



PRINCIPAL'S REPORT

Dear Parents, Carers, Students, and the Forbes High School community,

There has been so much occurring in the last two weeks and it's exciting to see our student success in so many different areas of our school from academics to sporting and cultural achievements. If you haven't had a look recently, go to our school website and see the updates that we are making. We are always strengthening our practice and we are using this platform to provide information for our school community.

Last week we celebrated Education Week - 175 Years of Public Education. We travelled down memory lane and revisited many school photos. We thoroughly enjoyed sharing these with the community and we have since have requests for other years to be featured. Forbes High School is a proud public high school, and we look forward to supporting education in the Forbes community.

Café 2023

Last week we were treated to delicious meatball subs, frappes, hot chocolates, and coffees. The menu, designed by Year 12 Hospitality, showcased the students' skills in designing and costing a menu as well as excellent food preparation and cooking skills. Thank you to Mrs Coote for her work with the students and ensuring our students are industry ready.

Poll Dorset Day

Our dedicated and committed students who are our FHS Show Team, attended the Poll Dorset Youth Day in Cowra. Congratulations to Philip on placing 2nd in the Junior judging as well as the chop judging. Congratulations to Sienna for placing 1st and to Josiah for placing 3rd in the Beginner Chop Junior Judging. Congratulations to Josiah for placing 2nd in the Beginner Sheep Junior Judging. We are very proud of our student's participation and achievement.

Well done to all the staff and students involved. What a fantastic educational day for our students. Thank you to Ms Eagles for her commitment to the FHS Show Team.



Parent Teacher Evening

Thank you to our parents and carers who came and engaged in rich educational conversations. The shared partnership is vital for the educational outcomes of our students. We appreciate your time and commitment and if you were unable to attend the evening, please make contact with your child's teacher.

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



MATHEMATICS

In maths we are incorporating active games to help our students practice their basic skills and engage in revision of their studies.

Mrs Larking's Year 8 class has been playing Timestable Basketball – where students are in teams and are required to answer a maths question. If they get it correct, they race to grab a ball and have a shot at the basket. First team to 10 successful baskets win!



Miss Brown's Year 8 class competed in a revision relay this week. They are lined up to sit their latest topic test, so we decided to make a fun, competitive way to make them engaged in their study. Students were in teams, and had to complete a set of questions, one by one, in order to try and win.

All students have loved the competitive nature, the thrill of getting questions correct after one or more attempts, and the positive encouragement coming from all students.

A reminder: all students have copies of past HSC Mathematics papers that they can use to study and practise for their HSC Trial exams that start on Monday, and the Year 11 exams that are in Week 9. So get to studying and GOOD LUCK!



Year 12 preparing for their trial exams

FHS READING IMPROVEMENT PROGRAM

An unforgettable student quote: “Yes, I know how to read graphs. My graph says I went from there in Kindergarten to here in Year 6, and now in the first 6 months of Year 7 I have gone that far again! And I know I have, at last someone is teaching me to read!”

This computerised interactive program, developed by myself and utilized for decades, enables students to decode words, to know about letters and how letters work together to make words. So, students learn how to work out what words say. This makes it possible for them to read increasingly complex text in stories, when doing school subjects or when reading to gain information.

All students that are not yet independent readers, are tested each 6 months and leave the program when the independent level is reached. All are continually learning extra new skills at their individual rates.

The 27 Year 7 students averaged a 14 month gain in Terms One/Two. The continuing plus new students from all years averaged a 9-month gain, from their 10+ lessons.

All students are a pleasure to teach. Many say “Thank you”.

