

PRINCIPAL'S REPORT

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

The last few weeks have been a time of great sadness for our school and Forbes community as we mourned the passing of Corey, a much-loved Year 8 student. We are devastated and our deepest sympathies and condolences are with Corey's family and friends. Corey will always be a part of our school family and we will miss him every day. We have several layers of support in place for students and families at this time of grief and loss. If your child needs support at any time, please contact their Year Advisor. Additionally, there are support services listed later in the newsletter that you and your family can engage with as you require.

Schools Recognition Week.

This week is Schools Recognition Week, an opportunity for us to celebrate the exceptional work and commitment of our school administrative and support staff (SASS) and other non-teaching staff and the essential role you play in public education. As a school, we see their dedication, passion, and commitment to your students every day. They welcome parents and carers, answer enquires and questions, help students with their learning, ensure our grounds and facilities are immaculate and keep our school humming.

Our non-teaching staff are the heart and soul of every school, and this is true of Forbes High School. I would like to thank our non-teaching team whose dedication is valued and appreciated every single day.

PSA SCHOOLS REGOGNITION WEEK ENHANCING PUBLIC EDUCATION PRINTED TENTOPO TO THE PORT OF THE PROPERTY OF THE PORT OF THE PORT

The Resilience Project

'Gratitude, Empathy and Mindfulness'. These principles of being are at the heart of The Resilience Project, a popular program used by hundreds of schools, businesses, and sporting organisations across Australia to promote and support mental health and wellbeing. Following the devastating floods in October and November 2022, The Resilience Project have been engaged to support the Forbes and Eugowra communities through the teaching of skills to teachers and students in all school. Community information events will also take place.



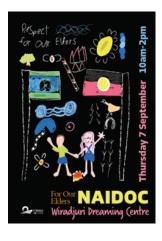


Forbes Community NAIDOC

At the time of writing this newsletter, Forbes High School is eagerly awaiting the NAIDOC Celebrations where the theme of For Our Elders is celebrated. FHS Girri Girri students are looking forward to supporting the event and our students are eager participants.

Forbes Show

This weekend is the annual Forbes Show, and we are excited to be involved in this great community event. Our FHS Show Team have been ensuring that the animals are washed, shampooed, and brushed ready for show. Our students have practised and are fully prepared for the big arena. A massive thank you to Ms Eagles and the team for all their hard work. Ensure you stop by the pavilion to see our school display and student work.



State Athletics Championships

The State Athletic Championships are also being held this week and we have 9 students representing our school. What a fantastic achievement! Best of luck to our competitors and we are so proud of them for all that they have achieved!

Student Leadership 2023 and 2024

This time of year sees us looking towards our new leadership team for the coming year. During Tuesday's assembly we had the privilege of hearing from a strong leadership field of applicants. All students spoke with passion regarding their ideas and vision for student leadership at Forbes High School and I know that no matter who is successful, we are in safe hands for the year ahead.



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

Regards, Kathleen Maksymczuk



DEPUTY PRINCIPAL'S REPORT

Wow, this term has flown.

So much has been going on since my last newsletter item, we have had Naidoc week "for our Elders", Education week, Mock car crash for year 10, parent/ teacher evening, transition evening and afternoons at school, HSC Trials, Agriculture competitions, HSC markers in the school, Peer support training for year 9 students and I am sure I have missed a million more things.

Year 6 students from all our partner primary schools came into the school for their first transition afternoon a couple of weeks ago. Ms. Smith organised an afternoon of fun and games so students could get to know each other and students from our peer support team of year 9 students. By all accounts the year 6 students had a great time and were extremely respectful of everything that Ms. Smith had put into the day. We immensely look forward to future transition afternoons and full days next term.

Year 12 should all have their feedback from their trial HSC examinations by now and would benefit from using the feedback effectively in preparation for the HSC real early next term. While talking of Year 12, I would like to use this opportunity to wish them all the best for the examinations and their futures. As is always the case our young adults leave us with lasting memories of a brilliant group of young men and women of whom their families should be immensely proud, as I know we are.

