



## PRINCIPAL'S REPORT

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

Here we are at the end of another school year. How quickly has 2023 gone and so many excellent opportunities for our students and our school. If I were to mention them all, this newsletter would be an extremely long publication!

I do believe that this year we have fully embraced the values of public education and we have supported and nurtured our students. We have provided high quality education; we have challenged them to be the best versions of themselves and we have challenged ourselves to continue to grow.

Thanks to flood recovery money and support, our students have had the chance to engage with many more external activities throughout the year. The Arts Unit provided 30 fully paid for places for students to attend three nights in Sydney and experience so many different opportunities. In 2024, there will be further opportunities for camps and many other events and experiences – making Forbes High School a rich and well-rounded schooling experience.

Last week we have had extremely successful transition days for Year 7 2024. They spent three days at FHS and experienced a range of lessons and activities. They worked with the peer support leaders and met a range of staff from across the school. By the end of the three days, they have gotten to know us and we have gotten to know them. We know that 2024 will be a fantastic year for Year 7!



### FHS P and C

I wanted to take the time to mention and thank our supportive and passionate P and C. This dedicated team does so very much for our school, and we are so lucky to have them. They support us in so many ways, they run and organise our canteen, they apply for grants, they sit on recruitment panels, they fundraise, they support students attending State representation and other events such as Schools Spectacular, they advocate for students and most of all, they are passionate about our school.

Can I encourage you all to consider being a part of the Forbes High School P and C. You do not need to give up a great deal of time. We come together once a term and work on special projects as the team are able to. This is a welcoming and fantastic group of FHS advocates – come along to a meeting and see what it is all about. There is that saying that “many hands make light work”.

By joining our P and C you can actively contribute, build connections and make a positive impact on your child's education and school experience. Together, we can shape a brighter future!



## Staff Farewells

This is always a difficult time as we say goodbye to some of our much-loved staff.

### Mr Riley Pike



Riley has been a loved member of the TAS team, and his skills, expertise, commitment and sense of fun will be missed by the entire school community. Riley has been a brilliant advocate for his year group, and I know that they will miss him, especially his sense of humour. I thank Riley for commitment to Forbes High School and to our greater school community.

### Ms Deborah Waters



Deb has been with us for two years as Head Teacher English and HSIE and she has made a powerful impact during that time. She has worked collaboratively with the executive team and has helped shape our current school directions. Deb's English knowledge is exceptional and she has been an asset to our English classrooms. I thank Deb for her short but impactful contribution to our school.

### Ms Toni Edwards



Toni has been a highly impactful Head Teacher of Science and Agriculture since 2010. Her commitment to our school and the community is something I admire greatly. She has led many portfolios during her time and all of these have supported the growth and development of Forbes High School. I have been lucky enough to work alongside Toni in many capacities, one being her commitment to improving attendance rates. Her dedication and commitment to this important strategy is one which is vital as students cannot engage with learning if they are not at school.

Toni has always ensured that students' education in Science and Agriculture was of the highest order. Her deep knowledge of syllabus, curriculum and assessment will not be easily replaced. I know how much I will miss Toni and her expertise. All the very best as you transition to retirement.



### Mr David Lickess



David has been an outstanding Head Teacher TAS and Deputy Principal of Forbes High School. His care, compassion, and expertise in knowing students is exceptional. David is taking some leave in 2024, a long time coming for him and his family. I have thoroughly enjoyed working with David as Deputy Principal. He is an exceptional school leader who has supported students and staff in many ways. He is a tower of strength for our school and our school community, and I know how much I will miss him.

Thank you for your service to Forbes High School, David. I hope you will return to us after your much deserved time away. I am not sure that I have met a more passionate educator and advocate for student voice, high quality educational practice, student health and well-being.

### New staff for 2024

Mikaila Tasker has been appointed as our School Counsellor for 2024.

Chris Summerhayes is our relieving Deputy Principal for 2024.

Gloria Haywood has been appointed to TAS to commence in 2024.

Oliver Patterson has been appointed to Maths to commence in 2024.

### Support over the holiday period

As we move into the holiday period, we wanted to make you aware of the supports that are available to your young person when they are not at school. Changes to routine can be challenging and your young person may experience times when they feel a range of uncomfortable emotions such as sadness, stress, or isolated.

During the holidays, we encourage you to check in on your young person if you notice any concerns or changes in behaviours or functioning. It can be helpful to let your young person know that you are available to speak with. You may also like to encourage them to stay connected with friends, look after their physical health and engage in the activities that they enjoy.

If you identify that your young person may benefit from chatting with someone, we encourage you to make them aware and support them to access support services. This may be engaging with your local headspace centre, GP or accessing online or telephone supports through eHeadspace (1800 650 890, 9am-1pm/7 days) or Kids Helpline (1800 55 1800, 24/7). Please note that you can also call these numbers to help guide your support, alongside Parent Line (1300 1300 52).

There are other support services listed later in the newsletter.

Thank you for all of your support of Forbes High School in 2023. We thank you for your partnership with us and we look forward to that continuing in 2024.

From all of us at Forbes High, we wish you a Merry Christmas and all the very best for the holiday period.

