

PRINCIPAL’S REPORT

Dear Parents, Carers and our FHS community,

Forbes High School has had a fabulous couple of weeks as we eagerly prepare for the Community Open Day. This afternoon on the 31st March, will allow our community to come and explore our school. We thank the amazing P and C for their collaboration and passionate support of this event and our school.

This Community Open Day will have a range of free activities for children of all age and there will be plenty of great food options as well. As Easter approaches, there are several market stalls that will allow you to purchase gifts for family and friend or to treat yourself.



Come to our school and explore our grounds, take a guided tour and celebrate all that Forbes High has to offer!

P and C Easter Raffle

Last week all students were issued with raffle tickets for the P and C Easter Raffle. The cost of the book of tickets is \$10. Please ensure that tickets – sold or unsold – are returned to the front office of the school by 31st March as the raffle will be drawn the following week. There are a range of prizes and the funds support our P and C and subsequently our school.

NAPLAN

Years 7 and 9 have completed NAPLAN Assessments in Reading, Writing, Language Conventions and Numeracy. I would like to commend the students on their mature approach to the assessments. As a school we look forward to receiving these results earlier in the year allowing for greater intervention supports as required.

Year 12

As we enter the last few weeks of term, Year 12 will undertake non-assessable exams in Week 10. These exams provide the opportunity for students to practise critical exam skills as well as receive vital feedback prior to the trial HSC in Term 3.

Harmony Week

This week Forbes High School celebrated Harmony Week, a week where we continue to focus on the important message of respect, inclusion and belonging. Congratulations to our Senior Leaders, Claudia Cheney and Jaide Robinson for leading the school in a presentation during assembly. Every day there are key messages that are shared during roll call and we are encouraging all students to wear an orange accent to their uniform on Friday to celebrate Harmony Week.



Thank you for your support of our school and if you ever have any questions, please ensure you reach out to the school.

Regards,
Kathleen Maksymczuk

SIGNING CHOIR AT PULSE ALIVE By Grace Barbary

2 weeks ago on Tuesday, the 7th of March, I, as well as my family, went up to Sydney for Pulse Alive. I was a part of the Signing Choir with many students from different schools, such as Narrabeen, Coonabarabran, Orange and more. On the Friday before, I virtually attended a rehearsal where I was chosen as a student leader to stand in front for the other students to follow (this was later cut as the stage organisers wanted the adults at the front instead). On Wednesday we received 2 Pulse Alive shirts for the 2 performances and there was a full day rehearsal at the Quay Centre. We practised our song a few times before practising it on the stage in the Ken Rosewall Arena with formations. On Thursday, I went to the Netball Centre and practised our finale dance with the other groups, then practised it at the Ken Rosewall Arena and got ready to perform. After the performance we went up to our seats in the stands and then when the finale came, I was put right at the front so others could follow me (some did not know the dance very well and I was very good) and I received many thanks afterwards. On Friday I got to eat some delicious churros from one of the food vans outside the arena and then performed again like the first night. It was a really fun and amazing experience and helped me learn sign language a lot more than before. I also met some really lovely people and made some new friends.



PASS OUT PROCEDURE

If your student requires a pass out from school, please send a note to be handed in to the office when they first get to school or ring the office on 6852 2666. Please be aware that pass outs can only be collected at recess and lunch.

Please let your student know before they come to school that they need to collect the pass out from the office during recess (11-11:30am) and lunch (1:30 - 2pm). Pass outs will not be delivered to the students during class time. We thank you for your co-operation.



DEPUTY PRINCIPAL'S REPORT

Attendance



Dippin' dots is coming to Forbes High School!

Students who have maintained 90% and about attendance in Term 1 will be rewarded with a serving of Dippin' dots at recess in Week 11 on Wednesday 5 April.

