



PRINCIPAL'S REPORT

Dear parents, carers, students, and the Forbes High School community,

We are at the end of Week 7 and what an extraordinary time it has been! So many rich learning experiences and so many fun and interesting experiences for our school community. Forbes High School offers such a broad range of activities and events for all students.

Ben Hall Shield

Last week we have had the pleasure of hosting Blayney High in the Ben Hall Shield. We have not been able to participate in this event since 2020 and it was a fantastic opportunity to return to this day of inter school competition. Student participation rates were exceptionally high and everyone had a fun filled day. Thank you to Tara Morrison for her organisation of the day and thank you to all staff and students who made the day a huge success.



Year 12 Graduation Dinner

Friday 10th November was the final formal Year 12 event for 2023. The Graduation Dinner was held at the Golf Club and the night was one of the best events I have had the pleasure of attending. Over 200 guests ensured that the night was full of fun, laughter, and time to share and make memories. Year 12, 2023, you have been a magnificent year group and we will miss you. Forbes High School will miss your presence, your sense of fun and the great role models you have been. Remember that we are always here for you and remember the great skills and knowledge you have learned at Forbes High School.





Remembrance Day

Saturday, 11th November marked Remembrance Day, a day to honour those who gave their lives in service. Our student leaders participated in Forbes community service, reading the names of the fallen and presenting a wreath on behalf of the school. As a school, we held our commemoration on Monday with a poignant student led service. Thank you to our student leaders for their honour and respect during both services.





Check In Assessment

In recent weeks we have had Year 7, 8 and 9 students completed Check-In Assessments allowing for us to evaluate our explicit teaching practices and refine our plans for 2024. We thank our students for their active participation in these important assessment measures.

P and C Christmas Raffle

It is that time of year that we have the opportunity to support our passionate P and C with their annual Christmas raffle. There are so many excellent prizes available and you have to be in it to win it! Raffle tickets are available from the FHS Front Office.




Induction Ceremony

Thursday, November 16th we came together with family and friends to induct the SRC and House Captains for 2024. It was a poignant afternoon where we celebrated the exceptional student leaders who will lead our school for the coming year. What an absolute privilege it is to work with exceptional young people and families.



Thank you for your partnership with Forbes High School, please contact us at any time if you have any concerns or questions.

Regards,
Kathleen Maksymczuk



FORBES HIGH SCHOOL P&C CHRISTMAS RAFFLE

- 1ST PRIZE-** Breville Nespresso Mini Essenza Bundle
- 2nd PRIZE-** JBL Pure bass wireless headphones & JBL speaker.
- 3rd PRIZE-** OZtrail Mitchell Expedition Double Swag
- 4th PRIZE-** Esky 30 can cooler & OZtrail Cosmós Double chair
- 5th PRIZE-** Xmas Hamper
- 6th PRIZE-** Xmas Hamper
- 7th PRIZE-** OZtrail Mitchell Expedition Single Swag
- 8th PRIZE-** Remington Hair & Grooming pack
- 9TH PRIZE-** Car kit
- 10th PRIZE-** Fishing pack
- 11th PRIZE-** Tupperware pack
- 12th PRIZE-** Byron Bay Gift Pack & Creedies Creations Handbag

TERM 4 WEEK 9

M 27th Nov - Yr 10 work experience week

T 28th Nov -

W 29th Nov -

T 30th Nov -

F 1st Dec - Guwura Cultural Immersions

TERM 4 WEEK 10

M 4th Dec - Yr 10 work experience week

T 5th Dec -

W 6th Dec -

T 7th Dec - Attendance Reward Excursion

F 8th Dec - Major Awards Assembly

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
Principal



David Lickess
Deputy Principal



Lee-Anne Jones
Deputy Principal

YEAR 7 ADVISOR
Kimberley Jackson

YEAR 8 ADVISOR
Shanna Nock

YEAR 9 ADVISOR
Tara Morrison

YEAR 10 ADVISOR
Hayley Wilson

YEAR 11 YEAR ADVISOR
Riley Pike

YEAR 12 YEAR ADVISOR
Peita Coote

CAREERS ADVISOR
Daniel West

SCHOOL COUNSELLOR
Sophie Limbert

WELLBEING / TRANSITION
Amy Adams





BUSY DOWN THE RACE

This year I entered into a competition called Central West Is Best, run by Regional Development Australia. Every year they have a theme and this year's theme was 'This is the Central West'. I sent in four photos showcasing the Central West from my perspective. One of my photos called Busy Down The Race got a special mention across both categories.

