



TERM 2, WEEK 10

# DHURANY

## WELCOME TO FORBES HIGH

Our motto is 'Multum 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,  
It is hard to believe that we are in the final week of the first semester of the year. Time has been moving quickly and with this rapid pace comes a range of excellent opportunities for our students. The semester has provided so many opportunities for our students and I thank our staff for providing these opportunities for our students..

I also wanted to thank you all for your support of Forbes High School and the evidence shows that when we have strong partnerships with parents and community, the educational outcomes for students are lifted.

## Camps – Flood recovery

Stage 5 students attended Lake Burrendong Sport and Rec Camp for four days during Week 9. The weather was outstanding and the students had a sensational time. The pictures and videos capture the fun that was had by staff and students. Thank you to our team of staff who organised and attended the camp, without them, these events do not occur.



## End of Semester Assembly

Thank you to our parents, carers, special guests, and community for being a part of our Semester One Assembly. An incredibly opportunity to recognise and celebrate the success of our students both academically, on the sporting field and culturally. Thank you to all of our staff and students for an outstanding term.



# Parent Teacher Evening

Thursday afternoon, Week 1 of Term 3, we will hold our parent teacher night. Please hold the date for this important afternoon where you can work collaboratively to discuss your child's academic progress. We look forward to seeing you on 25th July.

## NSW Youth Health Consultation Forum

Last week, four Year 11 students had the opportunity to take part in the NSW Youth Health Consultation Forum where they had input in the 2025-2032 NSW Health Strategy. They looked at the allocation of funds and prioritised what they believed were the most pressing issues facing young people for the next 7 years. Thank you to the students for giving their voice to this important cause.



## Netball Gala Day

Forbes High School students had an outstanding gala day in Cowra on Tuesday, with all teams walking away with a win in this outstanding carnival. A huge congratulations to all teams whose rigorous training regime supported their success. Well done to the players who also supported the day by umpiring games throughout the day. Congratulations to the Year 7/8 Boys and Year 9/10 Boys teams for making it through to the finals in September.



Thank you for the support and partnership over the semester, we wish you a relaxing break and we look forward to working with you in the second half of the year.

Warm regards,  
Kathleen Maksymczuk



# ASSEMBLY



On Friday, 5th July we recognised and celebrated the amazing achievements of our students in our Semester One Major Assembly. Congratulations to all students who received awards, as well as Annabel for her performance of, 'I Will Survive.'

Many thanks to our special guests who attended to present awards to our outstanding students as well as the many family and friends who came to show their support.



[MORE PHOTOS](#)





Students delivered outstanding performances at the Forbes Eisteddfod and achieved some fantastic results in the groups and solo categories.

The results were:

### SECONDARY PERCUSSION GROUP

**1st place** - FHS Percussion Group - Emma Dick, Shawn Carpenter, Will Dowd, Carli Mitchell, Logan Harvey, Tamara Lee, Bianca Colvin and Angus Carpenter

**Highly Commended** - FHS Musical Band

### SECONDARY ANY FORM OF ENTERTAINMENT - GROUP

**1st place** - FHS Gamers Skit - Blake Giddings, Seth Swansbrough, Carli Mitchell and Angus Carpenter

### SECONDARY ANY FORM OF ENTERTAINMENT - SOLO

**1st place** - Shawn Carpenter, **2nd place** - Carli Mitchell, **3rd place** - Will Dowd

**Highly Commended** - Emma Dick, Angus Carpenter and Tamara Lee

We wish to express gratitude to Mrs Mayo for her dedication, guidance, and support in preparing the students for both the Cowra and Forbes Eisteddfods. Her assistance and expertise is greatly valued.





# U19 STATE OF ORIGIN

Students travelled to Leichhardt Oval on Thursday, 20th June, to attend the U19's State of Origin event. The aim of this outing was for students to apply their knowledge from PASS and SLR subjects to analyse and assess elite athletes' performance during a rugby league match. Massice thanks to Ms Hopkins and Mrs Price for accompanying the students.





# STAGE 5


# BURRENDONG



Our Stage 5 students deserve congratulations for demonstrating outstanding sportsmanship, active participation, and exemplary behaviour throughout their 4-day trip to Lake Burrendong Sport and Recreation Centre as part of the Flood Recovery Initiative.

