds. In round 1 they penned 2 cows and round 2 they penned all three cows. They were the only team to pen 5 cows to finish 1st overall.



Showjumping: Jake competed in the 115cm Astronomical Class. There were 2 rounds and Jake won the 1st round. The second round was run as a Grand Prix. It was 115cm high and then the jumps went up to 125cm. Jake dropped one rail to finish 2nd. Jake was awarded Reserve Champion on a count back.



Jake also played Polo Crosse with RBCC's Imogen Thurgate and Josie Brown to get the the 2nd round before being knocked out by the team that eventually won the division. Jake was asked to play in the finals with another team and that team lost. Jake loved playing polocrosse. Jake also competed in the Warrenbungle Way - a sporting and working horse challenge. Jake had a very successful expo bringing home the 14 Years Boy Champion for the Expo, and won three rugs. Contributed by Jane Tomlinson



NSW COUNTRY / STATE JUNIOR RUGBY CHAMPIONSHIPS

Congratulations to our students that represented the Central West Junior Rugby Union (CWJRU) over the long weekend. Reece Matheson also selected for the CWJRU U14's team but was unable to play due to injury. Aurora Farrelly represented CWJRU in U14 girls. Zac Fraser & Oliver Walker both represented CWJRU in U15 boys. Oliver Walker has been selected in the 2022 NSWCRU training squad. Congratulations to all for their efforts on the weekend, and to Oliver for his selection to the NSW training squad.





FORBES EISTEDDFOD
Thank you to all the wonderful people that supported the students who performed at the Forbes Eisteddfod this week. The students had practiced diligently and they did a fantastic job. All of these acts will be bigger and better than ever at MADD night in Term 4.

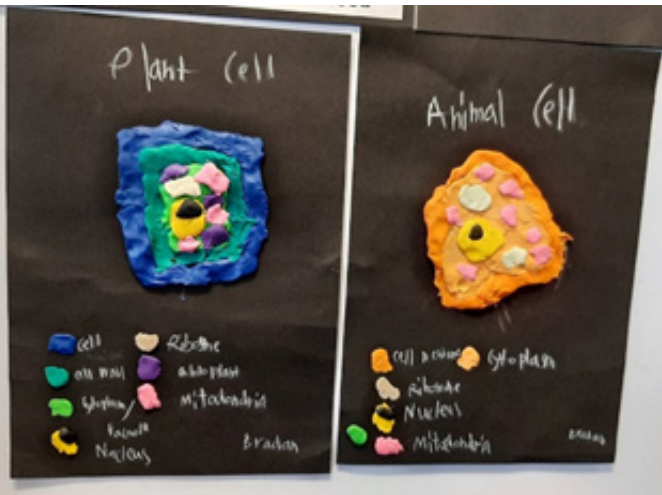




SUPPORT UNIT

SCIENCE

In Science, Stage 4 have been learning all about cells, their components and their functions. We made plasticine models of both plant and animal cells. We have also been learning how to use microscopes and complete scientific drawings.

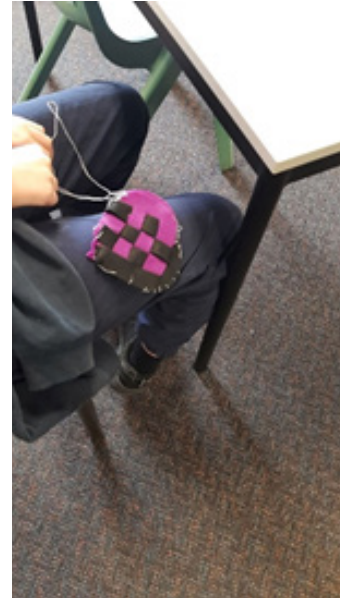
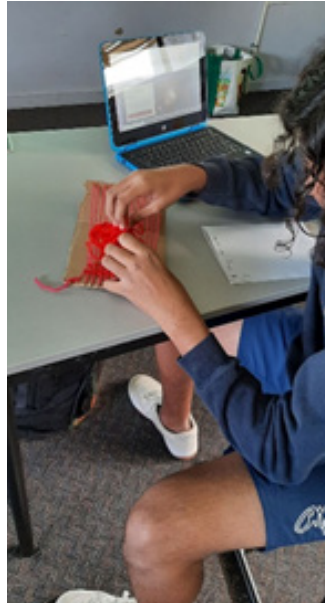
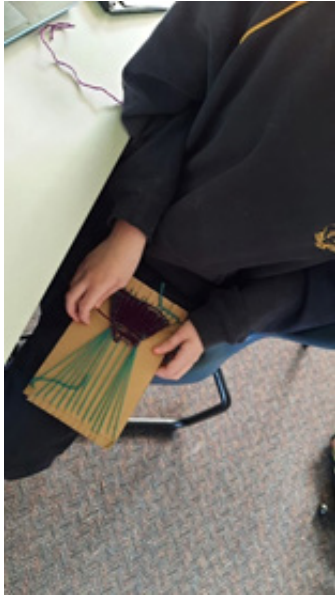