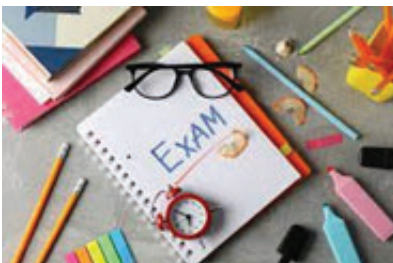
The school's current data shows that 47% of our students have attended school on 27 out of the 30 school days we have had so far. This is amazing and it is wonderful as a school to be able to recognise so many of our students for their fantastic attendance.

We encourage every student to be at school every day and even if someone's attendance has been a little 'rocky' this term there is the chance to start afresh in Term 2 to be eligible for the reward the school will offer in the middle of the year.



Year 12 Non-assessable Examinations

Year 12 students will sit their non-assessable exams on Monday, Tuesday and Wednesday of Week 10. These exams are designed to give students valuable experience in studying and preparing for exams, answering exam-style questions, as well as performing under exam conditions and gaining feedback from teachers.



All Year 12 students have been issued with a time-table and examination rules. Students are also asked to return the permission to leave note if they wish to leave school if they do not have an examination on.



Yondr Pouches

A reminder that Forbes High School is a phone free school. Students who are caught the first time without their phone in a pouch will be required to hand their phones into the front office and contact will be made with home. A second infraction will see the addition of time off playground as a further consequence.

Final thoughts

I would like to acknowledge all of the students who come to Forbes High every day and make the most of the opportunities that are offered to them. The students who quietly go about their business in class and in the playground with the minimum of fuss. We know that you may feel that you are not noticed but want you to know that you are seen and that we have plans afoot to ensure that you are recognised for helping make Forbes High such a great place for everyone.

Best wishes,

Lee-Anne Jones



SCIENCE

Year 7 Science are learning about separating mixtures. Today they performed a filtration experiment for chalk and copper sulfate.

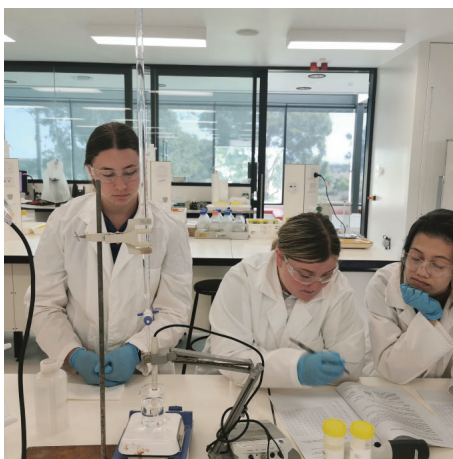
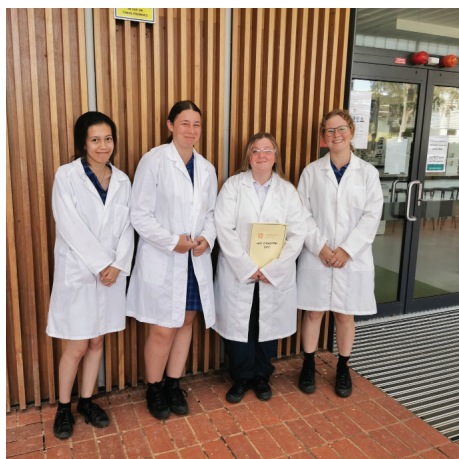
Year 8 have completed their mandatory Student Research Project, as required by NESA. This involved researching the difference of loss of heat from both dark and light-coloured cans.

Year 9 have spent the term studying the nervous system and disease in their biology topic. This will culminate with some students electing to dissect brains and cow eyes.

Year 10 have studied physics and, like year 8, have completed their stage 5 mandatory Student Research Project, involving Newton's Laws and forces.

In June this year students in the year 11 Biology class will be participating in a field trip to Lake Cowal which coincides with the Module 3 topic: Biological Diversity. This field trip will be a part of the students' Depth Study where they will investigate multiple aspects of an ecosystem. They will participate by conducting transects, quadrats and assessing multiple different biotic and abiotic factors potentially affecting the biodiversity of the Lake Cowal ecosystem. This is an exciting opportunity for all students involved to engage in some fantastic field work, which mimics the work of working ecologists. Let's hope the weather is better than it was last year, when we all froze.