A big thank you to Mrs Morrison, Miss Nock, Ms Hopkins, Miss Brown, and Mr Larkings for supervising the students, and a special thanks to Mr Patterson for accompanying both Stage 4 and 5.



Click here 

**MORE PHOTOS**





## Netball NSW Schools Cup

Students recently completed in the 7-10 Boys and Girls Netball NSW Schools Cup, where they participated in a netball round robin against other Central West Schools. The day in Cowra was a huge success, with every team securing a victory. After dedicated training throughout the term, these players showcased their skills on the court, making us incredibly proud of their efforts! A special mention to the players who took on the role of umpires, and a big congratulations to the Year 7/8 Boys and Year 9/10 Boys teams for advancing to the finals in September!

[MORE PHOTOS HERE](#)





# NSW YOUTH HEALTH CONSULTATION FORUM

In Week 9 four Year 11 students had the opportunity to take part in the NSW Youth Health Consultation Forum where they video called with a number of rural locations and the metro site at Westmead to have input in the 2025-2032 NSW Health Strategy. They looked at the allocation of funds and prioritised what they believed were the most pressing issues facing young people for the next 7 years.



## EUGOWRA NAIDOC

Forbes High School students visited Eugowra today to join the Preschool and Primary school students in celebrating NAIDOC. Our students presented two Traditional Indigenous Games (Gorri and Kee'an) at the event. We are grateful for the invitation, the BBQ lunch, and the thoughtful gift. It was a delightful afternoon that we truly enjoyed.









# FACULTY NEWS

## Learning and Support

In Learning and Support students are continuing the reading program with Mrs Bolam and the MultiLit program with Mrs Neilsen. Students have started a new program for numeracy called QuickSmart with Miss Maddy Dukes. QuickSmart is a program that focuses on developing basic numeracy skills in students and involves games, computer testing and flashcards.



### 'LEARNING AND SUPPORT TEACHER' – REPORT FOR TERM TWO 2024

Forbes High School strongly supports the acquisition of reading skills. Students attending Forbes High School in 2023 in Year 10, all independent readers, could all pass their Minimum Standards Reading Test, unlike many of their NSW cohort. We are proud of all students genuinely giving their best effort.

What are the stages in reading for students?

Dependent: dependent on others (SLSO etc) to read for them and with them

Less dependent: needing an SLSO (Student Learning Support Officer) for help

Nearly functional: still needs some help from a teacher, classmate, or SLSO

Functional: able to read a newspaper except for technical words/ place names

Highly functional: learns new words easily in class, needs help only occasionally

Independent: confident re all reading required in class, and researches well

Absolutely marvellous: very well skilled in decoding words for all purposes

Amazing: an exceptional decoder of words, loves knowing meanings, usage

**Year 7 students and new students who are not already independent readers when they come to Forbes High School, are included in the Reading Improvement Program.** All are individually and systematically taught to decode words (how to work words out by learning: how syllables work, the rules applying to vowels, specific letter combinations, etc.) Gaining effective decoding skills improves mastery of all school subjects, and everyday reading.

**Each student spends 20 to 30 minutes each week with me, individually learning the new skills they personally need.** This method is known as distributive practice, highly recommended as the optimum reading instruction method, promoted and detailed online for many years by Professor Rauno Parrila, at Sydney's Macquarie University, now in Melbourne. It allows valuable time to practise the skills learnt each day, before each next new lesson.

You are always welcome to discuss your student's reading by ringing the front office to make an appointment to meet with me. Many thanks to parents who send notes; and who value attendance, learning, friendliness and respect.

Vivienne Bolam – Teacher: 'Reading Decoding' Years 7-10  
'Minimum Standards Reading, Writing and Numeracy' Years 10-12



# FACULTY NEWS

## Science

### Year 7

This term year 7 have looked into living things. They have explored the idea of what makes something a living organism before delving into the world of cells. To aid with this they have looked at the cells of living things and various other specimens under the microscope. Moving on from cells, year 7 have looked at how plants carry water, specifically looking at the cells within celery.

### Year 8

Did you know the skin is the biggest organ in the body or that the heart pumps around 5.5 Litres of blood a minute? This is the type of information year 8 have learnt this term in their Biology topic. Year 8 have covered the body systems, learning about their role in keeping us alive. While conducting this topic, they have been lucky enough to participate in a range of dissections, including chicken wings (muscles and skeletal systems), heart (circulatory system) and kidney (excretory system).

