



SHOW TEAM

- BEDGERABONG SHOW





PRINCIPAL'S REPORT

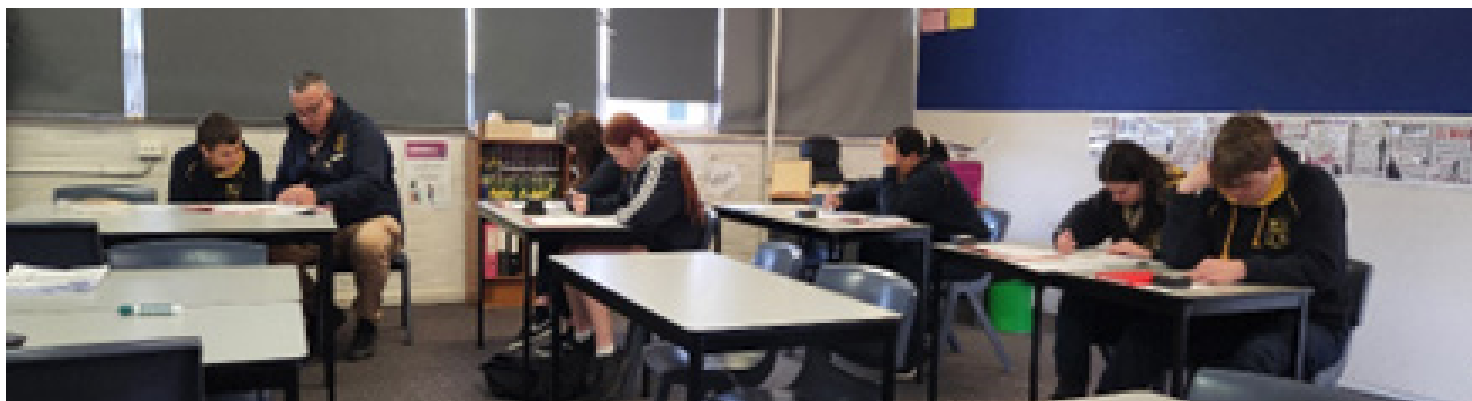
Dear Parents, Carers and our FHS community,

It has been nearly two years since I joined the team here at FHS, and it is with great pleasure that I can announce that after a merit selection process I have been successful in gaining the position of Principal at our fabulous school. I am honoured, humbled and extremely excited about the next steps in our journey. I thank all our parents and community members for your support so far and I am eager to continue our collaborative work to support the learning outcomes of your children.

NAIDOC

This week we have marked NAIDOC Week with a range of different activities. Thank you to Erica from Yoorana Gunya for coming and completing painting with our students. Barry Merritt has thrown boomerangs with students and organised many different activities with Ms Lesley McKenzie. On Thursday I had the privilege of attending a Wiradjuri language workshop with David Achinson and Barry. It was fantastic to see the students so engaged with language and connecting to their culture. At the time of writing this we are looking forward to the NAIDOC Assembly tomorrow and some music with Riley and Ah-See.

Thank you, Barry and Lesley, for all of your work!





Student Representation

Last week three of our Aboriginal student leaders attended the Cowra Principal Network Meeting to give the Acknowledgement of Country and speak about who they are as students and what education means to them. Brooklyn Read, Lochie Farrelly and Ebonnie Holvin-Copley, accompanied by Mr Barry Merritt, were exceptional in their presentations. Presenting in front of a room of over 30 principals and school leaders is not easy, yet our students presented with confidence and spoke articulately. A wonderfully proud moment!



Show Team Success

Our Show Team has had outstanding success at the Bedgerebong Show and the Dubbo Wether Show. I want to thank our students for their exceptional representation of the school and their community. I want to acknowledge the tireless commitment of Ms Rachel Eagles and Mr Damian Byrne for getting the students and animals ready for these events.

Thank you for your support of our school and I look forward to our continuing journey together.

Warm regards.