Stage 5 has been investigating heat and even got to play (safely) with fire! We used magnifying glasses to burn leaves and even tried to write our names on paddlepop sticks but mostly just managed to burn holes.



TEXTILES

In Textiles, D1 have been learning about what textiles are and how they are made. We are focusing on weaving and have made many different woven items.



SPORT

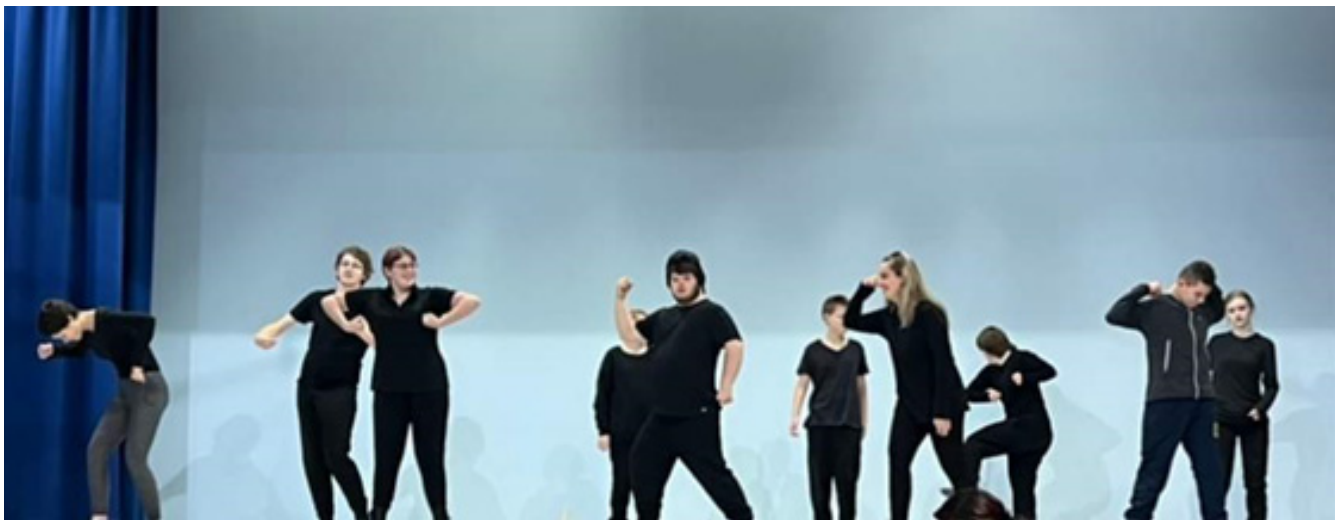
The Support Unit was lucky to receive a voucher from the School Sport Unit to spend on modified sporting equipment. We have been having a great time trying out all our new gear. Our favourite have to be the vortex javelins and the parachute!





EISTEDDFOD

Many of us have been working hard practising for the Forbes Eistedfodd after an excellent showing at the Cowra Eisteddfod. We have been dancing and singing as much as we can to prepare and are very excited to perform again.



GOOD LUCK TO OUR CREW AT THE EISTEDDFOD NEXT WEEK!!!



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.

WEEK 9

- M 20th June** - VolleyBall excursion
CWA Public Speaking
- T 21st June** -Support Unit
Eisteddfod
- W 22nd June** - Year 11 Parent/
Teacher interviews.
- T 23rd June-**
- F 24th June -**

WEEK 10

- M 27th June -**
- T 28th June -**
- W 29th June -**
- T 30th June**-SRC Planning and
Tree Planting Day
Parkes Try a Trade
- F 1st July-** Semester 1 Assembly
Last day of Term 2

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





AROUND THE GROUNDS WITH PDHPE

It's been a busy time for the PDHPE faculty of late. Sporting teams, carnivals, assessments, tests and general classwork have kept the PDHPE staff and their students on task. Physical Activity and Sports Studies have been busy developing their knowledge of the body's structures and how they work. The students have learnt the structure and function of the skeletal, muscular, cardiovascular and respiratory systems.