Regards,  
Kathleen Maksymczuk





## P & C CHRISTMAS RAFFLE

It is that time of year that we have the opportunity to support our passionate P & C with their annual Christmas raffle. There are so many excellent prizes available. You have to be in it to win it!

Raffle tickets are available from the FHS Front Office.

**DRAWN:** Friday morning, 15th December

**\$2 PER TICKET**

**FORBES HIGH SCHOOL P&C CHRISTMAS RAFFLE**

**TICKETS & TICKET BOOKLETS ARE AVAILABLE AT THE FRONT OFFICE**

**\$2 PER TICKET**

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**\$2 PER TICKET**

**FORBES HIGH SCHOOL P&C CHRISTMAS RAFFLE**

**PLEASE SEE THE SCHOOL OFFICE TO COLLECT OR PURCHASE TICKET BOOKLETS.**

### TERM 4 WEEK 9

**M** 11th Dec - Yr 9 Lake  
Burrendong  
**T** 12th Dec - Yr 9 Lake  
Burrendong  
**W** 13th Dec - Yr 9 Lake  
Burrendong  
**T** 14th Dec -  
**F** 15th Dec - Last Day of Student  
Attendance

### 2024 Return Dates

**Thursday, 1st February**  
Years 7, 11 and 12  
**Friday, 2nd February**  
All Years

### 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

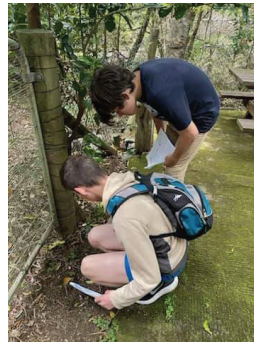






## MINNAMURRA RAINFOREST RETREAT

In November some of our intrepid Geographers went on an expedition to the Minnamurra Rainforest in Jamberoo. They left bright and early on the Wednesday morning, returning Friday afternoon. They immersed themselves in field work activities and case studies that met the Stage 6 requirements for Geography in the HSC.



The students had such an amazing adventure engaging in the field study of flora and fauna. They saw a lyrebird dance, a 23 million year old waterfall, and the iconic Kiama blowhole.





## SCHOOL SPECTACULAR

What an experience! Our dancers showcased the talent at Forbes High School in Combined Dance, Indigenous Dance and Drama at Qudos Bank Area in Sydney.

It was a MASSIVE week of rehearsals, fun and performing.

Thanks to Ms Wilson and Mrs Smith for all their dedication and patience in prepping and mentoring the girls.







## SCHOOL SPECTACULAR - 3 DAY TOUR

Our 3 day School Spectacular adventurers had a very action packed couple of days. They had a tour of The Rocks led by the Dreamtime Southern X, where they learnt about the Gadigal People of the Eora Nation, and their traditional practices around the coastal area. This was followed by lunch at Balmoral Beach. Then a trip to Taronga Zoo, where they had a talk from one of the zookeepers and attended the bird show. They had free time to explore all the animals. They ended the day with a ferry ride to Circular Quay, and walked along to the Opera House, taking lots of photos on the way. Then a quiet dinner to ease into the excitement of the next day.

The following day was the matinee performance!! The 3 day adventurers rehearsed their flash mob dance for Specfest. Followed by an Athlete Unleashed talk with Joshua Katz, an Olympic Judo athlete. Then it was Specfest and the FHS performers!! Finally, it was free time to enjoy the food, activities, and music, then straight into the flash mob which was a huge success! Our dancers had the best time performing and our Aboriginal Dance Ensemble were a part of the Welcome to Country! The dance and drama troops had three more more performances over the next two days.

What an amazing experience! A massive thanks to Mr Lickess, Ms Patten, Miss Lind and Mrs Tomlinson for being the go-to adults on the trip.



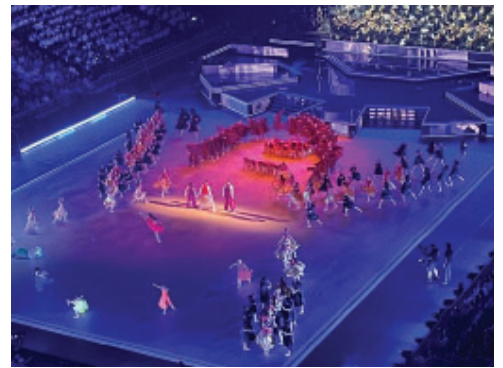




## SCHOOLS SPECTACULAR REWARDS EXCURSION

On Friday, 24th November as a reward for good behaviour throughout the year, 37 students travelled to Sydney to watch the 2023 Schools Spectacular. The students met the Western Road Liners bus at 4:30am at Forbes High School and travelled down, stopping for breakfast at Bathurst, going through some very fogging weather near Lithgow and getting into the Qudos Bank Arena just before the start of the show at 11.00am.

They watched some amazing performances celebrating 40 Years of Schools Spectacular. Some were a blast from the past, some new, including our students in the Fashionably Designed dance and the Aboriginal dance. They returned to Forbes, stopping for lunch and getting back to Forbes High School at about 8:45pm. What a fantastic day!