Vivienne Bolam, Reading Improvement Program Teacher

The Forbes High School		READING IMPROVEMENT PROGRAM						Teacher: Mrs Polson
Reading Progress Chart		* Name: _____						Sheet no: 7
Development of decoding - learning all the reading skills needed to work out what words say.								
Assessments:	Feb 2013	May 2013	Nov 2013	May 2014	Nov 2014	May 2015	Nov 2015	
Calendar year:								
**** Amazing								
**** Absolutely marvellous								
*** Independent reader								The FHS enables each student to achieve or be above this level
** Highly functional reader								
* Functionally literate reader								Newspaper level
Nearly functional reader								
Less dependent on assistance								
Dependent on assistance to read								
Beginning to learn about reading								



SENIOR DINNER DANCE by Chloe Little SRC

On Friday 25th August (Week 6) from 6pm till 9pm. Year 9 to 12 are invited to our annual senior dinner dance.

- **Price:** \$25

- **Payment:** at the front office, due by Friday 18th August (End of Week 5). Flood relief money can be used to purchase tickets. ALSO please ensure you fill out the back of the invitation and hand it in to the office when you pay.

- **Dress-code:** Semi-formal

A reminder that to attend the senior dinner dance you must be present at school all day on Friday 25th August.



TERM 3 WEEK 5

M 14th Aug - HSC Trial exams

T 15th Aug - HSC Trial exams

W 16th Aug - HSC Trial exams

TH 17th Aug - HSC Trial exams

F 18th Aug - HSC Trial exams

TERM 3 WEEK 6

M 21st Aug - HSC Trial exams

Dubbo Wether Competition

T 22nd Aug - HSC Trial exams

Dubbo Wether Competition

W 23rd Aug - Dubbo Wether Competition

TH 24th Aug -

F 25th Aug - Senior Dinner Dance

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





SHARE A RECIPE - BY Lacey Osborne

CREAM CHEESE AVOCADO DIP

Ingredients

- 1 large avocado mashed
- 2 tablespoons fresh lemon juice
- 250 g of cream cheese
- 1 tablespoon of onion, finely minced
- 1/8 of a tablespoon of salt
- 1/8 of a tablespoon of white pepper
- 2 tablespoons of milk

Method

Step one- cut the avocado in half, remove pit, scoop out the meat, leaving the shell.

Step two- place avocados into a bowl and mash.

Step three- add lemon juice, cream cheese, onion, salt pepper, and milk into the avocado and beat with a mixer until smooth.



This Fortnight in History...

- July 31st 1965 - British author J. K. Rowling, creator of the immensely popular Harry Potter series, was born
- August 3rd 1914 - Germany declared war on France in World War I.
- August 3rd 1949 The National Basketball Association (NBA) was formed by the merger of the National Basketball League and the Basketball Association of America.
- August 5th 1930 U.S. astronaut Neil Armstrong, the first man to set foot on the Moon, was born in Wapakoneta, Ohio.
- August 6th – 1945 the United States dropped an atomic bomb on Hiroshima, Japan—the blast killed more than 70,000 people and destroyed most of the city—in an effort to hasten the end of World War II.
- August 9th 1173 - Construction began on the Leaning tower of Pisa.
- August 10 1993 – American Jurist Ruth Bader Ginsburg was sworn in as an associate justice of the U.S. Supreme Court, becoming the second woman to serve on the court
- August 10th 1793 – The Louvre open in Paris, since becoming the most visited museum in the world.



LANGUAGES - with Grace and Claudia

Japanese Phrase

き わ
気にしないで。分かった。

Kinishinaide. Wakatta.

“Don’t worry. I understand. 😊”

괜찮아요. 모두 사람은 힘든 날이 있잖아요.

gwaenchanayo. modu saramleun himdeun nari itjjanayo

“It’s okay. Everyone has hard days 😊”

JEANS FOR GENES DAY - by Claudia Cheney

On Friday 4th of August, students joined the rest of Australia in raising awareness for children who have genetic disorders such as Cystic Fibrosis, Down Syndrome, Hemophilia, Duchenne’s Muscular Dystrophy, as well as fundraising money for the Children’s Medical Research Institute, who actively research ways to minimise and adequately treat these disorders.

Students and staff wore jeans, denim jackets and overalls to show their support for the Jeans for Genes campaign, donating a gold coin to the cause. Together the school raised \$252.