Some interesting facts:

- There are 206 bones in an adult human body.
- The gluteus maximus is one of the strongest muscles in the body.
- The heart beats approximately 100,000 times per day.

In Child Studies, child growth and development have been the major focus for the term, looking at stages of growth and milestones that children meet at specific ages.

Did you know?

- Babies will usually crawl at between 6 and 13 months.
- Babies generally start walking between 8 and 18 months.
- Most babies begin to talk between 12-18 months with 'mum' being the most common first word.



YEAR 11 COMMUNITY AND FAMILY STUDIES

Year 11 CAFS have been studying the module "Individuals & Groups" this term. Part of this module is learning about leadership, the different types, qualities of a good leader and also conflict within groups. Early this term, the class participated in the Spaghetti Challenge. This required them to work in small groups with 20 strands of spaghetti, string, tape and a marshmallow to build the tallest structure. They had 20 minutes and the marshmallow had to be on top at the end. At the conclusion, students discussed who took on the role of the leader in their group and what made them an effective or ineffective leader.



ATHLETICS CARNIVAL

On Friday 27th May Forbes High School held it's annual Athletics carnival. The sun was shining and students and staff were keen for a fun filled and competitive day. Participation rates were high, Mr Lickess's jokes poor, the coffee van was running and bacon and egg rolls were on point. Students and staff were dressed in house colours, but who would the winning house be? Mrs Morrison was definitely hoping Wiradjuri could take the win, however Miss Radvanyi was extremely confident in the mighty green machine, Gamilaroi. There was some tough competition across the age groups with some close finishes in the 100m and 200m events. High Jump is always a hotly contested event with some outstanding jumps throughout the day. The popular tug-of-war, house vs house took place in prime position on the 100m track, Gamilaroi taking the bragging rights for the next 12 months. In the staff vs year 12 tug-of-war, unfortunately year 12 could not beat the teachers. We finished off the day with the relays where students demonstrated outstanding athleticism with some students running in multiple relays for their house. Overall staff were extremely proud of the participation and sportsmanship shown by all our students. We now have a number of students representing Forbes High School at the Western Carnival early in term 3.



SPORTING SUCCESS

Congratulations to our FHS Dance Troupe for competing at the Forbes Eisteddfod and coming away with a second place. A big thanks to Miss Nock for all of her work and also Kristen and Matilda from Kristen's Dance Studio for their choreography and teaching expertise. The girls have loved every minute of the experience and cannot wait to compete again next year.





WESTERN CROSS COUNTRY

Kirby Maslin and Isaac Barnard competed in the Western Cross Country event at Geurie on Wednesday 15th. Both students ran well, with Kirby coming fourth in her age group, qualifying to compete at State level in Sydney at a later date.



SENIOR STATE NETBALL TITLES

Lily Boyd, Hannah Williams and Ebonnie Colvin-Hopley represented Forbes Netball Association at the Senior State Netball Titles in Sydney over the long weekend. The team had been promoted to Division 3 this year, and played a gruelling 19 games over the three days. Hannah and Ebonnie excelled in their positions of Wing Attack and Wing Defence whilst Lily provided a formidable defence as Goal Keeper. Georgia Cole, also a member of the U17's team, was unable to attend on the weekend. Congratulations to the girls for representing Forbes to such a high standard.