## WEEK 8 - MOVEMBER GAMES

Day 1 kicked off this inaugural Staff vs Students event with slide hockey and all the talk from Year 11 was just that...talk. The "Underdogs" remained undefeated in their loss with Staff taking a 10-0 win.

Day 2 of this most auspicious event, again saw Staff take the win, 7-0. Another goose egg for the Students. Miss Hopkins pumped up the event and judging by the pics she was clearly invested in another whitewash for Staff.

Day 3 was volleyball. Staff took the win, 2-0. (A recurring pattern is emerging Year 11).

Day 4 was basketball and the question on everyone's lips, as usual, was "is this the year Hoy actually retires the dunk?" As predicted, the game ended with another victory for Staff. When the buzzer sounded, the scoreboard read 40-8. Better luck next year, Students.

Despite Staff winning the whole comp (again) with a 4-0 victory, the real winners are the Movember Foundation. This most worthy cause raises awareness and understanding of the 3 biggest health issues facing men - mental health and suicide prevention, prostate cancer and testicular cancer.







## MOVEMBER BAKE SALE

What an amazing spread of deliciousness at our Movember Bake Sale on Friday, 1st December. The SRC did a fantastic job manning the stall and serving the hungry hoards.

We are proud to support Movember and all funds raised over the week go directly to the Movember Foundation and all the good work they do.



## ATTENDANCE BREAKFAST

On Friday, 8th December we held our annual Attendance Breakfast. We started this event last year as a way to show our recognition and appreciation to the students who have maintained a yearly attendance rate of 90% and over. Students were treated to a picnic on the grass and had bacon and egg rolls, games and relaxed conversations with their peers and Year Advisors. A huge thanks to all the staff who came down and pitched in to cook and set up this morning despite the heat.







## SCIENCE AND AGRICULTURE

In Science we have been concentrating on Earth and Space Science. Year 7 have been studying space, with practical classes making rockets and performing the annual egg drop/ gravity practical.

Year 8 have been studying rocks and minerals, with practicals including the modelling of the formation of sedimentary rocks (chocolate crackles) and igneous rocks (honeycomb). Food always makes rocks more palatable. The VALID8 testing also occurred this term. This is mandatory NSW-wide testing, specifically designed to test Science knowledge and skills.

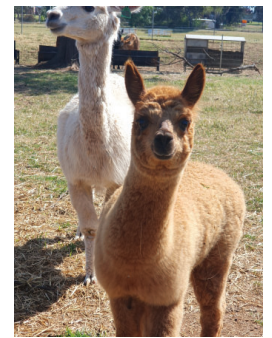
Year 9 have been studying astronomy, plate tectonic theory, earthquakes, and volcanoes. Work samples of articles written about the Big Bag theory are included below.

Year 10 are studying natural disasters, including climate change and its potential mitigation. Very topical now with La Nina and wild weather events.

Term 4 has been busy at the ag farm. As we come to the end of the year, Year 8 Agriculture have completed the practical component of the course with some successful carrot and potato growing. The tomato plants are looking very healthy but are yet to bear fruit. We have assisted in the maintenance of the new seedlings, with giant pumpkins in, ready for the Sydney Royal Easter Show, and with watermelons and sunflowers planted too.



We have also successfully bred and raised chickens, with the old hens now sold off ready to start with a new flock in 2024. The laying hens have also arrived for next year's competition.



We have said goodbye to our beautiful alpacas Mindi, Molly, Uma, and Una. Thank you to Anne Earney for loaning them to the school, it has been truly wonderful to watch the cria be born and grow.

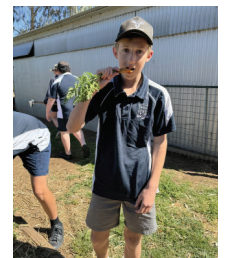


Year 9/10 Ag have been studying the pig industry topic this term. The students have been raising a sow (Rosita) and a boar (Razor), being responsible for their feeding, weighing and welfare.



Year 11 Primary Industries have been busy sowing the paddocks with millet and forage sorghum, ready for next year.

**Everyone in the Science/Agriculture faculty sincerely wishes everyone has a wonderful Christmas, and a well-deserved summer break**





## By Tylah Bond

**How did the universe begin? Well...**

The superforce is a unified force which is part of the theory of everything. The four forces of nature which made up the superforce was gravity, strong nuclear, weak, electromagnetic

The first elements to form were helium and hydrogen. These elements quickly filled the universe and combined to make all of the 92 naturally formed elements we have today.

