



## PRINCIPAL'S REPORT

Thank you for all your support throughout a busy and complex Term 3 at Forbes High. Together we have worked through challenges and tragedies and supported each other. I thank all our parents, staff and students for their commitment to our school and community.

This week saw the final week of schooling for Year 12 students. What an exciting time it is for them as they engage in the next steps of their journey. I congratulate Year 12 for their commitment post their Trial HSC through active engagement in revision. The next two weeks are a vital time for continued preparation before commencing the Higher School Certificate Examinations. As a school, we are still here to support you in the lead up to and during the exam period. I know that many students will engage in exam preparation sessions over the break and I know how beneficial these will be for our students.

HSC Examinations commence on Wednesday 11th October at 9:50am. Students will need to be in attendance at least 30 minutes prior to this first paper.

We wish Year 12 all the very best for your examination and for the next steps in your educational journey.

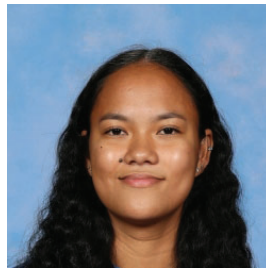
### Student Leadership 2023 and 2024

Last newsletter I reported on the privilege of listening to our potential leaders present their vision for school leadership and I was so very impressed by their maturity, their insight into leadership and their vision for FHS.

Congratulations to all students who put themselves forward for this leadership role. I would like to congratulate the following students for their election as Captain and Vice-Captain.



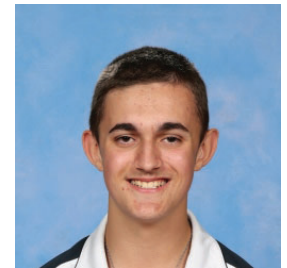
Isabella Brown  
School Captain



Paula Terrado  
School Captain



Grace Barbary  
Vice Captain



Danny Sideris  
Vice Captain

I am looking forward to working with our new leadership team.

### Year 11 Examinations

Year 11 completed their examinations in Week 9 and will receive their reports early in Term 4. This time is important time for reflection regarding strengths and weaknesses in performance as we lead into the Higher School Certificate year.

### Multi-Sports Day

Our fabulous support students attended the multi-sports day in Orange and had a wonderful fun filled day. It is excellent to see how our students embrace every opportunity that is afforded to them.



## GRADUATING CLASS OF 2023

As always, we thank for your partnership with Forbes High School, have a restful break and we look forward to all students returning for the start of Term 4 on Monday 9th October.

Warmest regards,

Kathleen Maksymczuk





## WORDS FROM YEAR 12

Schooling is a journey, it has its ups and downs. No one can really prepare you for the journey of school, you can listen and take the advice as it comes but you are never really ready for the journey. Year 7 is a scary yet eye opening experience, you go from being the big fish to the little fish in an even bigger pond. Year 8 you start learning more about yourself and the world around you, year 9 you finally get a taste of decision making with choosing subjects which is really the door of exploration, year 10 is your final year as a junior enjoy it whilst it lasts, year 11 is the most stressful year that you will experience as it is a lot of work and getting ready for your atar and uni and year 12.... Well, year 12 is the best year of your life as what you do in year 12 can affect you in your future years. Each year your challenges, excitements and worries change..... you change and you won't expect it.

Currently I am three days away from graduating and I can tell you now high school has been the best experience of my life. I have learnt many things in academics and life skills from non-right-angled trigonometry to Mr Hoy teaching year 12 how to change a tire. High school is an experience. 13 years of schooling are over in an instant. Life changing.

The current "words of wisdom" from the year 12 group of 2023 sounds a little like this

- "Don't be afraid to participate in extracurricular activities". - Jaide
- "Being offended is a choice" - Ally
- "Enjoy what time you have in year 12" - Anonymous
- "Year 12 isn't all about study, you have got to have fun, you have to believe in yourself.

If you want honesty at the end of the day an atar is just a silly little number that will never define you." - Claudia

- "Life is 10% of what happens to you and 90% of how you react to it" – Year 12 Adv English
- "School is where we share the same beginning but end up in different places as individuals. The time you have in those years can go by fast if you don't stop to appreciate those small moments in life. So be grateful" - Kate-layne.