Students in year 12 Chemistry went to Wagga Wagga CSU on Tuesday 14th of February for a day filled with Chemistry experiments. They completed titrations, used calorimeters, and participated in some chemistry magic, involving chemicals that can only be used at university.



It has been a busy start to 2023 down the agriculture farm, with our giant pumpkins growing nicely, and our laying hens starting to lay for the Sydney Royal Show competitions. The merino wethers have arrived for the National Merino School Competition for August in Dubbo. The prime lambs look an absolute treat, and we even have 2 alpacas on loan. We are now looking forward to some rain and getting crops in for winter.



Year 8 Agriculture students have been looking after the chickens for the Show, as well as incubating some eggs. Their veggie gardens have suffered in this unusual March weather, however, and only one group, thus far, has been truly successful with their garden.

AN IMPORTANT NOTE: Any student interested in participating in show team this year, it will run after school on a Wednesday to 3-4.30pm. Please come and see Mrs Eagles to put your name down, places will be limited.



CAKE STALL DONATIONS FHS COMMUNITY DAY

All donations of cakes, slices, biscuits etc will be gratefully accepted for the cake stall at the FHS Community Day on Friday 31st March. Any donations can be left at the front office on the day or brought to the stall on the day.

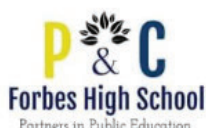




FHS P&C EASTER RAFFLE

PRIZES

- 1st- Homewares Hamper
- 2nd- Entertainers Delight
- 3rd- Hair & Beauty Hamper
- 4th- Family fun pack
- 5th- Creative hamper
- 6th- Kayak
- 7th- Wellbeing hamper
- 8th- Automotive pack
- 9th- Music pack
- TICKETS \$1 each
- Over \$1500 worth of prizes



DRAWN 3rd APRIL 2023
 Please return tickets to school by
 Friday 31st March

WEEK 10

- M 27th Mar - Year 12 Exams
- T 28th Feb - Year 12 Exams
White Card Course
- W 29th Mar - Year 12 Exams
Support Swimming
- T 30th Mar - SRC Bunnings BBQ
- F 31st Mar - FHS community day
Rugby League Trials
U 15's AFL

WEEK 11

- M 3rd Apr -
- T 4th Apr -
- W 5th Apr -
- T 6th Apr - Tom Kemp match
Last day of Term 1
- F 7th Apr - Good Friday

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
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

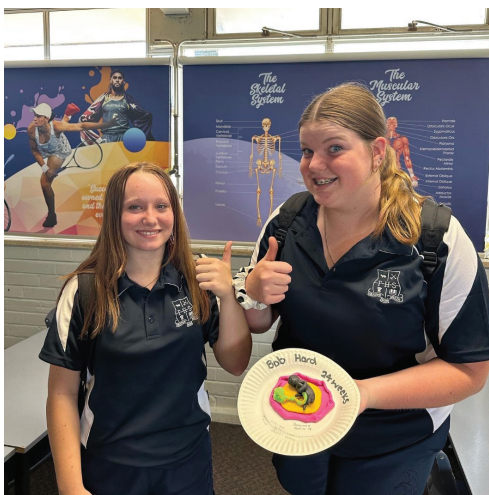




PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

It has been a very exciting start to 2023 for students in PDHPE/Sport. Year 7 & 8 have been testing their fitness by undergoing a range of testing, e.g. the Beep Test, Wall Toss etc., with many of them beating last years results. Year 9 have been enjoying team sports such as Slider Hockey and Soccer, and Year 10 have practising and improving their basketball skills. Our elective PASS classes have been exploring the topic Australia's Sporting Identity, which has been a great time to revisit some of Australia's most iconic sporting moments. Child Studies students have been learning about Pregnancy and Childbirth, and recently participated in a creative activity that involved recreating a foetus in a mothers womb using play-doh. Year 12 Exploring Early Childhood have been paying a visit to childcare centre's around town as part of their unit on the Children's Services Industry. This has been a great time to connect with community, and visit the little ones in our town.