**GROWING FROM THE BIG BANG**

Timeline from 0 to 13.8 billion years:

- 0: Big Bang
- 10<sup>-36</sup>: Inflation
- 10<sup>-32</sup>: Electroweak
- 10<sup>-12</sup>: Quark-Hadron
- 10<sup>-6</sup>: Nucleosynthesis
- 380,000: Recombination
- 400,000: Dark Ages
- 400,000 - 100,000,000: Cosmic Dawn
- 100,000,000: First Stars
- 100,000,000 - 10,000,000,000: Galaxy Formation
- 10,000,000,000: Present

**History of the Universe**

Timeline from 13.8 billion years to present:

- 13.8 billion years: Big Bang
- 13.8 billion years: Inflation
- 13.8 billion years: Electroweak
- 13.8 billion years: Quark-Hadron
- 13.8 billion years: Nucleosynthesis
- 380,000 years: Recombination
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- 400,000 - 100,000,000 years: Cosmic Dawn
- 100,000,000 years: First Stars
- 100,000,000 - 10,000,000,000 years: Galaxy Formation
- 10,000,000,000 years: Present

**Types of Electromagnetic Radiation**

Spectrum chart showing radio, microwave, infrared, visible light, ultraviolet, X-ray, and gamma ray.

Legend:

- radio: used for radio waves and television
- microwave: used in cooking, sun, fire, after signals
- infrared: transmits heat from sun, fires, coasters
- visible light: makes things able to see
- ultraviolet: absorbed by the skin, used in fluorescent tubes
- X-ray: used to view things of bodies and objects
- gamma ray: used in medicine killing cancer cells

**Periodic Table of Elements**

Legend:

- Alkali metals
- Alkaline earth metals
- Transition metals
- Other nonmetals
- Halogens
- Noble gases
- Lanthanides
- Actinides

Group: Marcus, Ben and Kai

Mrs Edwards

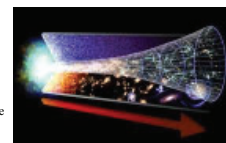
## Big Bang Theory

From The Big Bang to the Modern World today

It is an extremely large journey from the Big Bang Theory up until the world today. It began when an extremely hot and dense point known as the singularity exploded 13.8 billion years ago and began the creation of the universe.

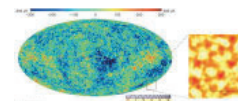
## The Big Bang

13.8 billion years ago, the universe was nothing but a single hot and dense point which exploded with energy and expanded into what it is today. However it did not all happen instantaneously, and it took billions of years for the universe to develop. From the Big Bang, the four



phenomena of matter, energy, space and time were created, which became the building blocks for life as we know it. The past of the universe is split into 2 eras, the Radiation and the Matter era, with these two collectively having 11 epochs.

## The Radiation Era



Listen to while reading to yourself or class:  
<https://www.youtube.com/watch?v=r3OWXVeTbZg> music

## From the big bang to the world that we know it

The world as we know it, where we live all started 13.7 billion years ago, so a **LOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOONG** time ago. **THE BIG BANG** happened when a tiny fireball **EXPLODED!**



**"Scientist Joe reckons Earth is pretty cool! You should reckon it's cool too! Because there's lots of cool things and people, like us".**

These are dinosaurs, they passed away before you were born. But Scientist Joe met them, haha just kidding. They died 65 million years ago, that's a Looooooooooooooooooooong time. That's longer than dad takes in the toilet.



Here's a joke to tell your friends! Why can't a T-rex do boxing? Because His arms were too small!!! Scientist Joe gave me that joke!



## From The Big Bang To The World As We Know It.

By Amelia, Bella and Methmi.

## Introduction

There are many theories on how the universe began; the steady state theory, where the universe is constantly expanding but maintaining a constant average density, The pulsating theory, in which the universe goes through expansion and contraction periods, and the most famous theory, the big bang. In this article we will be discussing how the big bang theory leads to the start of our Earth.

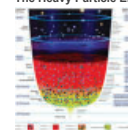
### Big Bang Theory- What is it?

According to the Big Bang Theory, which is the most widely accepted explanation for the universe's origins, the universe began with an infinitesimal hot and dense singularity. This singularity then expanded and expanded — first at light-speed, then at a much faster rate — until it reached the expanding cosmos we know today at 13.7 billions years ago. Our technology doesn't allow us to look back in time that far so this theory is merely mathematical formulas and models. However, the cosmic microwave background (the cooled remnant of the first light that could ever travel freely throughout the Universe.) allows us to have a very small glimpse of the expansion.

### The Big Bang Theory- Stages.

The big bang consists of four main stages; The heavy particle era, the light particle era, the radiation era, and the present day of matter.

### The Heavy Particle Era



During this time, particles were constantly being made and destroyed, until, in a fraction of a second (0.001 s), the universe expanded and cooled to a temperature of 1012 K (0.01 degrees celsius) and the creation and destruction came to an end. For whatever reason, the Universe created slightly more particles of matter than particles of antimatter.



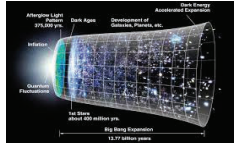


### From the Big Bang to the World We Know

In 1927, Lemaitre distributed in Belgium a practically inconspicuous paper that gave a convincing answer for the situations of General Relativity for the instance of a growing universe. His answer had, truth be told, as of now been determined without his insight by the Russian Alexander Friedmann in 1922. However, Friedmann was chiefly keen on the science of a scope of glorified arrangements (counting growing and contracting universes) and didn't seek after the likelihood that one of them could really depict the actual universe. Conversely, Lemaitre tackled the issue of cosmology according to a completely actual perspective, and understood that his answer anticipated the development of the genuine universe of worlds that perceptions were really at that time starting to recommend.

