

EDUCATION WEEK 2022



PRINCIPAL’S REPORT

Dear Parents, Carers and our FHS community,

Here we are at Week 4 already, it is incredible how quickly time keeps marching on. A strong focus on high quality teaching and learning, as always, drives what we do as a school, and I hope you enjoyed the array of photos on Face-book last week as we celebrated Education Week. The theme of Creating futures – education changes lives, is most certainly our focus and driving passion.

Year 12 Major Works

Year 12 Major Projects are beginning to be handed in this week and it is exciting to see the final works coming together. Every year the talent of our students amazed me as their skills and expertise are realised. I would like to acknowledge the work of our teachers who spend countless afternoons, evenings, weekends, and holidays in the school supporting our students.



Year 12 Trial HSC Examination

Week 5 and part of week 6 will see our Higher School Certificate students complete the important Trial HSC Examinations. These exams replicate the HSC as much as possible and provide the opportunity for students to experience the examination situation, as well as receive the feedback which is critical for improvement. The time between the examinations and the end of the Term Three for Year 12 is equally important as it allows for consistent revision, feedback and development of vital skills for the HSC Examinations.

White Ribbon

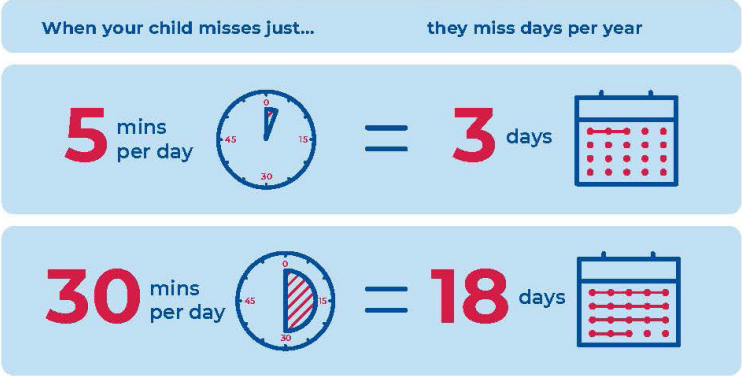
It is unfortunate that the weather played havoc with the scheduling of this important community event last week. We are hoping to have a new date soon and we look forward to exciting sporting competitions as well as having the conversation about the importance of respectful relationships.


Attendance and Lateness

We have several students who are arriving late for school. A reminder that our day starts at 8:50am and we need to be here for the start of the day. If your child is going to be late, please ensure they have a note or you contact the front office. It may not seem much, but a small amount of time everyday adds up significantly.

Minutes lost = days lost per year

A couple of minutes here and there doesn’t seem like much, but...





Patterns of lateness can have a serious impact on your child’s education.

education.nsw.gov.au



Covid -19

As the winter flu season continues, if your child is displaying any cold or flu like symptoms, please keep them at home and let us know. If your child does test positive to Covid, please report it via Services NSW and contact the front office. A reminder that we have a supply of Rapid Antigen Tests which are available from the front office.

Thank you for your support of Forbes High School and please know we are always here to support your child in their educational journey.

Warm regards.

Kathleen Maksymczuk
Rel. Principal



***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



DEPUTY PRINCIPAL REPORT

It is good to get back to Forbes High School after an extended holiday in which I travelled overseas to England and Spain to have the first opportunity in 3 years to see my Mum and Dad. It reminded me that no matter what daily life throws at us and however hard life becomes, family and friends are the one constant in our lives and that they are both as important as each other. Yes, I have been in contact over video calls for the last three years, but there is nothing better than sitting down in person over the kitchen table and being able to have a yarn.

After lots of travelling on “planes, trains and automobiles” it is good to get back to my “other” family, the students, staff and overall community that is Forbes High School. It is humbling to be back on the first day and have students interested to know all about why I was not here for the first two weeks of term and where I have been, then show genuine interest in another part of this magnificent world we all inhabit.

So, Term 3 continues at a pace. Year 12 are just about to go into their Trial HSC examinations, Year 11 are in their final term of their Year 11 studies and will soon be embarking on the HSC content. Year 8 & 10 are starting to think about their electives for year 9 & 11 and as I write about this it comes to mind that it is extremely important that parents/carers are a part of these decisions. You have the life experience to be able to guide your student in their choices. Contact the school and your child’s teachers if you are unsure about a subject and it’s content OR if you want to know if your child will be able to access the course content that they are proposing to take. If we all work together at this important junction in their education, we can help them to be as successful as they possibly can be.