ANGUS' FANTASTIC FACTS OF THE WEEK – By Angus Carpenter

1. The HMS Victory was a “first rate” ship, launched at Catham dockyard on 7 May 1765, but it was not commissioned until Britain went to war with France in 1778. It mounted 104 guns, requiring a crew of 850 men. It cost £63,175, equivalent to approximately £50 million in today’s money.
2. Did you know that traditional British sailors often wore a round brim hat (much like a top hat) and leather shoes.
3. The HMS Victory has been restored after being risen from the sea bed in 1982, and is still officially the oldest commissioned ship in naval service in the world.

FUN FACTS

WAGGA WAGGA CSU OPEN DAY - by Grace Barbary

On Saturday the 5th of August, me, Czarrah and 14 other Year 11 students from other schools travelled down to Wagga Wagga to attend the Charles Sturt University Open Day on Sunday. We arrived in Wagga Wagga around 4pm to the Mercure Hotel after picking up students from Parkes, Forbes, Grenfell, Young and Cootamundra. At around 6pm we walked to Giuseppe’s Restaurant & Bar for dinner with 2 current CSU students (whom we got to ask many questions to) and we were served so much food. We had flatbread and dips, arancini balls, a few pizzas and a few plates of pasta. We were all very full by the end. Once we got back to our hotel everyone ended up coming to my groups’ hotel room because we got a room in the apartment section of the hotel which was much fancier than everyone else’s rooms. Some girls ordered ice cream and we had an ice cream party while watching some random movie on the hotel TV. Then after minimal sleep and a feast at the breakfast buffet, we headed to the CSU Open Day on Sunday. We had a look around and each attended our sessions while acquiring free things along the way. Two of the boys even had a competition to see who could get the most freebies. My favourite part was definitely the free food and drinks available as well as when Czarrah acquired a baby spider to live with her plant baby she made at one of the stalls. Overall it was a very enjoyable day and weekend, I just wish it was longer.





YOORANA GUNYA GIRLS GROUP

During Term 2 selected students participated in a girls group and learnt about goal setting, career pathways, vision boards, healthy eating, cooking a healthy breakfast, benefits of exercising and walking around the lake, hair care and techniques, team building, health checks, positive relationships, positive affirmations, and the importance of mental health.

Students attended a reward excursion to Orange where the girls participated in aerial fitness at Revolution Aerial, a scrumptious lunch at Pellegrini's Italian Restaurant followed by ten pin bowling.

"My favourite thing we did at the Yoorana Gunya Girls Group was when we went for a walk around the lake and made pancakes after it." - Reggie

"My favourite thing about the girls group was the Orange trip, it was really good." - Olly

"I liked the pilates and pizza and talking to new people." - Halle

"I liked the Orange trip, I enjoyed doing the dance thing." - Ella

"I really enjoyed learning about mental health because it is a good thing to learn about." - Belle