Year 10 recently spent 3 lessons working with Forbes Shire Council and the NSW police force about safe driving and consequences of not doing so. Two lessons were spent at school with Senior Constable Daniel Greef looking at the theory behind safe driving and what it looks like. One lesson was spent at Parkes High School watching a mock simulation of a car crash using all the emergency services showing the students what happens and the long-lasting implications of unsafe driving. I hope all the students took a little something from the lessons as they start to embark on their driving lessons and the freedom that allows.

I hope that everybody has a restful and relaxing upcoming break ready and raring to go for Term 4.

Yours sincerely,

David Lickess.





CWA DONATION

Thank you to the Forbes CWA for donating boxes of textiles goods to flood affected students and the Textiles class to use. Year 9 are currently completing a Textile Art project "Selfie". The material provided has supported all students in completing this project. Thank you for your ongoing support.



TELL THEM FROM ME SURVEY

This Term, our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement also conducted this Term. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted over Term 3 and early Term 4. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

Please use the following link to complete the survey.

http://nsw.tellthemfromme.com/forbeshs

More information about the survey is available at: education.nsw.gov.au/ttfm.

The survey is available in 23 languages.





DHURANY

from Forbes High School

YOORANA GUNYA SPORTS GROUP

Female students from Years 9 and 10 have been engaging in a new sport option for the last four weeks called 'Mind and Movement'. This is run by Yoorana Gunya's Exercise Scientist Zara and Family Violence Worker Stevie. Over the past four weeks the girls have engaged in boxing, fitness games, football specific skills training, and this week they have participated in self-defence training. Zara shares her expertise in the Exercise Science field and spends time at the end of these sporting sessions educating students on; healthy diets and the impact on energy, the benefits of exercise on mental health and wellbeing, the importance of good hygiene and how to avoid dangerous situations (self-defence). This amazing program will continue over the remainder of the term, in which the girls will continue to improve their skills and education on various sporting and exercise topics.







TERM 3 WEEK 9

M 11th Sept - Year 11 Exams YES program

T 12th Sept - Year 11 Exams

W 13th Sept - Year 11 Exams

Multisports Day Exc.

T 14th Sept - Year 11 Exams

R U OK activities

F 15th Sept - Year 11 Exams

TERM 3 WEEK 10

M 18th Sept - YES program

T 19th Sept -

W 20th Sept - Year 12 Paintball

21st Sept -

22nd Sept- Year 12 Graduation Assembly

BREAKFAST CLUB

Breakfast Club is running from the Canteen every morning from 8:30am. Come and grab some toast to start your day.



Maksymczuk Principal



Deputy Principal



Deputy Principal

YEAR 7 ADVISOR Kimberley Jackson

YEAR 8 ADVISOR

YEAR 9 ADVISOR Tara Morrison

YEAR 10 ADVISOR Hayley Wilson

YEAR 11 YEAR ADVISOR Riley Pike

YEAR 12 YEAR ADVISOR

CAREERS ADVISOR **Daniel West**

SCHOOL COUNSELLOR Sophie Limbert

WELLBEING / TRANSITION Amy Adams





SASS APPRECIATION WEEK INTERVIEWS



Name: Olivia Rattenbury

Role: SLSO

How long have you worked at FHS?: 2.5 years

What is your favourite memory at FHS?: Swimming Carnivals

What is your biggest achievement whilst working at FHS?: Helping students

reach their goals.



Name: Tammy White

Role: SLSO

How long have you worked at FHS?: 4 months

What is your favourite memory at FHS?: Athletics carnival

What is your biggest achievement whilst working at FHS?: Helping students

achieve their goals.



Name: Maddy Dukes

Role: SLSO

How long have you worked at FHS?:2 years

What is your favourite memory at FHS?: The Colour Run

What is your biggest achievement whilst working at FHS?: Helping students

achieve their goals.