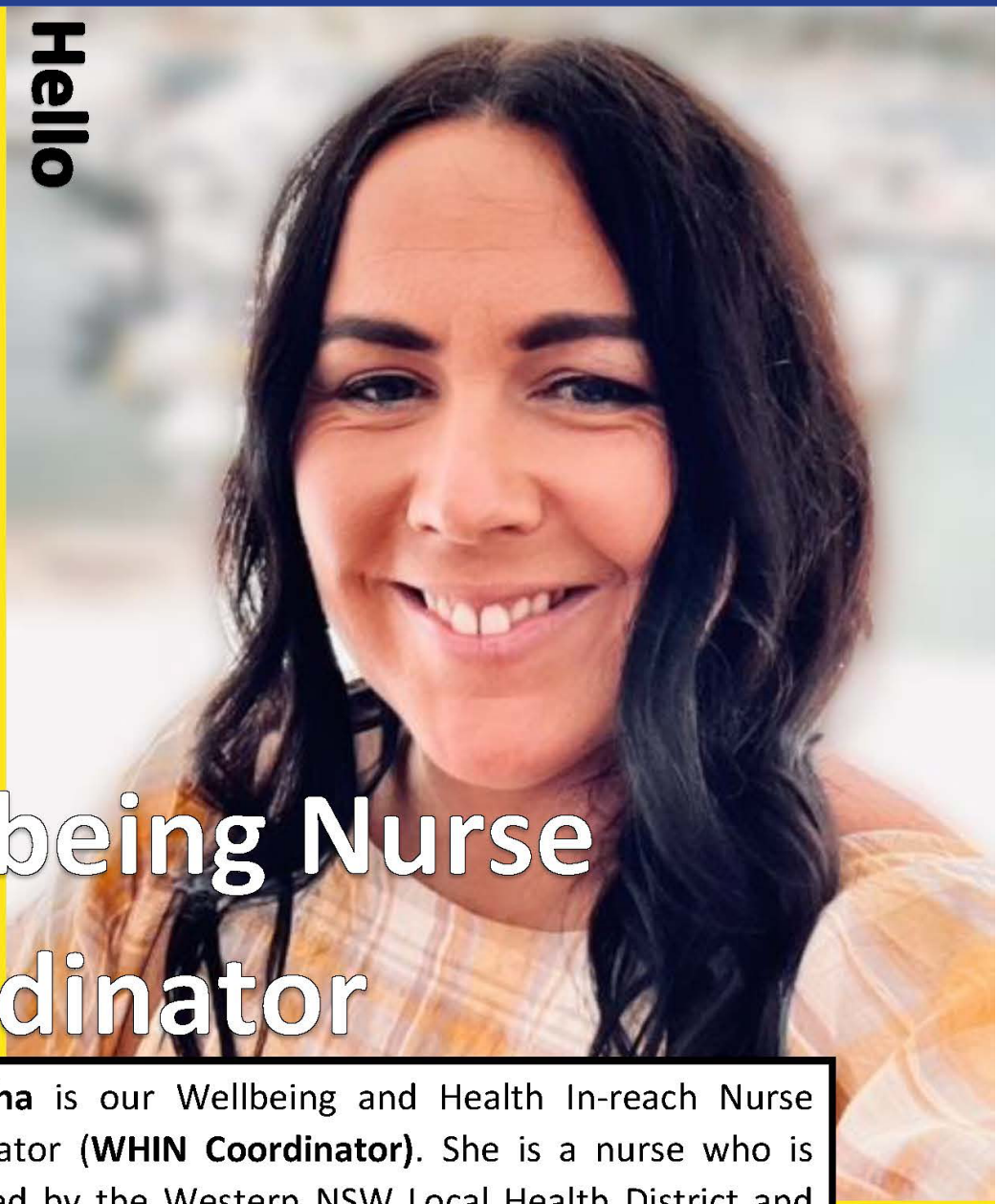
FORBES EISTEDDFOD WINNERS!

Congratulations to all the students who participated in the Forbes Eisteddfod. Forbes High School were the very proud winners of the School Award this year. This award is based on an aggregate of the number of entries and points awarded. We were very fortunate to win a shield, a trophy and a \$500 cash prize.



WELCOME TO FHS TRANSITION AFTERNOON

Forbes High School hosted a Year 6 into Year 7 Transition afternoon yesterday where we welcomed Year 6 students and their parents to FHS. They participated in school tours, and presentations of key information for Year 7 2023. It was terrific to have so many parents and students come along and see all of the great things our school has to offer.



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



Western NSW Local Health District
invites all parents to join the webinar:

VAPES AND YOUR CHILDREN

FIND OUT WHY IT'S A BIG DEAL

- **Dr Lyndon Bauer | GP**
Passionate about youth tobacco control
Presenting on the risks of vaping
- **Taylor Ryan | headspace**
Offering tips on safe communication with children



Register using QR code or link by 21st June

https://www.surveymonkey.com/r/wnsw_vapingwebinar

Complete the post-webinar evaluation for a chance to receive 1 of 4 x \$150 petrol vouchers

Wednesday
22nd June
7.30-8.30PM

Email enquiries: WNSWLHD-HealthPromotion@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

W
**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



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.

DO YOU KNOW

WHAT YOU'RE VAPING?



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



Media 2022 © NSW Health, DPIPS CP14/2021

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



Term 2, Week 8
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