It has also been an exciting time for Sport. The Swimming Carnival was an outstanding success, with many students participating throughout the day. Wiradjuri earned the most house points for the second year in a row, and Burrabinya showcased the strongest war cries. The Open Girls Netball team had a fantastic day competing at the CHS Western Gala Day in Orange, where they displayed a strong sense of teamwork, enthusiasm, and outstanding school spirit.





PULSE ALIVE 2023

After seven extremely busy weeks of rehearsals, multiple last minute changes and lots of costume juggling, we piled onto a bus last Wednesday and headed to Sydney.

The bus trip down was pretty uncomfortable due to all the potholes in the roads, but we made it! We were pretty nervous when we realised the accommodation was right next door to a jail, however once we got to the cabins and worked out who was sleeping where, we were fine.

Thursday finally arrived and we were all up bright and early. We attended a whole day of rehearsals, walking between Netball Central and Ken Rosewall Arena.

The First Nations dance was a beautiful contemporary piece and we all loved being instructed by an indigenous choreographer. It was pretty exciting, but a bit overwhelming when we were waiting in the tunnel to enter the arena.

The Secondary Massed Dance ensemble was also taught to the students by a professional choreographer. It was amazing to see a whole show come together performed by students who all attend public schools in NSW. We couldn't believe that we got to perform in front of such a massive audience inside a huge arena.

After our performance we got to watch a small part of the show and we couldn't believe that Cowra Highschool was acknowledged for amazing musical talent and then two boys from Cowra High School played a song on their guitars. It was fantastic to see other rural schools being celebrated at Pulse Alive 2023!

Thank you to the staff who put this amazing event together, encouraged and supported us to do our best. Miss Smith, Miss Adams, Miss Swain, Mr Merritt, Ms Patten, Mrs Cowell, Mrs Tomlinson, Mrs Maksymczuk, the office staff, and lots of others... and a very special thank you to Miss Wilson.

The Madhouse dance was very difficult, and she helped us to break it down into smaller sections.

Hopefully Pulse Alive will become an annual event at FHS. We encourage all students to step outside their comfort zone and do something different, challenge yourself to be the best version of yourself and give yourself





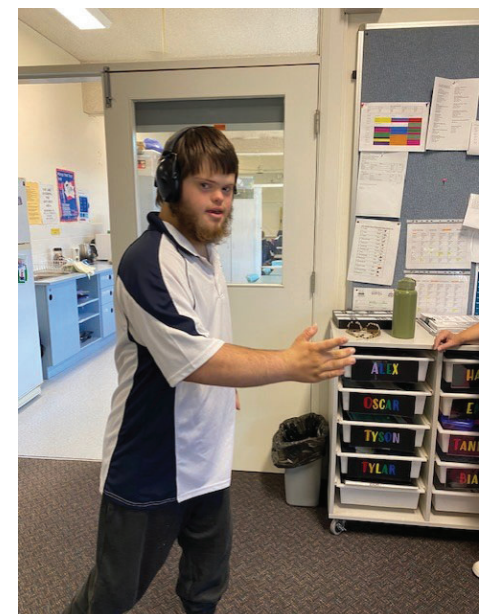


SUPPORT UNIT

Students in Room 101 have been cooking up a storm this term. All students are working hard on improving their hygiene practices in the kitchen. Their second goal is to keep their work area clean as they complete each step in a recipe.



Drama helps students to express themselves using non-verbal, verbal, individual and group forms of communication. Practising these skills in a safe environment helps students increase their confidence, while having a lot of fun! Students also use role play to practise social skills in various school and work based situations.