Kathleen Maksymczuk
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'S REPORT

Trial HSC Examinations

The examination period has ended, and students will soon be receiving their results. These final 5 weeks of term are also the final 5 weeks of formal classes for Year 12 students. It's greatly important that students are in attendance and utilising the feedback and support of their teachers to ensure they have the best chance of achieving an HSC result reflective of their full potential.

Year 11 End of Course Examinations

Year 11 received their exam timetable and examination rules today. It is important that they and their parents familiarise themselves with the expectations the school has around attendance and behaviour in exams.

Of most importance is that all are aware that absence from an exam must be for an exceptional circumstance and a medical certificate must be provided for absence due to illness or, if an absence is due to Covid-19 evidence of a RAT or PCR test being registered with Services NSW must be presented. Students who are absent from an exam for any reason must apply for special consideration using the school form. Please contact the school to let us know of any absence throughout the exam period.

Students must also remember to return the permission to leave school grounds note if they wish to leave after an exam on any given day.

Year 6 Transition

Year 6 students from our partner primary schools came to Forbes High for their first half-day transition to Year 7. Students worked with their Year Adviser, Mrs Jackson, met Miss Adams in the Learning Centre and were treated to a barbeque lunch cooked by some of our students in Year 11. After lunch the students were divided into three groups each of which took part in either an Agriculture, Food Technology or PDHPE lesson.

A few lucky students were able to get a sneak preview of Year 12 student, Derek Pymont's IT-Multimedia Major Work, an interactive student handbook and map of the school - the students called this 'excellent' and 'so cool' and were going home 'to tell mum about it'!

Regards,
Mrs Jones



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 7

M 29th Aug -

T 30th Aug - Innovation in Agriculture Excursion

W 31st Aug - Orange Multisport Day

T 1st Sept - Murat Didzar visit

F 2nd Sept - Senior Dinner Dance

WEEK 8

M 5th Sept -

T 6th Sept -

W 7th Sept - Forbes AECG Meeting
- NSWCHSSA Athletics

T 8th Sept - NSWCHSSA Athletics

F 9th Sept - RUOK Day

- Footy Colours Day
- HSC Business Studies conference
- NSWCHSSA Athletics

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

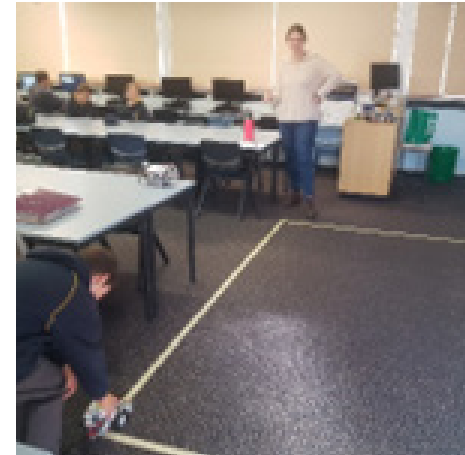
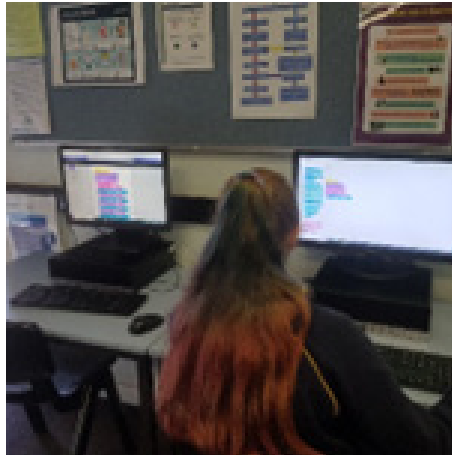
WELLBEING / TRANSITION
Amy Adams





YEAR 7 DIGITAL TECHNOLOGY

Students in Year 7 Technology have been using their EV3 Robotics with Miss Den. Students had to calculate distance, time and speed to accurately plot the rectangular course of the robots. They were using their coding skills to accurately plot the movements and speed of their Lego robots.