**FRIDAY 6 OCTOBER**  
**FORBES TOWN HALL**  
**1PM - 3PM**  
RSVP: [events.oforbes.nsw.gov.au](http://events.oforbes.nsw.gov.au)

DO YOU BELIEVE IN

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For more information please contact  
Council's Events Officer  
[events@forbes.nsw.gov.au](mailto:events@forbes.nsw.gov.au) or phone 6850 2300

 FORBES SHIRE COUNCIL

**TERM 4 WEEK 1**

M 9th Oct -  
T 10th Oct - BttB Wellness  
W 12th Oct - HSC Exams  
T 13th Oct - Textiles Excursion  
HSC Exams  
F 14th Oct - HSC Exams

**TERM 4 WEEK 2**

M 16th Oct - HSC Exams  
T 17th Oct - HSC Exams  
BttB Wellness  
W 18th Oct - HSC Exams  
T 19th Oct - HSC Exams  
AIS excursion  
F 20th Sept- HSC Exams

**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







## AGRICULTURE

What a busy and fabulous term 3 we have had in Agriculture. Lots of shows and the weather is warming up.

Our senior students have been busy achieving competencies in feed and water livestock and show livestock.

Stage 5 have been studying the dairy topic and have lots of practical lessons, halter training the heifers for Forbes Show.

Stage 4 have been busy in their vegetable gardens, growing their produce.

We have had 2 Cria born down the farm this year, with Uma and Una being favourites and big personalities.



We have had several shows, starting with the Bedgerabong Pig Education day. Our students were amazing and had a wonderful time pig parading, junior judging and attending the reproductive, producer, LLS and butchery demonstration. Congratulations to Jessica Tudgey on winning the junior judging and Rebecca Withers for placing 4th. Jessica has qualified to represent our zone at Sydney Royal next year.

The Showteam student's attended the Poll Dorset Youth day in Cowra. With Philip placing 2nd in the meat sheep judging and chop judging, Josiah placing 2nd in the meat sheep judging and 3rd in the chop judging and Sienna winning the chop judging.

Bedgerabong show was a busy day with 6 Merino sheep and 6 beef heifers. Our wether's placed 2nd in the pen of 3 and we also placed 2nd in the individual wether. Our beef heifers were well behaved and were competitive in large classes. Congratulations to Jessica for placing 4th in the novice paraders.

The NSW School Merino Challenge in Dubbo in August was a fantastic competition, hotly contested by 60 plus schools. Our fleeces were a mixed bag this year, but our consistency of carcase secured us the Overall export pen of wethers on the mat. This section was judged by the meat buyers for Fletchers International.

Forbes Show was a mammoth 3 days with 11 head of dairy heifers on the Friday and 6 beef heifers on the Saturday. Congratulations to our students for placing in the paraders competition and Ally for qualifying for Dairy Judging at Sydney Royal Show for 2024.

In the beef cattle section, the paraders section was hotly contested with Jess getting reserve champion novice parader. Our students presented the heifers well in large classes.





Our school produce was very successful with our pumpkin placing first and receiving champion school exhibit, first place in the collection of vegetables/fruits/herbs and 1st and 2nd place in the open section of any other coloured eggs.



To finish off our show season we had Eugowra show, with 18 students and 6 beef heifers. The heifers placed well, with the highlight being our parading results with several of our students making it into the final lineup in both the Sydney Royal and Novice sections. Congratulations to Isabel, Aleshia and Josiah for making it through to the finals in the wool, fruit and vegetables and grain judging.

I am really proud of how our students have to continued to develop their animal handling skills and I look forward to show season next year.

Ms Rachel Eagles  
Agriculture Teacher





## ROOM 100

Term 3 has been a super busy term for us in room 100. We have been cooking fortnightly with the ingredients we buy when we go downtown for community access.



In science we have been learning about the history of the atom and worked together to create a timeline.