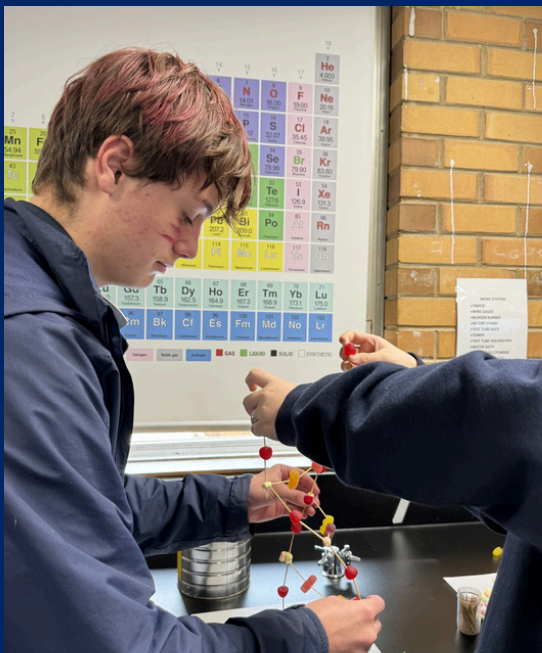
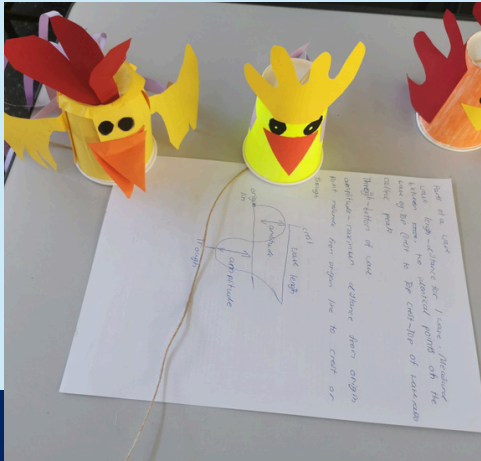




# FACULTY NEWS

## Year 9

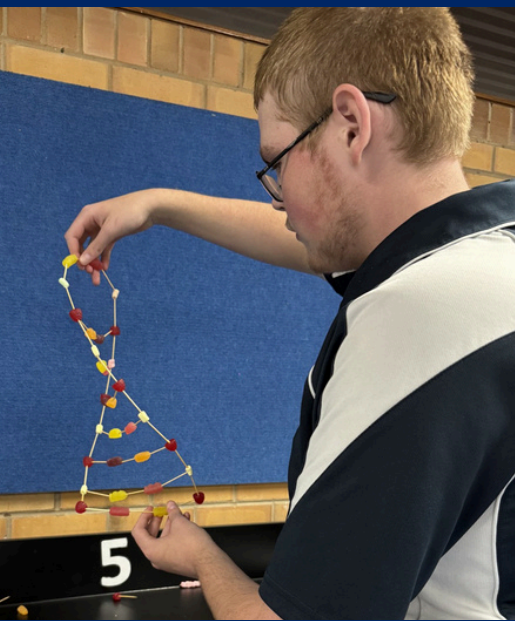
This term year 9 have been looking at physics. They started the term by exploring heat transfer, and learning about how heat moves through the methods of conduction, convection, and radiation. After heat transfer, students have been learning about waves and light. To do this, students have undertaken a range of experiments to investigate the properties of waves.



## Year 10

Year 10 have engaged with their biology topic this term. They started the term looking into the reproductive system before moving onto the structure of DNA. Students were lucky enough to investigate this by using lollies to create their own DNA model.

In the back half of the term, year 10 have been learning about the science of inheritance and genetics. To do this, they have investigated how we use both punnet squares and pedigrees to both track and predict inheritance patterns.





# FACULTY NEWS

## Agriculture

Showteam has been active with the preparation of merino wethers for the NSW Merino Wether competition with halter training and weekly weighing of the wethers. Their first competition next term will be Bedgerabong Show, before heading to Dubbo.

Term 2 has been busy down the ag farm with Year 11 and 12 Primary Industries starting to install the new water troughs, fencing and sowing crops.



9/10 Agriculture have studied Prime Lambs and Poultry. Raising day old Isa Brown chicks and feed lotting lambs.