Name: Beck Cheney Role: SLSO Support Unit

How long have you worked at FHS?: 6 years

What is your favourite memory at FHS?: Everyday we make new memories,

so I don't have one in particular.

What is your biggest achievement whilst working at FHS?: Making the

school environment a fun place to be for all students to learn.



Name: Caitlin Lewis Role: SLSO Support Unit

How long have you worked at FHS?: 6 years

What is your favourite memory at FHS?: The students brighten my day ev-

ery day!

What is your biggest achievement whilst working at FHS?: Helping students

with their assignments and seeing how proud they are.



SASS APPRECIATION WEEK INTERVIEWS



Name: Jodie Gilchrist

Role: SLSO in Support Unit and Mainstream How long have you worked at FHS?: 7 months

What is your favourite memory at FHS?: Athletics Carnival

What is your biggest achievement whilst working at FHS?: Helping students

achieve their goals.



Name: Sherylee Cowell Role: SLSO Support Unit

How long have you worked at FHS?: 25 years

What is your favourite memory at FHS?: I have so many fantastic memories

and we are making memories everyday with all students

What is your biggest achievement whilst working at FHS?: Watching our

students grow and achieve their goals



Name: John Berger

Role: Admin / Science / SLSO

How long have you worked at FHS?: 10 years, 1 month, 2 days.

What is your favourite memory at FHS?: Meeting the new year 7 kids each

year

What is your biggest achievement whilst working at FHS?: Scoring a basket-ball in basketball game for Movember (I am rubbish at basketball) Games vs

Year 11



Name: Ann-Maree Neville

Role: Admin

How long have you worked at FHS?: 20 yrs +, first as SLSO, then office staff

What is your favourite memory at FHS?: Dress up days

What is your biggest achievement whilst working at FHS?: Making it this

long



Name: Janelle Berger

Role: Admin

How long have you worked at FHS?: 12 years

What is your favourite memory at FHS?: School excursions

What is your biggest achievement whilst working at FHS?: Learning lots of

new faces.



SASS APPRECIATION WEEK INTERVIEWS



Name: Jenny Boyd

Role: Admin
How long have you worked at FHS?: 6 yrs

What is your favourite memory at FHS?: The look of pride and the 'I get it!"

moment when a student grasps a concept.

What is your biggest achievement whilst working at FHS?: Getting to know

the students and building relationships with them.



Name: Tanya Parslow Role: SLSO support unit

How long have you worked at FHS?: 18 years

What is your favourite memory at FHS?: When a steer escaped the Ag plot

and chased a teacher.

What is your biggest achievement whilst working at FHS?: Being able to positively impact a students life, for their future, is an achievement everyday.



Name: Jane Tomlinson Role: SLSO Support Unit

How long have you worked at FHS?: 17 years

What is your favourite memory at FHS?: Too many to mention

What is your biggest achievement whilst working at FHS?: Helping organise

the community day 2023

Please note that not all of our SASS staff were able to be interviewed by our Year 7 School Newsletter team

SCHOOL OF LANGUAGES CLASS DAY (KOREAN) - By Grace

On Friday the 18th of August I, as well as my mum, went down to Sydney for my Korean lesson day at my school NSW School of Languages. The day started at 9:30am after I caught a plane and a taxi to get there. We first started with a quiz to test our knowledge of Korean words and then did listening, reading, writing and speaking practice. For lunch we had some Korean food and I had spicy chicken and it was quite spicy but good. Then after lunch we made candles and put motivational Korean words and phrases on them to help when we study. It was a very fun day and always enjoyable to attend my lesson days.





PEER SUPPORT 2023

On Thursday and Friday, the 24th and 25th of August, Year 9 students attended training at St Andrews Hall to be trained as peer support leaders.

The Peer Support Program is a school approach to support students' mental health and wellbeing. The program is led by students which is backed by research and is approved by state education departments. Participating in the Peer Support provides students with the experience and tools to build strong relationships and positively handle life. Students learn the social and emotional skills to better manage life's ups and downs.