This photo is taken at the end of the race and looking up towards the sky. I took this one day in December last year while we were doing some sheep work drafting merino lambs from the ewes on a hot summer's day. As well as the photo I had to write a little blurb about why this is the Central West. I wrote that this photo 'showcases the beauty of working with livestock out in the region'.

By Peta Allen (Year 12)

PCYC - FIT FOR LIFE

In Week 5 we welcomed back the PCYC - Fit for Life team.





STRESS LESS

Forbes High School held their first Year 11 Stress Less Day on Friday 3rd November.

The aim of the day was to arm students with strategies to help them through their HSC year. The first sessions was all about Spinal Health where students learnt about good posture and exercises to promote health posture.



The next sessions were Dealing with Stress, Mental Health Goal Setting, Zentangles and Brain Breaks. In these sessions students learnt how to identify stress, set goals to minimise stress and learn some short activities to help break up their study so they don't burn out.

Students had a delicious session on Healthy eating and got to try their hand at making a quick and healthy meal.

Year 11 then learnt about the benefits of relation and yoga.

The day concluded with a very important message about the effects of sleep, or lack there of, on the body and a HIIT session in the hall.

The next sessions were on Dealing with Stress and Mental Health Goal setting





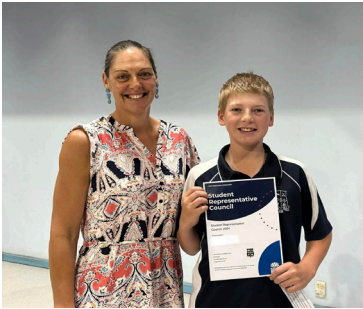
GRADUATION DINNER

Year 12 celebrated the end of their secondary education at the Forbes Golf & Sportmans Hotel



CONGRATULATIONS YEAR 12 2023

2024 SCHOOL
LEADERS
INDUCTION
CEREMONY





FORBES HIGH SCHOOL

INVITE ALL PARENTS, CARERS &
FAMILY MEMBERS TO ATTEND

Forbes High School
MAJOR ASSEMBLY 2023

FRIDAY | 8 DECEMBER 2023
9.45am for a 10am start

We look forward to celebrating the achievements
of our students with you

Vaping & e-cigarettes: What do you want to know?

Provide your opinions and feedback to the Western
NSW Health Promotion Team on information, resources
and support that you would like to see available, where
you'd like to access these and provide any feedback!

engage.wnswlhd.health.nsw.gov.au/vaping-support







**Australian
Childhood
Foundation**



FLOOD RECOVERY SUPPORT COMMUNITY CONSULTATION

The Australian Childhood Foundation is working to restore childhood through relationships that guide, support and have the power to help children heal.

Following the Western NSW floods in 2022, children and young people and the adults in their world continue to experience the impacts of these events.

The Australian Childhood Foundation has been provided with flood recovery funding for Western NSW to support resourcing the community to be better equipped to respond to the ongoing trauma expressions of children and young people.

We would love to hear from your community about what are the areas of greatest need and how we can resource your community in supporting children and young people in their trauma expressions. Please join us at this Community Consultation meeting to share your thoughts and ideas.

CONTACT/RSVP

Sophie Varvel
Team Leader
Therapeutic Services NSW
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E: svarvel@childhood.org.au

DETAILS

Date: Wednesday 29th November
Time: 2pm
Location: St Laurence's Parish
School, 2 Dalton Street, Forbes