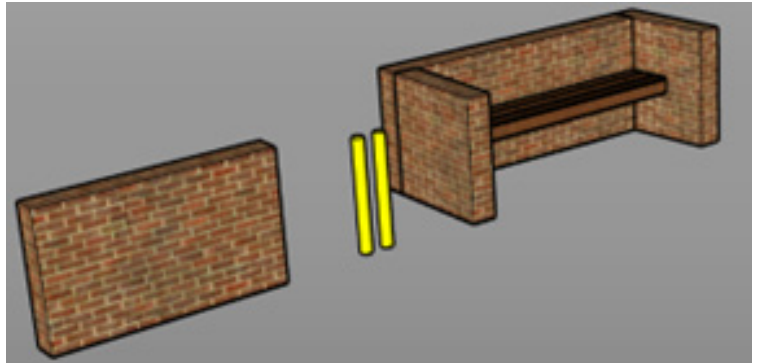
STAGE 5 TIMBER

Year 10 Specialisation Timber students have been working towards completing their storage chest projects. Isabella has completed hers with Merbau edging and a Tung Oil finish to deepen the colours of her timber. Jesse Price and Isaac Barnard are seen also accurately marking out pieces of their storage chest.



YEAR 11 CONSTRUCTION

Year 11 Construction students are preparing their site plans and project plans for a new bench seat to be installed near the front office. Students are preparing and planning this project to develop their skills in joinery and installations of outdoor furniture.



YEAR 12 INDUSTRIAL TECHNOLOGY TIMBER AND METAL

Year 12 students have finalised their major projects in preparation of marking. Stay tuned for images of the projects created by Year 12 in 2022 after marking is completed.



YEAR 11 MULTIMEDIA

Students combined forces in Year 11 Multimedia to help Toby create a 'Choose Your Own Adventure' YouTube video for his Mini-Major project.



Oscar and Alex have been working on their photo frames in Design and Technology.



Karl and Will working on their timber stools for Industrial Technology

Seamus and Skaife were pleased to show the jaw guards that they created in Technology: Mixed Materials.





YEAR 9/10 FOOD TECHNOLOGY

Students have been studying a new topic during Term 3, investigating the food service and catering industry. During Week 5 students prepared the classic Greek takeaway food, Souvlaki.



Lamb souvlaki

Prepare and present this classic Greek street food, which is popular on food truck and takeaway menus.

Preparation time 15 minutes Cooking time 20 minutes Serves 2

INGREDIENTS

200 g lamb (leg or rump steaks)
1 tablespoon olive oil
1 tablespoon lemon juice
1 garlic clove, chopped
½ teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon paprika
Salt and pepper
¼ cup tzatziki dip
2 bamboo or metal skewers
2 pita breads
½ tomato
1 cup frozen chips

METHOD

- 1 Cut meat into 2 cm cubes.
- 2 Whisk together lemon juice, oil, garlic, oregano and thyme in a mixing bowl. Season with salt and pepper.
- 3 Add lamb and toss to coat. Cover and refrigerate, preferably overnight.
- 4 Preheat oven to 220 °C. Spread chips on an oven tray and bake until golden.
- 5 Thread meat onto skewers.
- 6 Dice tomato.
- 7 Barbecue, grill or dry fry lamb skewers 2–3 minutes each side, brushing regularly with marinade, until golden brown.
- 8 Place the meat on a kitchen paper towel to absorb excess oil.
- 9 Warm pita bread on the barbecue or wrap in foil and place in a warm oven for a few minutes.
- 10 To wrap up the souvlaki, place the pita on a large piece of baking paper or foil. Spread tzatziki and then add the meat, removing the skewers, and top with tomato and chips.