Since completing training, all year 9 students have/will attend the year 6 to 7 transition afternoons and begin building relationships and engage in peer support like activities.

Year 9 students will then apply to be a peer support leader for 2024, and students will be picked based on their performances during the training days, transition afternoons and their application.

Once the year 9 students have been selected as the 2024 peer support leaders, they will be grouped with other peer leaders that will benefit each other's strengths and qualities.

The program involves senior students being trained as Peer Leaders, and leading small groups of younger students in weekly structured sessions. Then younger students can then look up to these students and go to them for help or advice.

The group of year 9 students who attended the first transition afternoon loved every minute and cannot wait to continue their journey of being Peer Support Leaders.

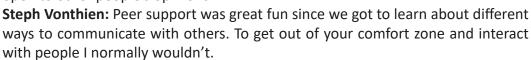


Abbey Browne: Peer support training was a great opportunity and I really recommend it. I learnt great skills such as active listening, teamwork and confidence. **Imogen Collits:** Peer support training was an amazing experience and it has made me want to do more fun activities like this. I recommend anyone in year 9 next year to do this.





Tyson McKinnon: Peer support training was a lot of fun and it taught us how to be open to other people's opinions.







Marcus Colvin: For me, peer support was an amazing experience for everyone. We all got to participate in many activities which helped us learn to communicate better with those who are unfamiliar to us. It showed us how hard it can be for others who aren't as comfortable with sharing time with those they don't know.



DHURANY

from Forbes High School

LANGUAGES - By Grace and Claudia

Korean Phrase

괜찮아요. 모두 사람은 힘든 날이 있잖아요. gwaenchanayo. modu sarameun himdeun nari itjjanayo "It's okay. Everyone has hard days ""

Japanese Phrase

気にしないで。分かった。

Kinishinaide, Wakatta,

"Don't worry. I understand. ©"



Korean Phrase

아파도 괜찮아요. apado gwaenchanayo "It's okay even if it hurts ?"



Japanese Phrase

どうしたの

doushitano

"What's wrong?"

2023 Summer **TOUCH Competition**

IMPORTANT INFORMATION:

National Membership

- You will note the reduction in competition fee's, this is to align to the NRL Touch Football Association's implementation of a the New National Membership which commenced on the 1st July 2023.
- Rather than Forbes Touch Association collecting and passing on this fee to NSW Touch, you will now be required to do this once a year via MySideline.
- When you go into MySideline to register into your first competition of the financial year, you will be prompted to pay a national membership fee of \$22. This will also enable you to register into as many competitions as you like irrespective of the touch club for the year without incurring this \$22 fee.

There were some Senior Teams and Junior Player's who rolled over their registration fee into the 2023 Touch season, however due to this unforeseen change of the new National Membership, we will need to refund all monies. Please email forbestouch@gmail.com name and bank account details to enable the refund. For senior teams, the money owed will be paid to the previously nominated team captain who will be responsible for redistribution.

forbes **TOUCH ASSOCIATION**

Is a family-friendly atmosphere, making it an ideal choice for players of all ages. Whether you want to introduce your children to the sport or participate with your family and friends, touch football offers an inclusive environment that promotes a place on the field for everyone.

REGISTRATIONS **NOW OPEN**

https://profile.mysideline.com.au

SENIOR COMPETITION

Men's | Mixed | Women's (High School Aged and above) \$450 per team

Register as a TEAM

JUNIOR COMPETITION

Primary School Aged \$40 per player

Register as a PLAYER and players will be allocated a team and team jersey.

