



TERM 4, WEEK 2

# DHURANY

## WELCOME TO FORBES HIGH

Our motto is 'Mulum non Multa', Quality not Quantity. We are a dynamic school with creative teachers, striving to achieve the best outcomes for our students.

Forbes High School strives to create an inclusive environment where students challenge and extend their academic boundaries with the support and reinforcement of strong community connections. At Forbes High School, we build opportunities by providing a positive learning and wellbeing environment for all our students so that they may become the best versions of themselves.

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## OUR AIM IS FOR:

- Students to have a positive education experience
- Students to experience success in their learning
- Staff, students and parents to collaborate to ensure a successful educational journey
- All students are provided a rich education allowing for successful future pathways

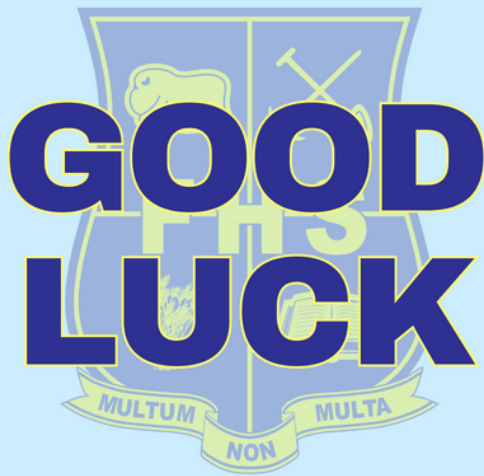


# PRINCIPAL'S REPORT

## Mrs Kathleen Maksymczuk



Dear parents, carers, students, and the Forbes High community,  
Welcome back to the start of another school term. It is hard to believe that we are already into our second week of the term and the completion of another highly successful year will be upon us before we know it.



## Higher School Certificate

The HSC commenced on Tuesday 15th October with excellent support in place for the students with the examinations supervisors led by the Presiding Officer. We thank the team for their support of the students during what can be a stressful period for students and their families.

## FHS P and C

The P and C who support Forbes High School are a passionate team who work hard in their support of our school. Our P and C operates our school canteen, ensuring that students have access to food throughout the school day as well as supports Breakfast Club, a service that many students engage with.

This team needs extra hands to support their fantastic work, and I encourage all our families to give up a little time in support of the P And C. Extra hands make light work and the commitment to P and C is only a few meetings per year. Collectively we can work together to provide additional supports to our school community.

Please join our P and C or volunteer at the school canteen. The next P and C meeting is Wednesday 20th November at the school at 5pm.



Click logo for P&C  
Facebook page



JOIN THE P&C



Click Here

## Cowra Show

The Show Team led by Ms Rachel Eagles attended the Cowra Show last week, the final event on a very busy show calendar. Once again our students were exceptional in their representation of our school and were highly successful in their achievements. Congratulations to the team on a brilliant season and thank you to Ms Eagles and Mr Favelle for all of their mentorship and support.



## State Drama Ensemble



Mrs Jessica Smith is leading students, including four of our own students at the State Drama Ensemble. Students and their performances are selected from State Drama Camp and it is a credit to our students and the skill to be a part of this event. Congratulations to the students involved.

## Year 10 Examinations

Week 3 will see Year Examinations commencing on Tuesday. This is an opportunity for students to engage in a formal examination structure in preparation for Year 11. All the best Year 10!

Warm regards,  
Kathleen Maksymczuk

# YEAR 12 ASSEMBLY



# CLASS OF 2024

Last term, we bid farewell to our Year 12 cohort of 2024. The event was filled with both tears and laughter as we reflected on the cherished memories from their high school experience. Year 11 surprised everyone with a Flash Mob performance to express their gratitude to the departing students. Congratulations, Year 12! We wish you all the best in your HSC and future pursuits. You will be greatly missed.

[More photos here](#)

[YEAR 12](#)





# UNIFORM DONATIONS

Dresses



Jumpers



Blazers  
Pants  
Shorts  
Sports Shirt

Kilts



School Uniform



Shirts



We are accepting uniforms in all sizes. Please bring your donations to the front office between 8:30am and 3:00pm.