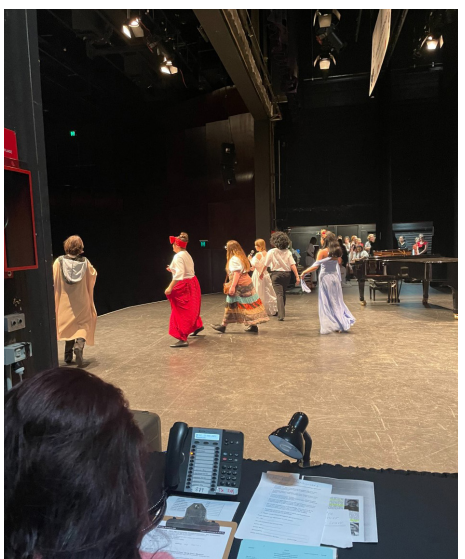


BATHURST EISTEDDFOD - DRAMA

On Monday night, the Forbes High Drama/Musical Theatre Group lit up the stage performing 'We Don't Talk About Bruno' from Disney's 'Encanto' at the Bathurst Eisteddfod.

The highlight of the night was seeing other competitors dancing and singing with us in the wings as we performed, especially the younger ones as they witnessed the Disney Magic.

Thank you to the students who participated, Mrs Smith for supporting the students in the creation of the piece, as well as Ms Patten and Ms Clarke (parent!) for driving and supporting the students on the night.



BOYS TO BUSH - WEEK 4 SUMMARY

Once again, the boys were collected from school at around 9am. They were all ready to go and keen to know what the day had in store for them. Today I wanted to chat to the boys about a few things that are important to Boys to the Bush. We chatted about RESPECT and RESPECTFUL RELATIONSHIPS. During our chat, the boys gave good examples of how to be respectful and I linked these ideas back to BttB and how we incorporate them. I explained to them that a huge portion of the people and places we go on our program do it for free because they want to help. In return we are respectful towards them when they talk as well as respecting the business and equipment. We also offer to help them in return, which is also a nice thing to do. After this we chatted about respecting woman (mothers, sisters, girlfriends etc) and making sure the way we talk about people is respectful and appropriate. It seemed to sink in when I asked them how they would feel if they heard people talking about their mum or sister in a disrespectful way. I was proud of the way the boys participated in the chat and they seemed to take it all on board.



Jemalong Wool

Goals – Community engagement

Today we had the privilege of having a private tour around Jemalong Wool. On arrival the boys met one of the managers, Sandy and introduced themselves, which is something we work on over the program. Sandy explained what the business does and how it operates. He also explained all the different career paths that are offered through their business (accounts, store managers, storeman, sales etc). After this we headed into the shed to watch the business in operation. Sandy explained what all the machines do and how the process works. The boys asked some questions as we went which was great. Throughout the whole experience I was pleased that the boys showed great respect towards Sandy and the business. I was proud of the way they interacted.





Golf and Lawn Bowls

Goals – Resilience and Teamwork

We headed to the Forbes Golf Club today to see how the boys enjoyed some golf. After a quick demonstration on how to hit the ball and keep safe, the boys got into it. From the onset they tried to hit the ball as hard as they could and became frustrated that they couldn't do it how they wanted. We stopped and had another chat about slowing down and concentrating on hitting the ball rather than flogging it as hard as possible. To their credit they listened and got a lot better. We also tried our hand at putting which really tested their resilience.

We also participated in a game of lawn bowls today. Some of the boys had not played before so we went through another demonstration and explained the concept of etiquette and respecting the greens and bowling club. The boys got a lot better as the game went on and by the end, they had a good grasp of it. Eli had the opportunity to challenge Tim to a game, if he was victorious he would win drinks for himself and the other boys. All the boys got behind Eli and cheered him home for a famous victory.



Jemalong Weir and Bird Avery

Mixed in amongst the day we also had a visit to Jemalong Weir to check out the rising river as well as stopping in to check out a collection of birds, such as Macaws.

Week 5 Summary

The fifth and final week was upon us, and the boys were as keen as ever to find out what the day would bring. This group of boys have been absolutely perfect throughout the 5-week program, and I hope they can take some positives away from it. I have enjoyed every minute of my time with the boys and look forward to seeing them around town.