As we are well into the second half of this year, I thought it prudent to revisit the Forbes High School behavioural policy. This document was ratified and introduced earlier this year after vast consultation with the school community including staff, parent and carers, student body and P&C. I would like to remind the school community on the following as we move forward, and more excursions are being entered into. Please be aware that this policy ONLY applies to extra curricular activities and NOT to curriculum based activities.

Restrictions on school representation and activities

Students whose behaviour is not of an acceptable standard may be restricted from participating in a range of school representation activities such as attendance at school social events, school representation activities and non-curriculum based excursions.

Behaviours resulting in non-participation in school representation activities:

- Attendance rate of less than 85%
- More than 5 lessons/days placement on a school monitoring card in a term will result in non-participation for a period of ten school days
- Suspension:
 - o A short suspension will result in non-participation for a period of 5 weeks
 - o A long suspension will result in non-participation for a period of 10 weeks
 - o More than one suspension will result in non-participation for the remainder of the year
- Any outstanding non-completion notifications across one or more subjects
- Absence from school on the day of a school social event

Students may appeal a decision by completing a School Representation Activities Appeal form and presenting it to the Deputy Principal of their year group.

Regards
David Lickess



MATHEMATICS NEWS

A GENERAL REMINDER:

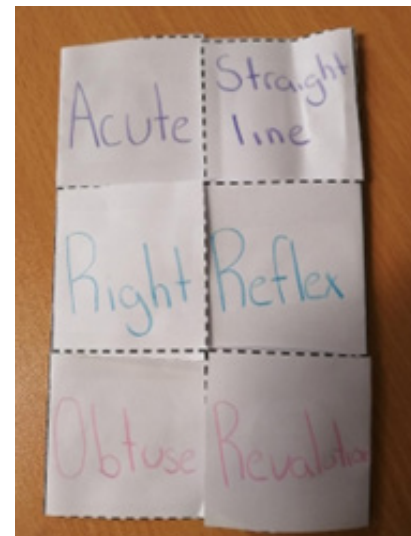
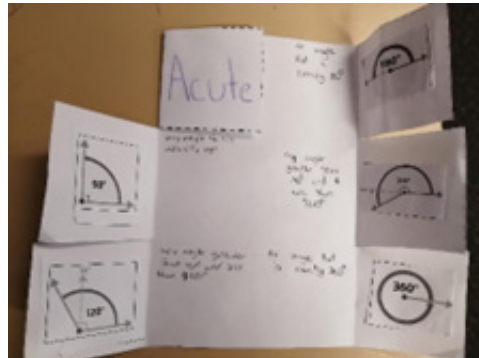
- All students from Years 7 -12 studying Mathematics have all the lesson notes and worksheets available in OneNote. This can be accessed via their Student Portal through Microsoft Teams. This allows students to access all their lessons whether they are absent and/or would like to revise what they have learnt in class. If there are any queries, don't hesitate to speak to your Maths teacher.
- All students should bring their Maths book, calculator, pens, pencils and a ruler to every Maths lesson.



Year 7 - Angle Relationships

Students have created "Flip-pables" to help them remember key terms, definitions and diagrams.

Students learning about Types of Angles through a game of "Simon Says".



YEAR 8 - Area Students working on Area Problems using the glass blackboards.





Year 12

Students have been practising past HSC examination questions under timed conditions and are encouraged to do this at home:

- Mathematics Advanced, students work on 1.5 minutes per mark allocated for the questions as this will give them 30 minutes at the end to check over their solutions and make sure all questions are attempted.
- Mathematics Standard 2 and Mathematics Standard 1, students should be working on 1.3 minutes per mark to leave about 20 minutes at the end of the examination to check solutions.

Year 11 Advanced and Standard Mathematics

Classes are working towards their Yearly Examination. Students should be practising past Yearly Examination questions as well as revising content taught in class. The Yearly Examinations finalise students' grades for Year 11 and will appear on their ROSA. Many students will use their final Year 11 results to gain Early Entry into University next year.



Year 11 Numeracy – comparing students' free-throw statistics to their favourite basketballer by using percentages.



FORBES HIGH SCHOOL P & C

The P&C will be holding its next meeting on **Wednesday September 14th at 5pm** at Forbes High School.