By 1930, different cosmologists, including Eddington, Willem de Sitter, and Einstein, had presumed that the static (non-advancing) models of the universe they had chipped away at for a long time were inadmissible. Moreover, Edwin Hubble, utilizing the world's biggest telescope at Mt. Wilson in California, had shown that the far off cosmic systems generally had all the earmarks of being subsiding from us at speeds corresponding to their distances. It was as of now that Lemaitre caused Eddington to notice his previous work, in which he had determined and made sense of the connection between the distance and the downturn speed of cosmic systems. Eddington without a moment's delay called the consideration of different cosmologists to Lemaitre's 1927 paper and sorted it out for the distribution of an English interpretation. Along with Hubble's perceptions, Lemaitre's paper persuaded most of the stargazers that the universe was to be sure growing, and this altered the investigation of cosmology to which we are studying to this day.

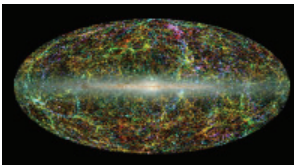
And from this research we have concluded that the universe which we live in started out at a high density point that was very hot, then this high density spot expanded and cooled resulting in the simplest elements. Gravity slowly started to pull all matter together to form the first stars (suns) and galaxies. Some stars died in supernova explosions, whose chemical remnants seeded new generations of stars and enabled the formation of rocky planets. On at least one such planet, life evolved to consciousness. And



it wonders, "Where did I come from?"

## Big bang theory and everything after

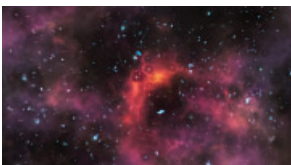
*The big bang occurred 13.8 billion years ago. When the universe was just a tiny, dense, Fireball that exploded, igniting a chain event that created the universe as we know it, but What caused that explosion is still a mystery. But what actually happened since then?*



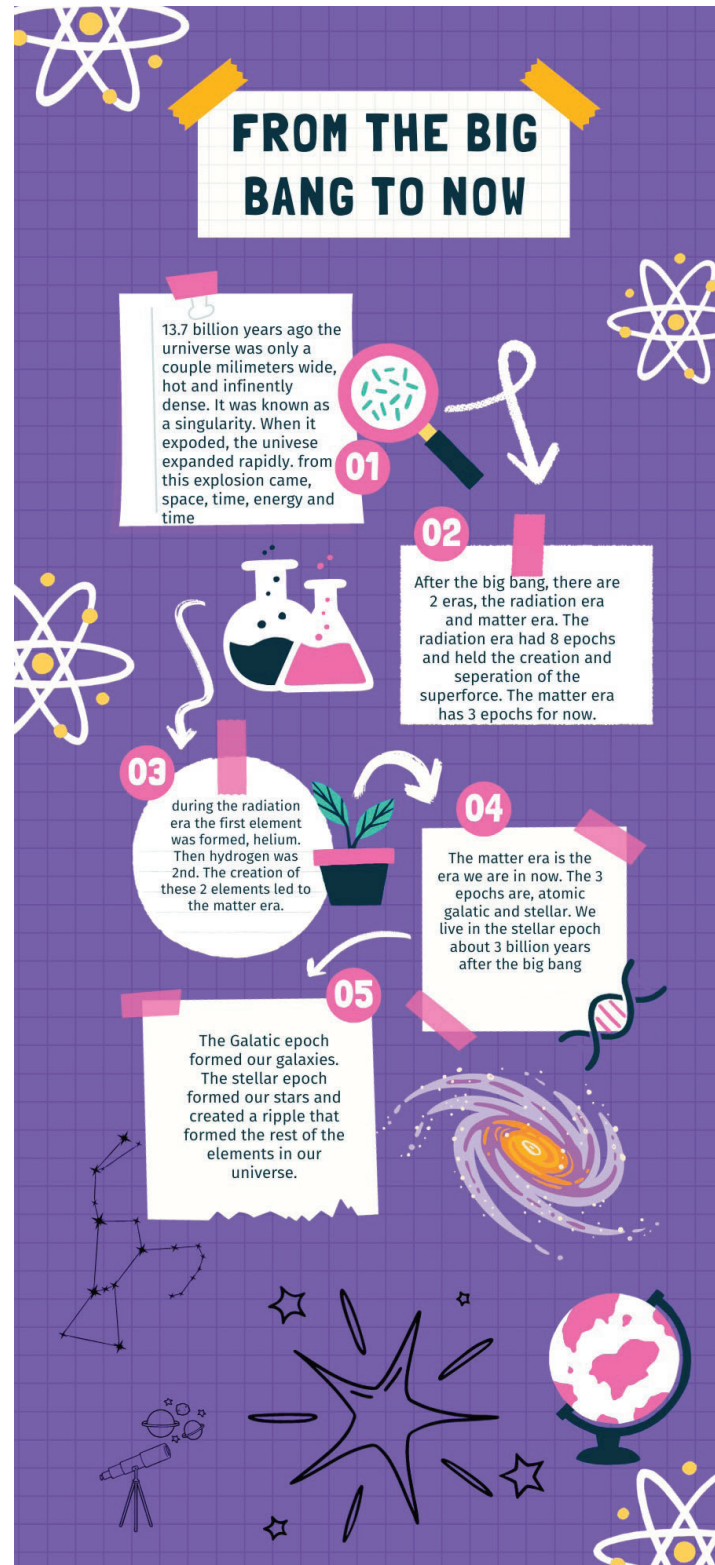
*In the first moments after the Big Bang, the universe was extremely hot and dense. After 24,000 years, for the first time there was more matter than energy in the universe. And after 380,000 years after the Big Bang, the temperature of the universe had cooled to about 3000 K*