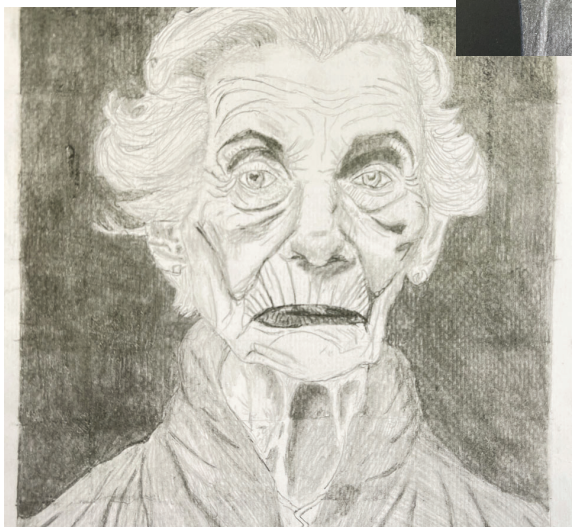
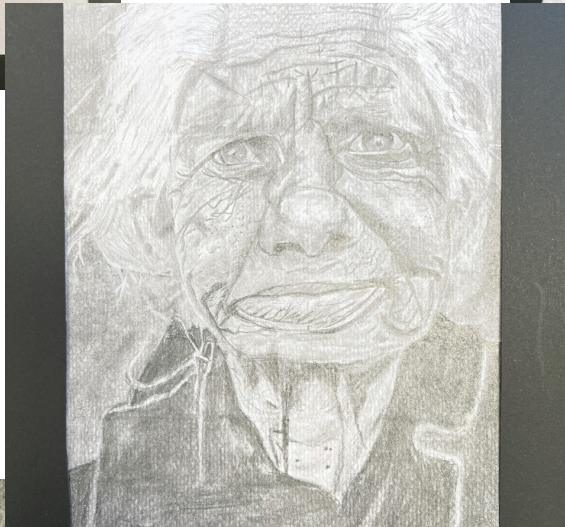
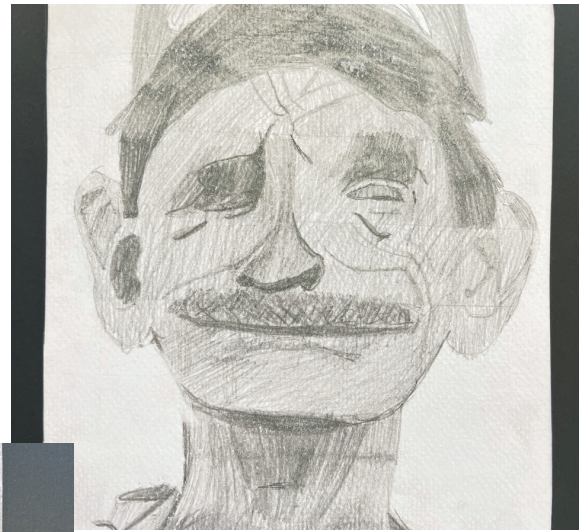
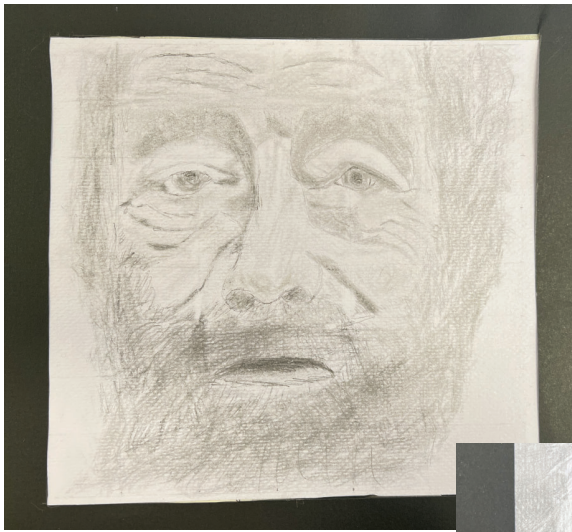
STAGE 5 VISUAL ARTS

Students in Stage 5 Visual Arts have been learning to draw the human face realistically. This has been an extension of last semester's facial feature drawing. This has been a wonderfully rewarding journey for most who have seen their drawing ability improve dramatically and amazing results have been achieved. Congratulations to these hard working students who have truly mastered the Art of drawing.

Top (L to R): Zain Clark, Karl Emery.

Centre: Skye Saville.

Bottom (L to R): Maddi Tomkinson, Bradan Mugridge





Term 3, Week 4
DHURANY
from Forbes High School

RAISE THE WINGS

CLUB FORBES DINNER



You are invited to attend the RAISE THE WINGS Forbes Dinner to raise funds for Little Wings, a not-for-profit charity that provides free ongoing flight & ground transport to seriously ill children & families in need from regional NSW.