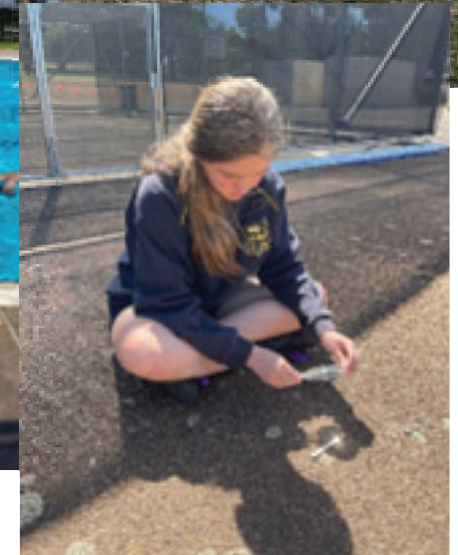
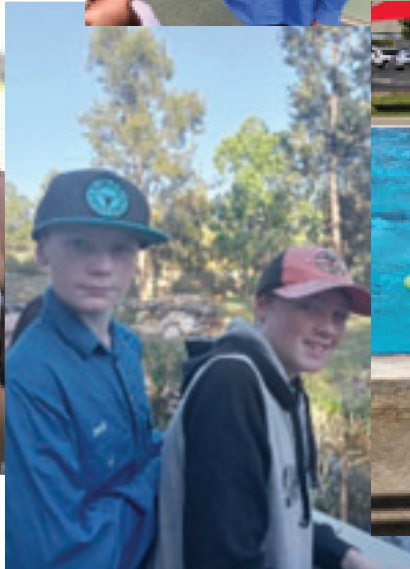
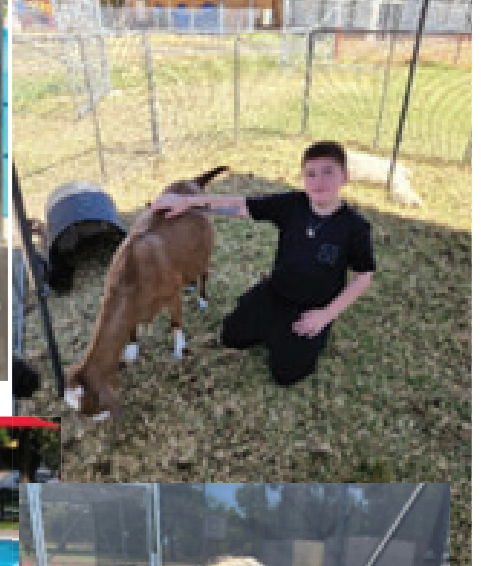
ROOM D1

D1 has had a busy start to the year. We have had five Year 7 students start in the classroom and they have settled in well to all of the changes at high school. We have had the opportunity to participate in the Swimming Carnival and the International Day of People with Disability pool party. Year 7 went on a trip to Dubbo Zoo for an overnight excursion and two students from D1 went with 30 other students to PULSE Alive, a performance event, in Sydney. Along with this we have also seen the introduction of two new students into the class.

The students have been looking at Physics in Science this term. They have looked at different forms of energy and have had the opportunity to work with Miss Cassilles to complete some fun science activities using the Bunsen burners and magnifying glasses to show how heat and light energy work.

In Art, the class has been exploring Pop Art from the 1960s and looking at the different artists that inspired the movement and trying to replicate some their art pieces. While Year 8 integrate for an elective, Mrs Carne has taken the Year 7s for Design and Technology where they have completed some small tasks in the woodshop room and are now using raster images to create their own coaster design.

It has been an exciting start to the year, and we are looking forward to what is in store moving into Term 2.





Pulse Alive

Congratulations to Emma Dick, Lucy Wright, Carli Mitchell and Taneesha Taylor who were all a part of the recent live event held at Ken Rosewall Arena in Olympic Park 'Pulse Alive 2023'. All four students were a part of the Massed Dance Ensemble and had to learn two dances online and then transfer this knowledge to combine with 270 other students in their section.

Lucy's highlight - I had a great time and I loved the Madhouse dance, but when I was doing the actual show, my shoe was nearly coming off so I was having a tricky time keeping it on.

Carli's highlights - Dancing on a massive stage, the bus trip was so fun, having dinner with friends. I loved Pulse Alive and everything made me happy!

Emma's highlights - Dancing, the lights, the bus ride.