*The Sun and the planets formed together, 4.6 billion years ago, from a cloud of gas and dust called the solar nebula. A shock wave from a nearby supernova explosion most likely started the collapse of the solar nebula. The Sun formed in the center, and the planets formed in a thin disk orbiting around it. In a similar manner, moons formed orbiting the gas giant Planets.*



*The Earth formed around the same time, over 4.6 billion years ago, out of a mixture of dust and gas. It grew larger thanks to countless collisions between dust particles, asteroids, and other growing planets, including one last giant impact that threw enough rock, gas, and dust into space to eventually form the moon. (at this point the earth's surface is mostly made out of molten lava and rock, and it stayed that way for 50 million years!)*







## YEAR 6 TRANSITION

On Monday 4th December we kicked off Year 6 into Year 7 Transition. It was a huge first day with meeting teachers and important people in the school, finding their peer support groups and making new friends from across the area. A great big thanks to our newly inducted peer support leaders, Mrs Smith and everyone else who helped make the 3 days of transition a success.



WE LOOK FORWARD TO WELCOMING ALL OUR  
NEW YEAR 7 STUDENTS NEXT YEAR ON  
THURSDAY, 1ST FEBRUARY 2024





## SEMESTER 2 MAJOR AWARDS ASSEMBLY

On Friday, 8th December we took some time to recognise all the hard work our students have done throughout the year. Awards were presented to students for academics, sport, culture and arts. A great big congratulations to all our award recipients and a massive thank you to all the people who support and encourage our students to achieve their goals.







# Award Winners

## Major Assembly

### Year 7

#### Outstanding Academic Awards

Tristan Barlow - Mathematics  
 Lilly Eagles - Science, Music & English  
 Ava Kearney-Pallister - Visual Arts  
 Mikha Wilson - Language (Italian)

#### Academic Awards

Tristian Barlow - English & Science  
 Keira Barnes - Music  
 Mia Bryant - English, Geography (mandatory) & Visual Arts  
 Lilly Eagles - Digital Technology & Personal Development Health and Physical Education  
 Laila Hartwig - Science  
 Delissa Jones - Music  
 Daniel Miller - Science  
 Shane Moxey - Food Technology & Language (Italian)  
 Cooper Stewart - Mathematics  
 Zack Williams - History (mandatory) & Personal Development Health and Physical Education  
 Lucinda Wright - Mathematics & Technology (mandatory)

### Year 8

#### Outstanding Academic Awards

Flynn Freshfield - Science  
 Rebecca Moxey - History (mandatory)  
 Lacey Osborne - English

#### Academic Awards

Liam Fraser - Technology (Textiles) & Music  
 Flynn Freshfield - Personal Development Health and Physical Education  
 Josiah Klingner - Agricultural Technology  
 Kyren Miller - Food Technology  
 Karla Osborne - Food Technology, English & Mathematics  
 Lacey Osborne - Technology-Engineering Systems, Science & History (mandatory)  
 Leonie Read - Personal Development Health and Physical Education

### Year 9

#### Outstanding Academic Achievement

Amelia Behan - Agricultural Technology  
 Kai Cowell - Commerce, English & Geography (mandatory)  
 Chloe Little - Personal Development Health and Physical Education  
 Reece Matheson - Physical Activity and Sports Studies

#### Academic Awards

Amelia Behan - Commerce & Textiles Technology  
 Benjamin Boyd - English & Science  
 Eli Brown - Agricultural Technology  
 Marcus Colvin - Geography (mandatory)  
 Kai Cowell - Mathematics & Design and Technology  
 Logan Davies - Drama  
 Adelaide Langham - Child Studies  
 Reece Matheson - Industrial Technology-Wood & Industrial Technology-Metal General  
 Matilda Townsend - Child Studies & Industrial Technology-Wood  
 Stephanie Vonthien - Personal Development Health and Physical Education & Food Technology  
 Phoebe Walker - Visual Arts

### Year 10

#### Outstanding Academic Awards

Annaliese Green - History (mandatory) & English  
 Hannah Williams - Agricultural Technology

#### Academic Awards

William Cheney - Personal Development Health and Physical Education  
 Annaliese Green - Drama, Personal Development Health and Physical Education & Science  
 Philip Klingner - Agricultural Technology & Industrial Technology-Metal  
 Bella Male - Mathematics  
 Chase Moses - Commerce, Design and Technology, English & History (mandatory)  
 Skye Saville - Food Technology & Visual Art