FAMILY COMPETITION

Infant School Aged with up to two adults on the field to support \$40 per player

Register as a IEAM

Monday evenings

tober to 4th December (plus a week of finals)



DHURANY

from Forbes High School

EASY PANCAKE RECIPE By Lacey

Ingredients

- 2 eggs
- 1 & 3/4 cups milk
- 1 tsp vanilla essence
- 2 cups self-raising flour
- 1/3 cup caster sugar
- butter for frying, plus extra to serve
- maple syrup, to serve

Method

- Whisk eggs, milk and vanilla together in a jug.
- Sift flour into a large bowl.
- Stir in sugar.
- Make a well in the centre.
- Add milk mixture.
- Whisk until just combined.
- Heat a large non-stick frying over medium heat.
- Grease the pan with butter or spray with cooking oil.
- Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on the surface.
- Turn and cook for a further 1-2 minutes or until cooked through.
- Transfer to a plate. Cover loosely with foil to keep warm.
- Repeat with remaining mixture, greasing pan with butter or cooking oil between batches.
- Serve with maple syrup and extra butter.



ORANGE & POPPY SEED CUPCAKES WITH ORANGE ICING By Lacey

30 min prep time, 20 min cook time, makes 12.

Cake Ingredients

- 1/4 cup (40g) poppy seeds
- 1/4 cup (60ml) milk
- 125g butter, softened
- 1 cup (220g) caster sugar
- 1 tbsp finely grated orange rind
- 3 eggs
- 1 cup (150g) self raising flour
- 1/2 (75g) plain flour
- 1/2 cup (60g) almond meal
- 1/3 cup (95g) Greek-style yoghurt
- 1/4 cup orange juice
- Candied orange peel, to decorate

Icing ingredients

- 250g cream cheese
- 125g butter, softened
- 3 cups (480g) icing sugar mixture
- 2 tsp finely grated orange rind

Method

- -Preheat oven to 160c. Line $12 \times 1/2$ cup (125 ml) muffin pans with paper cases.
- Combine the poppy seeds and milk in a small bowl and set aside to soak for 10 minutes.
- Use an electric mixer to beat the butter, sugar and orange rind until pale and creamy.
- Add the eggs, one at a time, beating well after each addition.
- Add the combined flour and almond meal and stir to combine
- Add the yoghurt, orange juice and popply seed mixture. Stir to combine.
- Add the yoghurt, orange juice and poppy seed mixture and stir until just combined. Spoon evenly amongst the prepared pans.
- Bake for 20 minute or until a skewer inserted into the centre comes out clean. Set aside for 5 minutes to cool slightly before turning onto a wire rack to cool completely.
- To make the orange frosting:- use an electric mixer to beat the cream cheese and butter until pale & creamy. Gradually add the icing sugar, rind and juice.
- Spread icing over cupcakes when cool, topping with candied orange peel to decorate.



INDUSTRIAL TECHNOLOGY

Students in D1Tech have been developing their Computer Aided Design skills. They have shown amazing proficiency in following Adobe Illustrator tutorials and deepening their understanding of vector based graphics.







Students testing Ferrous & Non-Ferrous metals in Technology Mandatory.









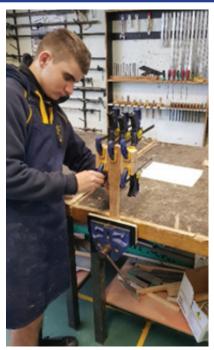
YEAR 11 - VET CONSTRUCTION

Students have recently completed their ToolBox and Mallet projects. Using equipment safely, interpreting drawings and working to tolerances were key focusses in this unit. This Term students get outside and will be assisting in the assembly of a 10m Hard top roof structure for our shipping containers. Reading plan and specifications, planning, and organising work as well as safe manual handling will be our learning goals. Watch this space for the finished product.



Term 3, Week 8 DHURANY

from Forbes High School









YEAR 8 MATERIALS TECHNOLOGY - NEST BOX (COMMUNITY PROJECT)

Year 8 Technology are building sets of 'Nest Boxes' this year. The sets will be donated to the Forbes Art Society and be used as part of the 'Gum Swamp Redevelopment Project'. Special thanks to Jacinda at Mitre 10 and Stuart from Duncan Stockcrates for their material donations. Phase two has been completed. Topcoats are on and students have also fabricated latches and hooks for each box from metal. This terms class will complete final assembly and make a start on batch two.