MEETING DATES 2022

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

- 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

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 5

M 15th Aug - Trial HSC Exams

T 16th Aug - Trial HSC Exams
 Child Studies
 Excursion

W 17th Aug - Trial HSC Exams

T 18th Aug - Trial HSC Exams

F 19th Aug - Trial HSC Exams

WEEK 6

M 22nd Aug - Trial HSC Exams

T 23rd Aug - Trial HSC Exams

W 24th Aug -

T 25th Aug - Yr 6 to Yr 7 Transition

F 26th Aug -

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





BOYS TO THE BUSH - WEEK 2 SUMMARY

I arrived at the school to be greeted by 4 keen and eager young men. After a quick chin wag, we made our way down to the BttB office to go through the plan for the day. Once again, I reinforced our expectations and outlined what I wanted from the boys today. Once we had finished, we made our way to our first activity.



DLF Seeds and Science

Goals – Community engagement and resilience

The boys had the pleasure of meeting the manager Nick Jones, and he conducted a tour of their premises. He explained to the boys that the business is owned by a company in Denmark who own a huge amount all over the world. He took the boys through each aspect and explained how it all works. Throughout the tour the boys gave Nick their attention and asked some great questions. Nick explained some of the job opportunities available and what he looks for in an employee. After we had finished the tour, the boys got to try their hand at some of the tasks undertaken in the day to day running of the business. They used the floor sweeper, wrapped pallets, swept, and shovelled spilt grain. Although they didn't necessarily like the work they dug deep and completed the tasks given to them. At the conclusion of the visit, they all shook hands and thanked Nick for his time.





Forbes Racecourse and Lachlan River

Goals – Teamwork, Community and Engagement

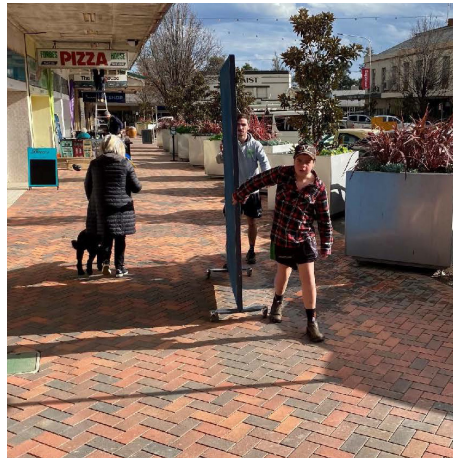
After we had finished our visit, we made our way over to the Forbes racecourse to give them a hand getting ready for the upcoming race meet. They were introduced to 2 gentlemen who volunteer lots of time over there and the boys got involved washing out bins and raking stables. I was proud of the way they got stuck into the work and the gentlemen were certainly appreciative. I explained to the boys that events in small towns like Forbes don't happen without volunteers and its always good to help where we can. When we had finished there, we headed out to the river for an afternoon around the fire and fishing. Eli was lucky enough to land a decent size Murray Cod which he was extremely proud of. Another great day with a top group of kids.





BOYS TO THE BUSH - WEEK 3 SUMMARY

We arrived at 9am, ready and keen for a day of hard work and fun. We headed back to the office to outline the days activities and reinforce our expectations, highlighting our core values of community, resilience and engagement. Today we would be focusing on work experience and helping in the community. We had a few jobs lined up and it was good to see the boys keen to get involved.



CWA

Goals – Community engagement

We had been asked to help complete a small job for the ladies at the CWA. They needed us to help return some display boards from the book dispensary to the town hall. The boys met with CWA member Sue Cunningham and got straight into the job. Sue was impressed with the boys and very thankful for their assistance. I talked to the boys about volunteer work and how rewarding it can be when you help someone in need. They were fantastic.



DSW Electrical

Goals – Work experience and trade knowledge

Today the boys got to go and experience a few hours working with DSW Electrical. Stephen and David (owners) greeted the boys and had a quick chat about what job they were doing. The boys listened well and got straight into the challenge they had been given, which was to flare a piece of copper pipe. Stephen was going to judge who could do it the best. After many attempts, Nash was victorious. The boys watched how to finish off installing a split system air conditioner. They mixed and mingled with the workers well and I was proud of their maturity. Hopefully they picked up a few helpful tips too.



Lunch

Goals – Life skills practise

For lunch today we decided on wood fire pizza. This would mean the boys needed to get the firewood and do the shopping for the ingredients. We wrote a shopping list, so we knew what to get. Everyone had a guess at what price they thought the ingredients would come too, with the loser having to wash up after lunch. Unfortunately, Eli was the furthest from the amount. He took the news well and stuck to his word and washed up. The boys had the job of making the pizza also. Let's just say they did an amazing job, and an even better job cleaning up after themselves. They all worked together to make sure everyone got enough and the pizza's had the right ingredients.