## Year 11

### Outstanding Academic Awards

Isabella Brown - Personal Development Health and Physical Education, Community and Family Studies & Exploring Early Childhood  
Tiahna Stevenson - Modern History & Geography

### Academic Awards

Grace Barbary - Mathematics - Advanced  
Finnlay Berry - Sport, Lifestyle and Recreation  
Isabella Brown - Hospitality & Mathematics Standard  
Ebonnie Colvin - Modern History  
Montana Locke - Primary Industries  
Bethany Miller - Drama  
Logan Mailes - Visual Arts  
Gemmah Neilsen - Mathematics Numeracy & English Standard  
Danny Sideris - Biology & Geography  
Tiahna Stevenson - English Advanced

## Blue & Gold Citizenship Awards

Year 7 - Lilly Eagles  
Year 8 - Karla Osborne  
Year 9 - Logan Davies  
Year 10 - Annaliese Green  
Year 11 - Grace Barbary

## Citizenship Awards

Year 7 - Lilly Eagles & Adam Cuskelly  
Year 8 - Zoe Fraser & Lacey Osborne  
Year 9 - Logan Davies & Jake Tomlinson  
Year 10 - Annaliese Green & Philip Klingner  
Year 11 - Grace Barbary & Isabella Brown

## 100% Attendance Awards

### Semester 2

Keira Barnes, Chelsea Bradley, Marcus Colvin, Lucy Wright, Drew Green, William Cheney, Sky Saville & Sarah-Jane Sullivan

### 2023 Year

Keira Barnes, Chelsea Bradley & Marcus Colvin

## **\*\* Dux Awards \*\***

Dux of Year 7 - Lilly Eagles  
Dux of Year 8 - Karla Osborne  
Western Road Liners Dux of Year 9 - Kai Cowell  
AA Blatch Dux of Year 10 - Annaliese Green  
Ipomoea Rotary Dux of Year 11 - Isabella Brown

## Support Unit Awards

Most Improved - Seth Swansborough  
Consistent Effort - Lucinda Wright

## Rotary Public Speaking Awards

Methmi Hettiarachchi Gamage, Logan Davies & Abbey Browne

## Literacy Award

Brett Jones

## Forbes Christian Bookshop Scripture Award

Shayde Read

## NSW Farmers Association Agricultural Award

Hannah Williams

## Findex Commerce Award

Kai Cowell

## Forbes Shire Council Achievement Award

Logan Harvey

## Phil Donato MP - School Citizen of the Year

Grace Barbary

## Brad Ridley Memorial Agricultural Award

Philip Klingner

## Carmel Hodges Memorial Mathematics Awards

Stage 4 - Karla Osborne  
Stage 5 - Kai Cowell

## Forbes Teachers Association Award

Chloe Little



### TAFE Yes Program - Statement of Attainment in Youth Engagement

Nash Pout	William Cheney	Stuart Cuskelly	Karl Emery
Oliver Walker	Philip Klingner	Alex Lemon	Adelaide Langham
Clare Williams	Chloe Little	Halle Molloy	Tia Gorman-Barnes
Jeremy Darcy	Ashton Johnson	Hollie Stavleu	Ella Kearney-Pallister
Katana Mahoney	Henry Mattiske	Zoe Dunn	Harlee-Rose O'Leary

#### Aboriginal Education Awards

- **Indigenous Citizenship Award**  
Belle Hartwig
- **Girri Girri Sports Academy**  
Aurora Farrelly
- **Blaze Little Memorial Award**  
Adelaide Langham

#### Australian Defence Force Awards

##### Long Tan Youth Leadership Award

- for demonstrating leadership & teamwork within the school & the broader community
- Philip Klingner

##### Future Innovators Award

- recognises science & mathematics abilities while highlighting the values the ADF place on STEM skills
- Annaliese Green

#### P&C State Representative Awards

**Athletics** - Max Ridge, Hudson Gunn, Logan McMahon, Jacob Cheney, Philip Klingner, William Bailey, Eamonn Ryan, Alex Lemon & Jessica Tudgey

**Cross County** - Jacob Cheney

**Interschools Equestrian Event** - Jake Tomlinson & Lilly Eagles

**Rugby 7's** - Kirby Maslin & Georgia Cole

**Under 18's Rugby League** - Kirby Maslin & Georgia Cole

#### AMPOL Best All Rounder Award

Kye McDaniel

#### The Beckhouse Shield

*for Excellence in Academic Achievement, Effort  
& School Citizenship*  
Lachlan Kearney-Pallister

#### Aurora College Award

*Academic Achievement for Year 11 Physics*  
Jian Terrado

#### William Rubensohn

##### Foundation Scholarship

Dylan Bray & Rebecca Moxey

#### Harding Miller Education

##### Foudation Scholarship

Karla Osborne & Lacey Osborne





# Major Sporting Awards

## NSW Premier's Sporting Challenge Medal

Acknowledge students for their outstanding:

- commitment to fair play
- achievement in their chosen sporting discipline or disciplines
- overall contribution to the school's weekly sporting program