Donating school uniforms is a wonderful way to assist students and families in need. By providing gently used or new uniforms, you can help ease the financial strain on parents who may find it challenging to afford these vital items.

Your generous contributions will not only supply essential clothing for students but also cultivate a sense of kindness and compassion.

*Thank you*

SAVE THE DATE

YEAR 12  
GRADUATION

2024

FRIDAY  
15 NOVEMBER

FORBES GOLF CLUB

# PURPLE DAY

On Tuesday, October 15th, as part of an initiative by Binaal Billa Family Violence Prevention Legal Service, we proudly joined numerous Forbes businesses, community members, and other schools by wearing purple. This initiative aimed to educate, raise awareness, and offer support and strength to victims of domestic violence.

FORBES HIGH SCHOOL

# PURPLE DAY

TUESDAY, 15TH OCTOBER

To show support for Domestic Violence Awareness Month, students and staff are encouraged to wear purple to school.

#FORBESGOESPURPLEFORDV





# HATS OFF TO TEACHERS



#WORLDTEACHERSDAY2024

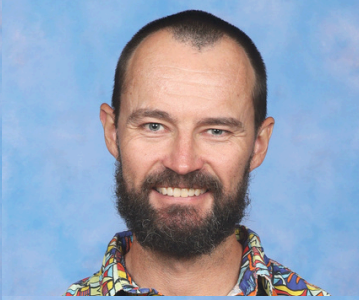


FRI 25 OCT

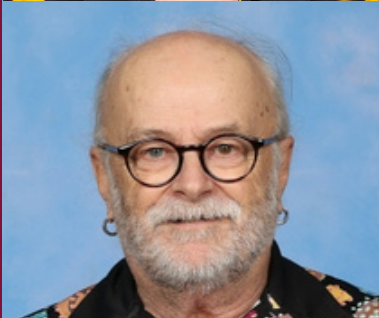


aitsl

wtd.edu.au









[More photos here](#)  
**SHOW TEAM**



## COWRA SHOW

To finish off the Show season, the Show Team attended Cowra Show with 10 dairy heifers. The students exhibited heifers in the paraders and heifer class.

Congratulations to Lilly for winning her age group and receiving reserve champion parader.

I would like to say a massive thankyou to our amazing showteam students for their hard work and dedication. It was fabulous to watch you learn new skills with showing sheep, beef and dairy, as well as compete in junior judging.



# COMMUNITY ENGAGEMENT SESSION

## Sunshine, Smiles and Pilates!

Our students had an absolute blast this morning with Kylie from Down to Earth Pilates. We started with a fun warm-up activity, filled with laughter and energy, followed by a calming pilates session that focused on body awareness and strength. It was amazing to watch our students learn about their bodies and how to stretch correctly. They can't wait for our next visit! Thank you, Kylie, for making this such a special morning.



## JUNIOR AECG

The Junior AECG AGM took place on October 16th, where students shared updates about their school activities over the past year and expressed their aspirations for the future.



The newly elected Junior AECG Committee includes Delilah Karaitiana (Secretary), Mykel Coe (President), Jamal Gorman Barnes (Vice President), and Belle Hartwig (Treasurer).

# CHS GIRLS CRICKET



The long awaited open girls cricket match finally took place on Tuesday 22nd October. The weather was perfect for cricket with a predicted top temp of 29 degrees. Orange High won the toss and elected to bat, our girls were ready to dominate the field in their matching cricket hats, they certainly looked the part.

With a strong start and a few early wickets to our opening bowlers, Phoebe and Zoe, Orange High lost their opening batters early. All the practice at the cricket nets over the last few months had paid off. Our top bowler was Chloe, who took 3/4 off 6 overs, Chloe's unique style of bowling paid off! Phoebe also brought the pace, taking 3 wickets off her 8 overs. Special mention to Grace who took 3 incredible catches in the field. Orange High were all out for 77, it was time for our girls to chase. Orange High had some strong opening bowlers and unfortunately our opening batters couldn't handle the heat. Despite a solid batting effort from Forbes High and a great spell from our opening bowlers, Orange High got the better of us. A special mention to our best batter, Amelia, she looked like a natural out there.