STAGE 5 FOOD TECHNOLOGY

Stage 5 Food Technology has been learning about different types of food traditionally served at New Year's Eve Celebrations. Last week they did a Creamy Tomato Risotto, in this dish, the multitude of rice grains is representative of having good fortune for the new year ahead.

CREAMY TOMATO RISOTTO

Super easy, creamy, and comforting Tomato Risotto made with simple pantry ingredients and ready in only 30 minutes. This risotto is the easiest way to get comfort food on your table throughout the week.

Prep time 15 mins

Cooking time 15 mins

Total Time 30 mins

Ingredients

200g arborio rice

750ml chicken stock

- 1/2 white onion finely chopped.
- 2 tablespoon tomato paste
- 1 tablespoon mascarpone
- 1 tablespoon olive oil
- 2 garlic cloves, finely chopped.
- 1 large zucchini
- salt and pepper, to season
- 1 tsbp Parmesan, freshly grated.

Method

1. In a large deep saucepan under medium heat add 2 teaspoons of olive oil and sauté the onion for 2-3 minutes. Meanwhile, cut your courgette in half lengthways then cut into slices. Add the courgette to the pan and fry for 1 minute. Add the rice and garlic and stir to stop it sticking just for a few seconds.







- 2. Add a few ladles of chicken stock and continue to stir until the rice starts to absorb the stock. Add the tomato paste and continue adding the stock a ladle at a time, allowing the rice to absorb the stock each time whilst constantly stirring.
- 3. When there are just a couple ladles of stock left add the mascarpone, salt, and pepper to taste, then the remaining ladles of stock as before and stir until it reaches a nice creamy consistency but not too sticky. Add the parmesan, stir and serve.



COMMUNITY NAIDOC DAY

Forbes High School students celebrated Forbes NAIDOC 2023 down at the Wiradjuri Dreaming Centre on Thursday 7th September.

FHS Girri Girri students had the privilege to dance in the official ceremony along with running traditional games for those who attended. We are proud of the efforts of the students involved.

Shout out to Forbes NAIDOC Committee and Forbes Shire Council for hosting this event for our community.

















U15's NETBALL

The U15's Netball team travelled to Orange this term to participate in the WSSA Knockout competition. Throughout the day, the dirls displayed a stronge sense of school pride, spirit and demonstrated a high level of sportsmanship. Laila was voted by her team as Most Improved and Phoebe was voted as Player's Player. Congratulations to all players on such a fantastic day of Netball!













CAPA NEWS

YEAR 7 & 8 MUSIC

We are learning the guitar this term and playing individual instruments for our assessment. We have many students performing on the keyboard, guitar and drums. We have been using GarageBands on Ipads to experiment with sound. The students are loving their opportunities in Music this term!



CONGRATULATIONS

FOR ACHIEVING A CREDIT











RILEY JOHNSON (YR8), ISABEL SHAW (YR8), STEPH VONTHIEN (YR9), LACHLAN KEARNEY-PALLISTER (YR10) & JESSE BYRNE (YR10)

FOR ACHIEVING A DISTINCTION
AND HIGH DISTINCTION





CHASE MOSES (YR10) & MARCUS COLVIN (YR9)

FOR ACHIEVING WITHIN THE TOP 1%





BEN BOYD (YR9) & KAI COWELL (YR9)

2023 AUSTRALIAN GEOGRAPHY
COMPETITION



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









DHURANY

from Forbes High School





Term 3, Week 8 **DHURANY**

from Forbes High School



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







Interpreters available apon request

For more information or to register visit www.positivepartnerships.com.au or contact Trish Nicoll at tnicoll@positivepartnerships.com.au



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



DHURANY

from Forbes High School



We invite you to register your interest in working with Joss by sending an email to careers@jossgroup.com.au or call 02 6051 1900.

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

> Joss welcome you to visit our website www.jessgroup.com.au for further information on our Company. We look torward to welcoming some new taces to our tears.



www.josegroup.com.au

cleaning@jossgroup.com.au

02 8051 1900