7.30 PM SATURDAY
9TH SEPTEMBER 2023
\$120 PER PERSON

3 COURSE MEAL 3 HOUR ALCOHOL PACKAGE - BEER WINE & SOFT DRINK

CLUB FORBES
TEMPLAR STREET
FORBES NSW 2871

BOOK YOUR TICKETS AT 123TIX

<https://www.123tix.com.au/events/39379/raise-the-wings-club-forbes-dinner>





Are you interested in becoming a foster carer?



Are you able to provide a safe & nurturing home
to a child or young person?

If you would like further information on
becoming a Foster Carer with Veritas House, we
would love to hear from you.

Please scan the QR code to complete an enquiry
form and a member of our carer recruitment
team will be in touch soon.



Call 1300 011 973
email contact@veritashouse.org.au
or visit www.veritashouse.org.au





NSW Department of Education



Finished Year 12? Looking to secure your future?

A NSW Infrastructure Traineeship can give you a headstart in your future career.

How does the NSW Infrastructure Traineeship work?

- The two-year traineeship program combines practical work while studying for a Certificate IV at TAFE NSW.
- The infrastructure sector includes private companies in construction, infrastructure, real estate and property, as well as local councils and a range of NSW government agencies, such as Transport for NSW, NSW Health, and NSW Department of Education.
- Trainees get experience over the two years with three eight-month work placements – in government, in industry, and in consultancy.
- Trainees will be able to study for a Certificate IV in Business, Project Management Practice, Procurement and Contracting.

Who is this program for?

This program is for you, if you are:

- a school student finishing year 12 or
- have finished year 12 and are unsure what to do next.

What Traineeship graduates say

"It's an awesome program if you're unsure of what you're doing outside of school!"

Samuil Angelkoski, Traineeship Graduate



"I gained a whole world of experience and knowledge firsthand in the construction industry while learning about it."

Amanda Bruhn, Traineeship Graduate



More information

To receive updates about the NSW Infrastructure Traineeships contact us by email:
traineeship@det.nsw.edu.au

Visit the Infrastructure Traineeships website by scanning this code:



What are the benefits?



Two years full-time paid work while studying 1-2 days per week



Nationally recognised Certificate IV qualification from TAFE NSW



Practical workplace experience you can take anywhere



Get experience in the growing industry of infrastructure



BEDGERABONG Show

19th August 2023

Official opening by Tess and Andrew
Herbert NSW Farmers of the Year

Technology in Agriculture Field Day

Rob Bast, Chainsaw Sculptor

Opening and Grand Parade 2.30pm

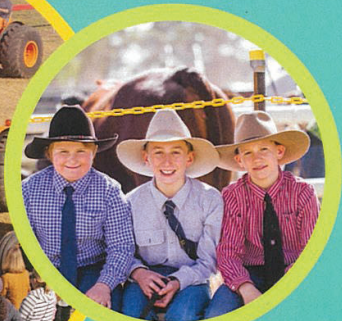
At the Show

- ★ Bedgerabong Marimbas
- ★ Vintage Cars
- ★ Dane the Magician
- ★ Free kids entertainment
- ★ Animal Nursery
- ★ Tractor Pull
- ★ Dog High Jump
- ★ Fireworks
- ★ ...And much more!

✉ bedgerabongshow@hotmail.com
f Bedgerabong Show
📍 Bedgerabong Showground
Copeland Pde, Bedgerabong NSW 2871



67th Annual Exhibition





IT TAKES A VILLAGE...

What is Permanency Support?

Permanency Support is about offering long term love and stability to vulnerable children and young people. Ideally this is with their birth and extended family, but where this is not possible, Veritas House works to pair children with foster carers who provide a safe, secure home, bearing the responsibilities of a parent, for however long a child may need care.



What are the types of Foster Care?

Our foster carers provide a range of different care types including immediate, short-term, respite, restorative care and guardianship, depending on what is in the best interests of the child or young person.



Who can become a carer?

People from all walks of life can apply to be a carer, regardless of their different backgrounds, beliefs, life experiences and family types. You must be an Australian citizen or a permanent resident in good health. You and your household will be required to pass a series of checks including Police and Working with Children Checks, and complete initial training prior to becoming authorised as a carer.