Congratulations to Orange High School and good luck in the final later this term. A huge thankyou to Mr Patterson and Reece for umpiring and scoring on the day. Mrs Morrison is incredibly proud of the girls, the effort and commitment to improving this year has been phenomenal. Bring on cricket in 2025.



# PRIMARY SCHOOL PARTNERSHIP



On Thursday, 17th October students assisted in High Potential and Gifted Education (HPGE) activities at one of our partner primary's, Forbes Public School. The purpose of this activity was to teach dance to students.

Well done to Noah Brown, Karla Osborne and Lacey Osborne for representing FHS with such excellence.

## FACULTY NEWS

### Sport

Golf is in full swing for Stage 4 Sport. This term, students in Year 7 and 8 have been participating in a golf workshop at the Forbes Golf Club. Under the mentorship of golf professionals, they are acquiring a range of skills. As they advance, they not only refine their abilities but also boost their confidence and cultivate friendships.



FORBES HIGH SCHOOL

THURSDAY  
14 NOVEMBER 2024



# MADD NIGHT

MUSIC | ART | DANCE | DRAMA  
SHOWTIME - 6.30PM

GOLD COIN ENTRY DONATION

Snacks & drinks available to  
purchase

# Restricted social networking platforms for students

From Day 1 Term 4, students will no longer be able to use their school email address (@education.nsw.gov.au) to access social media, gaming, instant messaging and similar platforms. This means they will also not be able to retrieve password-recovery emails and the like from these platforms.

The NSW Department of Education is making this important change to help keep our students safe online, reduce the risk of cyber threats and make sure student email accounts are used for their intended educational purposes only.

If students have signed up for a social media, gaming, instant messaging or similar account using their student email address, please change to a personal email address on each platform by Sunday 13 October 2024 to make sure you don't lose access to the account.

Here's how:

1. Log in to each account.
2. Go to the account settings and update your email address to a personal one. Add a mobile number too, if you haven't already.

The department is making this change to ensure all student accounts are being used for their educational purposes, and to help protect them from risks online. Using a personal email address for these platforms instead of their student email address reduces the chances of someone gaining access to information in their school account.



Education



# TELL THEM FROM ME

<http://nsw.tellthemfromme.com/forbeshs>

Feedback is really important to Forbes High School and we would love to hear from you.

The Tell Them From Me Parent survey is an anonymous online survey that is a quick and easy way for our parents and carers to express their views about their children's experiences at home and school. It is your chance to let us know how we are doing and help us build a better school, improve the family experience and allocate our resources to better support our students.

Please help us by having your say.

## PARENT SURVEY





**OUR CANTEEN IS ONLINE WITH**

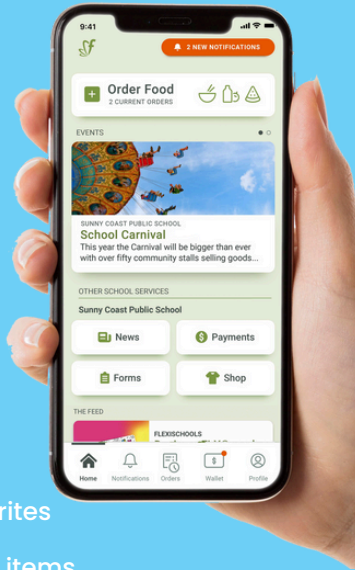
**flexischools**



**With Flexischools, you can quickly place school orders online through the Flexischools app, which has a 4.8-star App Store rating!**

- Order and pay in seconds
- Quickly re-order your favourites
- See up-to-date menus and items

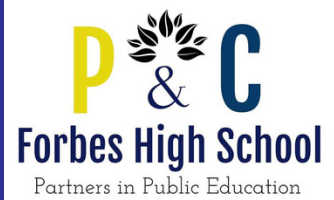
Download the app, create your account and place your next order online via Flexischools.