Koorawatha Falls

Goals – Engagement and resilience

We loaded the bus and made our way over to Koorawatha Falls. The bus trip over was loud and it was obvious the boys have all become good friends and feel comfortable around each other. When we arrived at the entrance to the falls, we noticed the huge amounts of water. The spillway was flowing over, and the creeks were all full. We had to navigate our way along the banks of the creek and find a suitable crossing point. We managed to do so with only a few of us getting our feet wet. We began the small hike to the waterfall which was about 2.5km. Up hills, across water and weaving down pathways. We could hear the waterfall before we could see it and the boys got a nice surprise when we arrived. “It was worth the walk” was a popular comment amongst the group. After we checked out the falls and explored for a while it was time to make our way back down the hill and head into Cowra for some lunch. I was happy with the way the boys stuck to the task today. They were resilient and never gave up even though they had wet shoes and a steep hill to climb.





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**



FORBES HIGH SCHOOL CANTEEN MENU 2022

CHECK OUT THE WHITEBOARD AND FACEBOOK WITH WEEKLY SPECIALS



HOT FOOD

Traveller Pie	\$4.00
Sausage Roll	\$3.50
Chicken, Lettuce, Mayo Burger	\$4.50
Chicken Burger with the Lot	\$6.00
(Beetroot, cheese, tomato, carrot, lettuce & mayo)	
Beef & Cheese Burger	\$4.50
Sweet Chilli Chicken Wrap	\$5.00
Chicken Sticks Wrap	\$5.00
Chicken Sticks	\$0.50c
(ALL ITEMS ABOVE MUST be ordered for Recess & Lunch)	
Garlic Bread	\$2.00
(Monday & Friday Only)	
(ITEM ABOVE MUST be ordered for Recess & Lunch)	



SNACKS

Carrot Sticks	\$0.50c
Chips 28gm	\$1.50
Fruit Muffins	\$1.50
Jelly Cups	\$1.00
Popcorn	\$0.50c
Rice Cakes	\$0.20c
Seasonal Fruit Cups	\$2.50
Seasonal Fruit	\$1.00

SANDWICHES, ROLLS & WRAPS



Grain, Wholemeal or White Bread	
Cheese or Vegemite	\$2.50
Ham or Chicken & Cheese	\$3.50
Egg, Lettuce & Mayo	\$4.00
Ham or Chicken, Cheese & Tomato	\$4.00
No Meat Salad	\$4.00
(Lettuce, carrot, tomato, cheese & beetroot)	
Ham & Salad	\$5.00
Chicken & Salad	\$5.00
Tuna & Salad	\$5.00
Bread Rolls - Add	\$0.50c
Toasted - Add	\$0.50c
Ham or Chicken Salad Wrap	\$5.00



SALAD BOWLS

Chilli Tender Salad	\$6.50
Garden Salad Bowl	
Small Bowl	\$4.00
Large Bowl	\$5.00
Add Chicken, Ham, Egg or Tuna	\$1.00

DRINKS



Water 600ml	\$2.00
Water 1 Litre	\$3.00
Spring Water 600ml	\$2.00
Just Juice Poppers	\$1.50
Classic Milk Assorted Flavours	
300ml	\$2.50
500ml	\$3.50
Orchid Orange Juice 500ml	\$3.50
Fruit Slushies	\$2.50
Soft Drink Cans - No Sugar	\$3.00
Up & Go	\$2.50

ICE BLOCKS



Quelch Sticks	\$0.50c
Frozen Yoghurt	\$2.50
Plain Ice Cream Cup	\$1.50
Paddle Pops	\$2.50