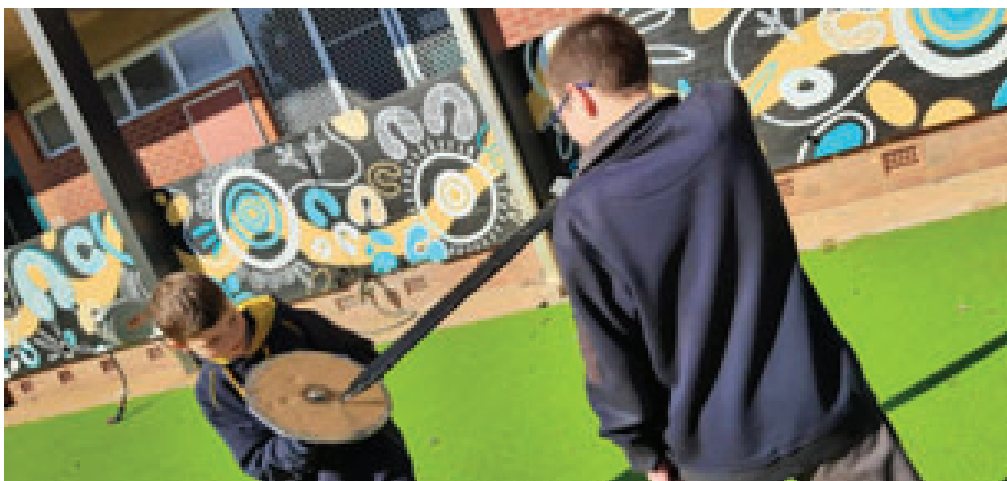
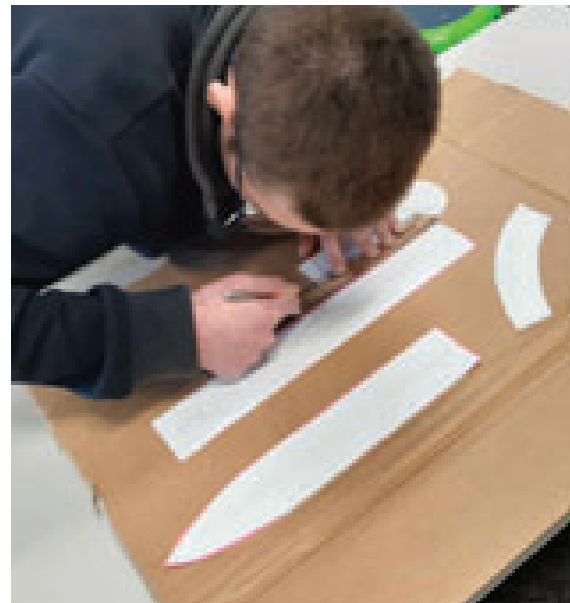
In technology we have been learning how to use Illustrator and we finished off making our pencil holders.



The Guinea Pigs are being well looked after and are happy about the warmer weather.



In History we have been learning all things Vikings. For our assessment we had to make our own historical source. We made an axe, shield, sword and a longhouse.







Dear parents and carers,

This year has presented many challenges and new experiences for our young people. It is normal for them to be experiencing some mixed emotions. Whilst the holiday period can be a time for relaxation and fun, this can also be a challenging time for some young people being away from usual routines and adjusting to changes. Keeping a check on our young people's mental health and wellbeing will be vitally important.

Here are some resources that can help parents and families to support young people during the holiday period and at other times when needed:

- Reach Out has [tips to support teenager wellbeing](#)
- [Parentline](#) has advice around a range of topics that can assist parents in supporting young people
- [Head to Health](#) to help you find services and resources to help yourself or your young person.
- Headspace has some tips on [Keeping healthy over the holidays - for friends and family](#)
- BeyondBlue has some tips on [Supporting healthy home and habits](#)
- [Beyond Blue](#) on how to start conversations when you are worried about your young person

You can also find support from the services below:

## Mental Health Services and Support

<b>Beyond Blue</b> 24/7 mental health support service <b>1300 22 4636</b> <a href="http://beyondblue.org.au">beyondblue.org.au</a>	<b>headspace</b> Online support and counselling to young people aged 12 to 25 <b>1800 650 890</b> (9am to 1am daily) For webchat, visit: <a href="http://headspace.org.au/ehespace">headspace.org.au/ehespace</a>	<b>Kids Helpline</b> 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 <b>1800 55 1800</b> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	<b>1800 RESPECT</b> 24/7 support for people impacted by sexual assault, domestic violence and abuse <b>1800 737 732</b> <a href="http://1800respect.org.au">1800respect.org.au</a>	<b>QLife</b> LGBTI peer support and referral <b>1800 184 527</b> (6pm to 10pm daily) <a href="http://qlife.org.au">qlife.org.au</a> (online chat 3pm to midnight local time, including over holidays.)
<b>Lifeline</b> 24/7 crisis support and suicide prevention services <b>13 11 14</b> <a href="http://lifeline.org.au">lifeline.org.au</a>	<b>Suicide Call Back</b> 24/7 crisis support and counselling service for people affected by suicide <b>1300 659 467</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	<b>Mensline</b> 24/7 counselling service for men <b>1300 78 99 78</b> <a href="http://mensline.org.au">mensline.org.au</a>	<b>13YARN</b> 24/7 crisis support for Aboriginal and Torres Strait Islander people <b>13 92 76</b> <a href="http://13yarn.org.au">13yarn.org.au</a>	

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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FORBES YOUTH  
ACTION TEAM

# Information Night

Thursday 12 October 2023

The Forbes Youth Action Team will provide a means for Council to **engage and connect with the young people** of Forbes Shire.