Download the app & register for Flexischools

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Brought to you  
by FHS P&C



# ONLINE CANTEEN ORDERING

Quickly place your lunch orders online with Flexischools

Flexischools is Australia's #1 school ordering app



Click Flexischools logo to download the App

Cash and EFTPOS options still available at the Canteen

Click here for more Flexischool information



## FORBES HIGH SCHOOL CANTEEN MENU 2024

CHECK OUT THE WHITEBOARD AND FACEBOOK WITH WEEKLY SPECIALS



### HOT FOOD

Traveller Pie	\$4.50
Sausage Roll	\$4.00
Chicken, Lettuce, Mayo Burger	\$5.00
Chicken Burger with the Lot (Beetroot, cheese, tomato, carrot, lettuce & mayo)	\$6.50
Beef & Cheese Burger	\$5.00
Sweet Chilli Chicken Wrap	\$5.00
Chicken Sticks Wrap	\$5.00
Chicken Sticks (6 pack)	\$4.00
Garlic Bread	\$2.50
Tomato & BBQ Sauce (each)	\$0.50c
Gravy	\$0.50c

**[ALL ITEMS ABOVE MUST be ordered for Lunch]**



### SNACKS

Carrot Sticks	\$0.50c
Chips 28gm	\$2.00
Fruit Muffins	\$2.00
Jelly Cups	\$1.00
Popcorn	\$0.50c
Rice Cakes	\$0.20c
Seasonal Fruit Cups	\$3.00
Seasonal Fruit	\$1.00



### SANDWICHES, ROLLS & WRAPS

Grain or White Bread	
Cheese or Vegemite	\$2.50
Ham or Chicken & Cheese	\$4.50
Egg, Lettuce & Mayo	\$4.50
Ham or Chicken, Cheese & Tomato	\$4.50
No Meat Salad (Lettuce, carrot, tomato, cheese & beetroot)	\$4.00
Ham & Salad	\$5.50
Chicken & Salad	\$5.50
Tuna & Salad	\$5.50
Ham or Chicken Salad Wrap	\$5.50
Bread Rolls - Add	\$0.50c
Toasted - Add	\$0.50c



### SALADS

Chilli Tender Salad	\$6.00
Garden Salad	\$5.00
Garden Salad - Add (Chicken/Ham/Egg or Tuna)	\$6.00



### DRINKS

Water 600ml	\$2.00
Water 1 Litre	\$3.50
Spring Water 600ml	\$2.00
Juice Poppers	\$2.00
Juice Bombs	\$3.00
Classic Milk Assorted Flavours	
300ml	\$3.00
500ml	\$4.00
Orchy Orange Juice 500ml	\$4.00
Soft Drink Cans - No Sugar	\$3.00
Up & Go	\$3.00



### ICE BLOCKS

Quelch Sticks	\$0.50c
Frozen Yoghurt	\$2.50
Paddle Pops	\$2.50
Snap Stix	\$1.00



**EFTPOS AVAILABLE**

**CANTEEN CLOSING 5 MINUTES BEFORE BELL**



**LUNCH ORDERS CLOSING TIME 11:25am**





Term 4, 2024

## Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parent and carers.

### Term 4 topics:

- **Supporting healthy tech use as your child transitions into high school (30 minutes)**  
Suitable for parents and carers of young people in upper primary school (aged 11-12) and Year 7.
- **eSafety 101: How eSafety can help (30 minutes)**  
Suitable for parents and carers of children and young people in primary and secondary school. An overview of the eSafety Commissioner, and supporting programs and resources for parents and carers, children, and young people.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://eSafety.gov.au/parents/webinars)



 eSafety Commissioner

[eSafety.gov.au](https://eSafety.gov.au)

### **Supporting healthy tech use as your child transitions into high school (30 mins)**

Suitable for parents and carers of young people in upper primary school (aged 11-12) and Year 7.

Tuesday, 29 October, 12.30pm

Thursday, 28 November, 12.30pm

### **Safety 101: How eSafety can help (30 mins)**

Suitable for parents and carers of children and young people in primary and secondary school. An overview of the eSafety

Commissioner, and supporting programs and resources for parents and carers, children, and young people.