Firewood, fishing and horses

Goals – Fun

The boys helped load a ute with firewood and deliver it to one of our sponsors. He was very thankful for their efforts. Whilst at the property the boys got to meet the pet pig. For the last part of the day, we headed for a quick fish at the ski dam. The fish were very hard to come by, so we headed to some horse stables to watch them wash the horse down after it had been training. This group of boys are an absolute pleasure to have in our program. I look forward to the remaining 2 weeks.



POLL DORSET YOUTH DAY

Show team students had the opportunity to attend the Poll Dorset Youth Day held at Cowra. Sam Klingner came first in the Ram Judging, and Philip Klingner came second in the Lamb Chop Judging.





HOW TO BE A GOOD FRIEND

Wanna be someone's BFF?
Follow these seven steps.



1 BE A GOOD LISTENER

Sometimes being a good friend means just being willing to listen. You don't need to have all the answers, and don't assume your friend wants advice — they may just want to talk, and to have someone hear what they're saying.

2 GET THE FACTS

If your friend has a medical or mental health issue, learn about what they've been diagnosed with. Being interested in what they're going through shows them you care.

3 ASK THEM WHAT THEY NEED

If you're worried about someone and want to be there for them, ask them what they need. You'll then know what they'll find helpful when going through tough times.

4 BE FREE WITH YOUR HUGS

Hugging your friends is a great way to show that you care for them. Physical contact can be comforting, especially when someone feels alone. Just make sure you ask first.

5 KEEP IN TOUCH

Show your friends you're there for them by making an effort to keep in touch through social media, emails, texts and calls.

6 TELL THEM HOW YOU FEEL

You can make a real difference to how someone is feeling just by letting them know that they're important to you. So, go for it!

7 BE WILLING TO MAKE A TOUGH CALL

If you think your friend's safety is at risk, you might need to act without their consent and get help. It can be a tough call, but remember that good friends care enough to step up.

Read more here:
reachout.com/articles/what-makes-a-good-friend

**REACH
OUT.COM**



Road safety



40km/h school zones

40km/h school zones slow traffic on the roads around schools. This is to help protect children on their way to and from schools at the times and places where they are often in high numbers. Most 40km/h school zones operate between 8.00am and 9.30am and from 2.30pm until 4.00pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all notified school days including staff development days (student-free days). While some schools may operate on different term dates, school zone speed limits must be followed during NSW Government determined school terms.

You can find the school term dates on the following websites:

- roadsafety.transport.nsw.gov.au
- educationstandards.nsw.edu.au
- education.nsw.gov.au

To increase motorists' awareness of 40km/h school zones, triangular 'dragon's teeth' road markings indicate that the vehicle is entering a school zone.

Fines and a loss of demerit points will apply if the 40km/h speed limit isn't followed. For more information on fines and demerit points, visit rms.nsw.gov.au

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au.



Apply now!

Locations:

- Moree NSW
- Bellata NSW
- Stockinbingal NSW
- Manildra NSW
- Bogan Gate NSW
- Grong Grong NSW



Email For More Information
grainharvest@agrilabour.com.au



Visit Us At
www.agrilabour.com.au



Lives lost on NSW roads.
Our goal is zero.



Certificate III in Beauty Services

SHB30121 – FULL-TIME DAY CLASS

9am – 4pm (Wed, Thur, Fri)

Course description:

This qualification will teach you what you need to know to be employed as a beautician, providing a range of beauty services including nail, waxing, lash and brow, and basic make-up services.

This course also provides:

Learning Resources prior to the course commencing, along with everything you will need to complete this course, plus learner support.

Course outcomes include:

- Manicures/pedicure
- Makeup applications including day, night, photography and camouflage
- Body waxing
- Spray tanning
- Lash and brow services including Lash Lifts

How to get involved:

Enrolments are currently open for our Semester 2, 2022 intake. You will be able to enrol online, or call 02 6853 9101.

HOW TO ENROL:

Simply follow this link to enrol online:
www.tafensw.edu.au

RT0 90023. This document is correct at the time of printing: June 2022. *Terms and conditions may apply.

- Nationally Recognised Training
- This training is subsidised by the NSW Government
- VET Student Loans available

LOCATION
TAFE NSW Forbes

DURATION
6 Months

STUDY TYPE
Full-time

START DATE
10 August 2022

STUDY COMMITMENT
15 Hours per week

tafensw.edu.au/courses/hairdressing-beauty
131 601