Do I have what it takes?



There is no such thing as the 'perfect carer'. Every carer is different, just as every child is different and we take time to pair carers and children accordingly. Regardless of your age, income, employment, marital status, or otherwise, your commitment to caring for a child and providing a safe home is what matters most. Children enter care for a myriad of reasons. Generally, they have experienced a degree of trauma through no fault of their own, which required intervention and removal for their own safety and wellbeing. If you have an understanding of the impact of trauma on a child and a willingness to learn more about this, you can make an incredible difference in a child's life.

Will I receive support?

Veritas House provides ongoing training, education and support to all of its foster carers, including help with maintaining birth family connection, a 24-hour telephone support line, some financial assistance and regular respite. Every child in care is paired with a dedicated caseworker who walks alongside them and their carer to provide practical and emotional support in a variety of different ways.



If you can give a child a safe and loving home and would like further information on becoming a Foster Carer, contact Veritas House.

1300 011 973
veritashouse.org.au



To speak to
someone about
MathsOnline,
call us at
1300 882 045

MathsOnline is the perfect online maths program for families. It consists of over 1,400 video tutorials and 50,000 interactive questions developed by experienced maths teacher, Pat Murray. MathsOnline helps guide your children lesson by lesson allowing them to pause, rewind and repeat all or part of any video tutorial until they fully understand it.

Covering Kindergarten through to Year 12, MathsOnline is a comprehensive, current curriculum based tool ideal for all families.



MathsOnline features:

- ✓ Clear step-by-step video tutorials
- ✓ Interactive questions and worksheets to test understanding
- ✓ Printable one-page summaries with complete notes
- ✓ Worked solutions showing each step to the answer
- ✓ Automatic marking and progress reports to highlight areas needing support

Over 290,000 children are already using MathsOnline.

Start your MathsOnline FREE trial today at
www.mathsonline.com.au/free-trial



School To Work
for Secondary Students
with Disability



School to Work Workshop

Join us for an interactive and participatory all-day workshop where you'll meet other families



DATE, TIME AND PLACE:

Tuesday, 22 August 2023
Time: 9:15am – 3:30pm AEST

Club Forbes,
41-43 Templar Street, Forbes NSW



What is School To Work?

School to Work aims to inspire and equip students with disability, through the support of families, to seek meaningful, paid employment in the community.

We focus on typical pathways and experiences where people are valued for their social contributions. We provide practical strategies that help families tailor an individual approach to support more optimal employment outcomes.



Who is this workshop for?

Parents, family members, educators and allies of students with disability at secondary school.

Individuals who want to explore differing approaches to those currently provided to people with disability.



Topics

- Uncover student strengths and interests to use as a guide for potential work roles.
- Learn how to cultivate community connections and how to approach contacts outside of service systems.
- Practical strategies and tips on setting the young person up for success and developing a plan moving forward.
- Explore the characteristics of good employment supports and steps to find the right people.



Bookings essential

www.ric.org.au/events/

\$35 for students and families*
\$50 for professionals

* We don't want you to miss out, so if cost is a barrier please give us a call.

CONTACT US: 1800 774 764 or email info@ric.org.au



WE INVITE YOU TO ATTEND

BRIDGING THE GAP WHERE INDUSTRY MEETS STUDENTS

Join us for an evening filled with training & Employment pathways, networking, upcoming opportunities, and the chance to connect with top employers and others in your industry.

There will also be Hospitality, Health and Early Childhood Education teachers in attendance, providing information and answering questions around their sections.



WEDNESDAY
23RD AUGUST, 2023



START AT
5:30 PM - 7:30PM

REGISTER NOW



Tickets available here

bit.ly/BTG-with-TAFE



PARKES TAFE

25 Bushman Street, Parkes NSW 2870



Contact Us

0429 550 524
0438 565 918



A selection of finger foods will be on offer as well as some lucky door prizes