**Junior medallist** - Jacob Cheney

**Senior medallist** - William Bailey



## Sportsperson of the Year

*awarded to a student who consistently demonstrates a high level of skill, sportsmanship and commitment across a variety of disciplines and has achieved notable success at various levels.*

*Junior (Years 7-9) - Senior (Years 10-12)*

### Junior Female Sportsperson of the Year

Adelaide Langham

### Junior Male Sportsperson of the Year

Reece Matheson

### Senior Female Sportsperson of the Year

Kirby Maslin

### Senior Male Sportsperson of the Year

Philip Klingner

## Rising Star Award

*awarded to a Year 7 or 8 student who consistently demonstrates a high level of skill, sportsmanship and commitment across a variety of disciplines*

Female - Laila Hartwig

Male - Blaze Allen

**2023 CHAMPION HOUSE**  
**GAMILAROI**

**Congratulations to all our  
Award winners**



# Support Services in Forbes

## Where can I go for support?

<b>Forbes Health Service</b> <i>Emergency Department</i>	5 Elgin Street, Forbes 24 hour, 7 days	Phone 6850 7100
<b>Yoorana Gunya</b> <b>Family Healing Centre</b> <i>Health care and wellbeing support</i>	40–70 Church Street, Forbes Mon to Fri, 9am–5:30pm	Phone 6850 1222
<b>CatholicCare Wilcannia-Forbes</b> <i>Family support, DV services, youth mental health support, case management</i>	136 Lachlan Street, Forbes Mon to Fri, 9am–5pm	Phone 6850 1788
<b>Boys to the Bush</b> <i>Youth support and mentoring</i>	Cnr Rankin St & Grenfell St, Forbes Mon to Fri, 9am–5pm	Phone 0417 219 120
<b>Neighbourhood Central</b> <i>Family support, youth programs, aged care service, case management</i>	7 Harold Street, Forbes Mon to Thurs, 8:30am–4pm	Phone 6851 4550
<b>Benevolent Society</b> <b>(Rural Youth Mental Health)</b> <i>Counselling, case management (ages 12–25 years)</i>	Email <a href="mailto:rymh@benevolent.org.au">rymh@benevolent.org.au</a> Mon to Fri, 8:30am–5pm	Phone 1800 236 762
<b>Parkes Safe Haven</b> <i>Mental health support, drop-in service</i>	3/195–199 Clarinda St, Parkes Mon to Fri, 9:30am–12:30pm & 1:30pm–4:30pm	Phone 0428 228 097

## Who can I call for support?

 <b>Call 1300 727 247</b> <a href="http://standbysupport.com.au">standbysupport.com.au</a>	 <b>Call 13 11 14</b> <b>Text 0477 13 11 14</b>	 <b>Call 13 92 76</b> <a href="http://13yarn.org.au">13yarn.org.au</a>
 <b>Call 1300 659 467</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	 <b>Call 1800 55 1800</b> Web Chat <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	 <b>Call 1300 78 99 78</b> Online Chat <a href="http://mensline.org.au">mensline.org.au</a>
 <b>Call 1800 650 890</b> 9AM to 1AM, 7 days	 <b>Call 1300 224 636</b> Web Chat <a href="http://beyondblue.org.au">beyondblue.org.au</a>	 <b>Call 1800 184 527</b> 3PM to MIDNIGHT, 7 days

**Mental Health Line**  
**1800 011 511**







# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

**1300 22 4636**  
[beyondblue.org.au](http://beyondblue.org.au)

## headspace

Online support and counselling to young people aged 12 to 25  
**1800 650 890**  
(9am to 1am daily)

For webchat, visit:  
[headspace.org.au](http://headspace.org.au)/  
[ehespace](http://ehespace)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
[kidshelpline.com.au](http://kidshelpline.com.au)

## 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**  
[1800respect.org.au](http://1800respect.org.au)

## QLife

LGBTI peer support and referral

**1800 184 527**  
(6pm to 10pm daily)

[qlife.org.au](http://qlife.org.au)  
(online chat 3pm to midnight local time, including over holidays.)

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
[lifeline.org.au](http://lifeline.org.au)

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide  
**1300 659 467**  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Mensline

24/7 counselling service for men

**1300 78 99 78**  
[mensline.org.au](http://mensline.org.au)

## 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

**13 92 76**  
[13yarn.org.au](http://13yarn.org.au)



If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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Australia's National Science Agency

## Fizzics Education at CSIRO Parkes Observatory Visitors Centre

Come and meet the team from Fizzics Education during the Elvix Festival – this is a family event where you'll see science up close!

**Wed 10 to Sun 14 January 2024**  
This one-hour show starts at 1:30 pm

It's free, no booking needed – just show up on the day  
Outdoors event – in front of Murriliang, the Parkes radio telescope

**Parkes Observatory Visitors Centre**  
(02) 6861 1777  
[parkes-vdc@csiro.au](mailto:parkes-vdc@csiro.au)  
585 Telescope Road, Parkes NSW 2870  
20 km north of Parkes on the Newell Hwy

**This is a radio quiet zone.** Please assist by turning off phones and wi-fi devices or activating airplane or flight mode.