Taneesha's highlights - Dancing with friends, the bus trip, going to Macca's and getting a Happy Meal and a Big Mac, sleeping right next door to a jail.

A huge thank you to Mrs Cowell and Mrs Tomlinson who came along to support us during this amazing experience.





Term 1, Week 9

DHURANY

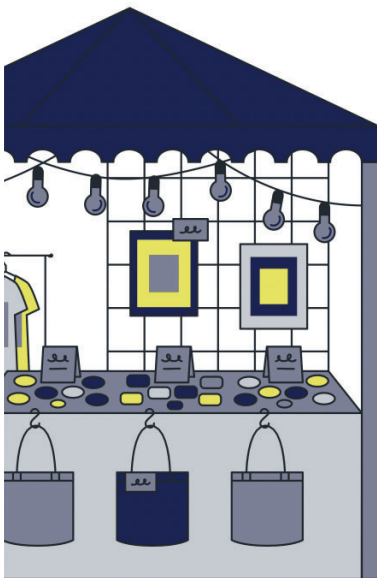
from Forbes High School

FORBES HIGH SCHOOL & FHS P&C INVITES YOU TO OUR

FHS COMMUNITY DAY

FRIDAY 31 MARCH 2023 | OPEN 3:30PM
FORBES HIGH SCHOOL

**FOOD / STALLS / SCHOOL TOURS
RAFFLES / RIDES / GAMES**



**JOIN US AS WE CELEBRATE AND SUPPORT THE
WELLBEING AND CONNECTION OF OUR COMMUNITY
OVER FOOD, RIDES, GAMES AND MORE!**



MORE INFO AT WWW.FORBES-H.SCHOOL.COM.AU

PROUDLY SUPPORTED BY NSW GOVERNMENT REGIONAL YOUTH INITIATIVES



JOIN THE FUN!

Forbes Swampies Auskick

Each Friday starting May 19



4:30pm - 5:30pm

Gaggin Oval Forbes

[Click here to register](#)

For more information contact the FJAFL
 0429 948 390 or forbesswampiesjuniorafl@gmail.com

play.afl/auskick



FAIR



HERITAGE WEEK

FORBES TOWN HALL | SATURDAY 6TH MAY | 9AM - 5PM

All day tea & scones. Gold coin entry.

Come along and view displays of collections from eras past.
 Travel through time looking at items for display and for sale and remember things
 from your childhood or your grandparent's lives.

Dolls to bears. Crockery to kitchen canisters. Glassware to bottles.
 Vintage giftware. Mystery items to guess and vote their origin or use.

Buy a collectable from our trading tables.

Enjoy all day tea and scones and view the displays.

For more information or to express your interest in adding to the displays or trading tables.
 Phone 0413 274 735 or 0439 708 456



REGISTER NOW

FORBES JUNIOR AFL CLUB

Under 12's and 14's (mixed),
 Youth Girls (15-17 yrs) & Under 17 boy's

[Click here to register](#)

forbesswampiesjuniorafl@gmail.com | 0429 948 390
www.forbesjuniorafl.com | facebook.com/ForbesJuniorAFL



AFFECTED BY FLOODING? VINNIES CAN HELP.

We are supporting communities with grocery and fuel
 cards, household and other everyday items. If you re-
 quire assistance please call 0483 221 402





2023 REGISTRATIONS NOW OPEN!



JUNIORS: AGES 5 - 17 (in 2023) \$130 - \$180

EVERY JUNIOR RECEIVES A TRAINING BALL

LADIES: \$268

**REGISTER BEFORE 18TH MARCH & GO INTO THE DRAW TO WIN
A SWAG, TRAINING BALL AND SOCKS.**

SEASON BEGINS SATURDAY, 29TH APRIL, 2023 at Harrison Park, Parkes.

REGISTER NOW AT:

WWW.PLAYFOOTBALL.COM.AU/REGISTER

FOR MORE INFORMATION PLEASE EMAIL:

PDASACOMMITTEE@OUTLOOK.COM.AU

#PDASA



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on
careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](#)

Or visit our webpage
www.jossgroup.com.au