Being part of the Forbes Youth Action Team provides great training opportunities for future leaders, working closely with council as an advocate for our Youth in Forbes.

*Plus looks great on your CV!*

*Lucky Door  
prizes*

*\$200 + \$100  
Why Leave Town  
Vouchers*

RSVP: Monday 8 October 2023  
[youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au)  
or 02 6850 2300

📍 **FORBES TOWN HALL from 6:00pm.**





# 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](mailto:contact@veritashouse.org.au)  
or visit [www.veritashouse.org.au](http://www.veritashouse.org.au)





# FORBES CHALLENGE CUP

CANDERRA UNITED

**VS**

WESTERN SYDNEY  
WANDERERS



**SATURDAY 23rd SEPTEMBER 2023**  
**3.00PM KICKOFF**  
**BOTANICAL GARDENS FORBES**

**TICKETS AVAILABLE : [WWW.EVENTBRITE.COM.AU](http://WWW.EVENTBRITE.COM.AU)**

PROUDLY SPONSORED BY:







positive partnerships

Working together to support school-aged students on the autism spectrum

## FREE 1 Day Autism Workshop for Parents and Carers

**Location: Parkes, NSW**

Join other local families to learn more  
about autism and ways to strengthen the  
partnership between home and school

### During the workshop you will learn about:

- The diversity of autism
- Understanding sensory processing
- Working together with your child's school

*Morning tea and a light lunch will be provided*

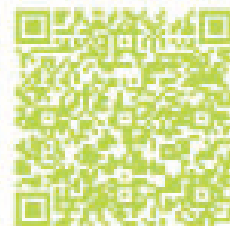


**Tuesday 24th October 2023**  
9.15am - 3.00pm



**Parkes Services & Citizens Club**  
9-17 Short Street  
Parkes NSW 2870

SCAN TO REGISTER



Interpreters available upon request

For more information or to register visit  
[www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) or contact  
Trish Nicoll at [tnicoll@positivepartnerships.com.au](mailto:tnicoll@positivepartnerships.com.au)



For help, call:  
**1300 881 971**

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.






## CLEANERS WANTED

Joss Facility Management provides cleaning services to local Schools and other sites in this area. We are looking for local people to assist us in maintaining these sites by joining our Company as a Cleaner.

A Joss cleaner's role includes: Cleaning, stocking and supplying designated facility areas (dusting, sweeping, vacuuming, mopping, restroom cleaning etc)

Joss Facility Management provide staff with a uniform, training and a supportive work environment.

**APPLY NOW:**



We invite you to register your interest in working with Joss by sending an email to [careers@jossgroup.com.au](mailto:careers@jossgroup.com.au) or call 02 6851 1900.

Joss welcome you to visit our website [www.jossgroup.com.au](http://www.jossgroup.com.au) for further information on our Company. We look forward to welcoming some new faces to our team.


[www.jossgroup.com.au](http://www.jossgroup.com.au)  
[cleaning@jossgroup.com.au](mailto:cleaning@jossgroup.com.au)  
 02 6851 1900



**FORBES**  
**Magic**  
**FESTIVAL**

**SATURDAY 7TH OCTOBER**  
 5-8PM LIONS PARK

**FREE ENTRY** register at [123fix.com.au](http://123fix.com.au)

For more information contact Council's Events Officer [events@forbes.nsw.gov.au](mailto:events@forbes.nsw.gov.au) or phone 6850 2300



**WINGS WITHOUT BARRIERS**

27 SEPTEMBER, 2023

*You're Invited!*

to come and listen to Hayden McDonald talk about his passion for aviation and promoting real inclusion for people on the spectrum. Hayden will be stopping in Porties to do a talk about his adventure circumnavigating Australia.

For more information about Hayden's journey please check out <https://wingswithoutbarriers.com.au/about/>

If you are interested in joining along and listening to Hayden's story please contact Doug Peers at Currajong Disability Services. 02 94525429 or [douglas.peers@currajongdisability.com.au](mailto:douglas.peers@currajongdisability.com.au)

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