EFTPOS AVAILABLE



RECESS ORDERS CLOSING TIME 8:50am
LUNCH ORDERS CLOSING TIME 11:25am

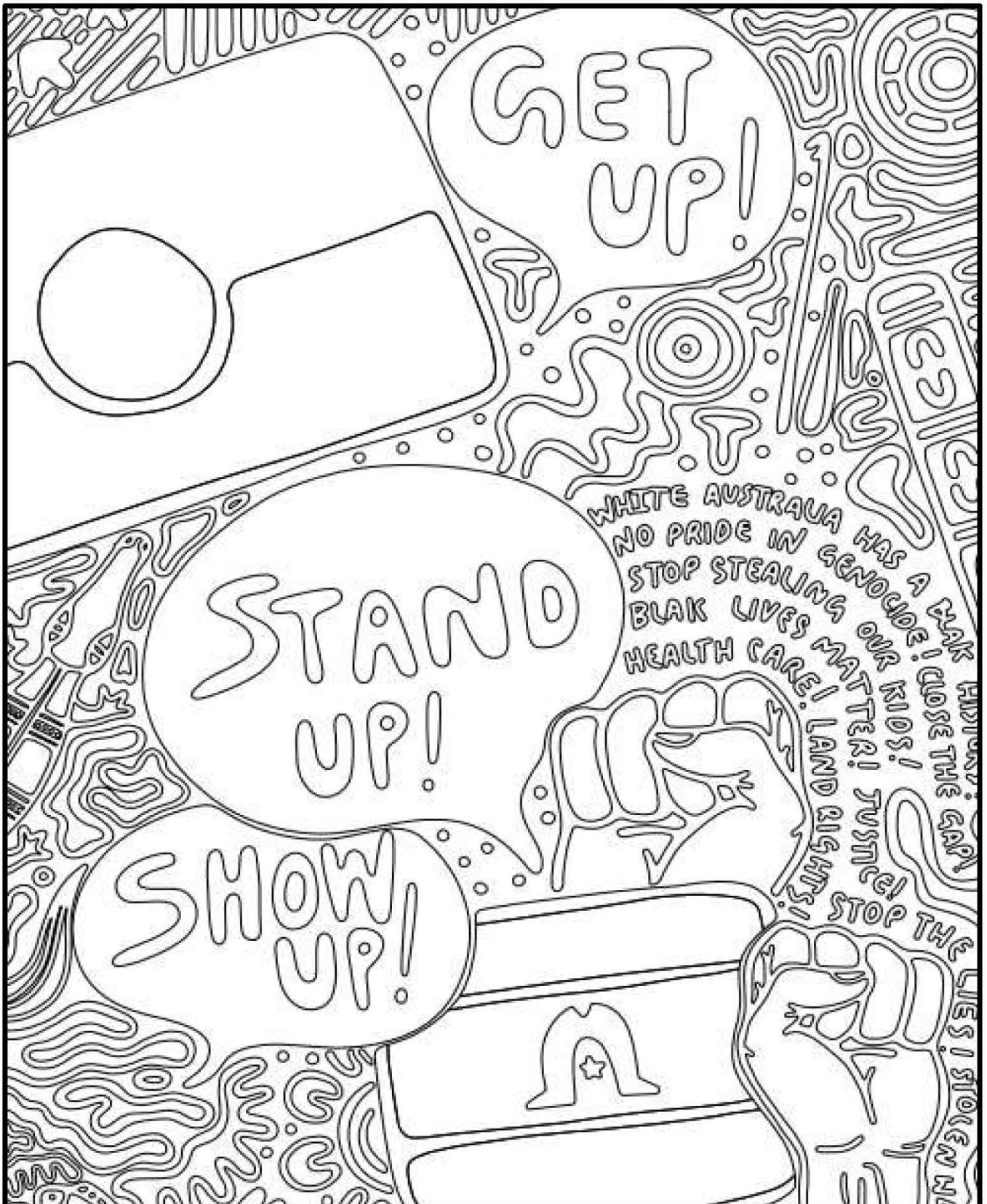


CANTEEN CLOSING 5 MINUTES BEFORE BELL



COLOURING COMPETITION

In celebration of the Community Wiradjuri Celebration in September, Forbes Shire Council is running a colouring competition. Submissions are due back to the Council by Wednesday 21st September. These can be returned to the Council Office at 2 Court Street Forbes



Saturday 24 September | Gaggin Oval | 10am - 2pm

Name: _____

Age: _____