Thursday, 24 October, 12.30pm

Wednesday, 4 December, 12.30pm

# UPCOMING EVENTS

Mon, 28th Oct	Tue, 29th Oct	Wed, 30th Oct	Thurs, 31st Oct
	<b>Girinyalanah Girls Group</b>	<b>Community Access</b>	
Fri, 1st Nov	Sat, 2nd Nov	Sun, 3rd Nov	Mon, 4th Nov
<b>Birth to Kinder Reading Day</b> <b>Positive Community Engagement</b> <b>Drumbeat</b>			<b>Book Club</b>
Tue, 5th Nov	Wed, 6th Nov	Thurs, 7th Nov	Fri, 8th Nov
	<b>GRIP Leadership Conference</b> <b>Girinyalanah Girls Group</b> <b>Community Access</b>		<b>Drumbeat</b>
Sat, 9th Nov	Sun, 10th Nov	Mon, 11th Nov	Tue, 12th Nov
		<b>Positive Community Engagement</b>	<b>Girinyalanah Girls Group</b> <b>Central West Anti-Bullying Summit</b>

Visit us on the web at [Forbes High School](#)

Follow us on Facebook at [Forbes High School](#)

## CONTACT US

☎ 02 6852 2666

✉ forbes-h.school@det.nsw.edu.au

📍 18 Wyndham Avenue, FORBES NSW 2871



# Education

*We recognise the Ongoing Custodians of the lands and waterways where we work and live. We pay respect to Elders past and present as ongoing teachers of knowledge, songlines and stories. We strive to ensure every Aboriginal and/or Torres Strait Islander learner in NSW achieves their potential through education.*

# DO YOU QUALIFY FOR FREE HOME INTERNET?



If there is a school age student at your home and you don't have an nbn connection, you could qualify for free home internet until the end of 2025.



School Student  
Broadband Initiative

An Australian Government Initiative  
Powered by nbn

# FREE HOME INTERNET FOR SCHOOL STUDENTS AND THEIR FAMILIES

This is an Australian Government program that offers free home internet to families and carers who look after school age children and are struggling to pay the bills.

To apply, follow the four steps below:

- 1 Contact the National Referral Centre on **1800 954 610** Monday - Friday, 10am - 6pm (AEDT) or visit [anglicarevic.org.au/student-internet](https://anglicarevic.org.au/student-internet)
- 2 They'll ask you some questions to see if this offer is right for you.
- 3 If you qualify, you'll get a voucher.
- 4 Use the voucher to connect through your chosen participating internet provider before 31 December 2024.



**LEARN MORE**

Scan QR Code to learn more.

## THE BEST PART IS



Free home internet until 31 December 2025



The Wi-Fi router is free and you can keep it



There is no lock-in contract



Assistance provided by the National Referral Centre



Callback, webchat and interpreting are available



An Australian Government Initiative





Proudly Presents

# CAROLS BY CANDLELIGHT

*A Christmas Spectacular*

WAGGA WAGGA MUSIC BOWL

DEC 6TH & 7TH

GATES 5PM SHOW 6:30PM - 8:30PM

Special performances by



*Mickey Mouse*

Josh McKellar



*Santa Claus*

Meredith Adams



*Rudolph*

Harry Mangelsdorf

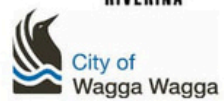


*Wagga's Rockettes*

Jade O'Halloran

ROAMING PERFORMERS RIDES FACE PAINTING FOOD DRINKS PRESHOW ENTERTAINMENT

[www.carolswagga.org.au](http://www.carolswagga.org.au)



**BEDGERABONG  
COMMUNITY  
PRESENTS**

# **TRIVIA NIGHT**

**26TH OCTOBER-7.30PM**

**BEDGERABONG HALL**

**\$10 per person- cash at the door**

**BYO nibbles and refreshments**

**Teams of  
up to 8**

**Prizes for -winning teams,  
best decorated table, games and challenges**

**ENQUIRIES / TICKETS 02 6857 1185  
OR [BEDGEREBON-P.SCHOOL@DET.NSW.EDU.AU](mailto:BEDGEREBON-P.SCHOOL@DET.NSW.EDU.AU)**