Students participated in the Bedgerabong Pig Education day in May learning how to wash, parade, judge and auctioneer pigs. Our students did an amazing job with Noah placing 3rd in the pig judging.







Eugowra Young Judges Educational Day in June. Students attended workshops in the morning sessions, then taking their learnt skills and knowledge to compete in Junior Judging after lunch.

The following students placed in:

Grains - 1st Eli Brown

Poultry - 1st Isaac Knight

Fleece - 1st Lilly Eagles

Meat sheep - 1st Eli Brown, 2nd Isaac Knight and 3rd Amelia Behan

We look forward to a very busy show season with sheep, beef cattle, dairy cattle and junior judging.

The ag farm will have a small amount of Isa Brown pullets (15 weeks old) available at the start of term 3. Contact Ms Eagles for more information.





# YEAR 7 ENROLMENTS 2025

## How to enrol – Year 6 into Year 7

In NSW government schools, applying to move from primary school to high school is a 2-step process that starts with an Expression of Interest. Visit the [moving to high school](#) page to learn more about the process.

If you have received an offer from our school for placement into Year 7 next year, the next step is to visit [online enrolment](#) to proceed with the offer and complete the enrolment application.

If you did not submit an expression of interest or are not eligible, visit [online enrolment](#) to start a new application to our school.

If you submitted your expression of interest using a paper form, or would prefer not to enrol online, use the [application to enrol](#) (PDF 768.4KB) form.

Consider Forbes High School for your child's educational journey. Our motto is "Multum non Multa", Quality not Quantity. We are a spirited school with creative teachers, striving to achieve the best outcomes for our students.

We believe in collaboration; we create positive environments and provide an engaging and challenging curriculum. We offer opportunities in sports, culture, arts, academics, and vocational courses in a technology-rich environment.

# YEAR 7 2025 ENROLMENTS

Unlock a world of knowledge and endless opportunities at our dynamic school.



Forbes  
High School



Contact us for support to complete your child's enrolment

**6852 2666**



## Behaviour code for students

### Information for students and parents or carers

NSW public schools are committed to providing safe, supportive, and responsive learning environments for everyone across a range of settings. We teach and model the inclusive and safe behaviours we value in our students.

**In NSW public schools students are expected, to the best of their ability, to:**

- show respect to other students, their teachers and school staff and community members
- follow school and class rules and follow the directions of their teachers
- strive for the highest standards in learning
- act in a courteous and respectful way that makes all members of the school community feel valued, included and supported
- resolve conflict respectfully, calmly and fairly
- meet the school's agreed uniform policy or dress code
- attend school every day (unless legally excused)
- respect all property
- be safe and not be violent or bring weapons, illegal drugs, alcohol, vapes, e-cigarettes or tobacco into our schools
- not bully, harass, intimidate, or discriminate against anyone in our schools.

Schools take action in response to behaviour that is detrimental to self or others or to the achievement of high-quality teaching and learning.

**All students have a right to:**

- safety at school
- access and fully participate in their learning
- be treated with respect by other students, teachers and school staff
- express their views, set goals and self-advocate.

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments and apply an appropriate action when students are not meeting these expectations. The department is responsible for the provision of a policy framework and resources such as legal issues bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context, the NSW

Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

**Behaviour code for students: Student actions**

Promoting the inclusion, learning, wellbeing, and safety of all students in NSW public schools is a high priority for the Department of Education.

We implement teaching and learning approaches across a range of settings to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

**To meet the expectations set out above, students in NSW public schools, to the best of their ability, should adhere to the following principles.**

#### Respect

- Treat one another with dignity.
- Communicate and behave courteously.
- Act and work cooperatively with other students, teachers, and school staff.
- Develop positive and respectful relationships.
- Value the interests, ability and culture of others.
- Respect the learning needs of other students.
- Dress appropriately by wearing the agreed school uniform or dress code.
- Take care with school property and the property of staff and other students.

#### Safety

- Model and follow school and class rules and expectations around behaviour and conduct.
- Negotiate and resolve conflict.
- Be aware of and take responsibility for how their behaviour and actions impact others.
- Care for self and others.
- Be safe and help others to make safe choices that do not hurt themselves or others.

#### Engagement

- Arrive at school and class on time.
- Be prepared for every lesson.
- Actively participate in learning.
- Aspire and strive to achieve the highest standards of learning.



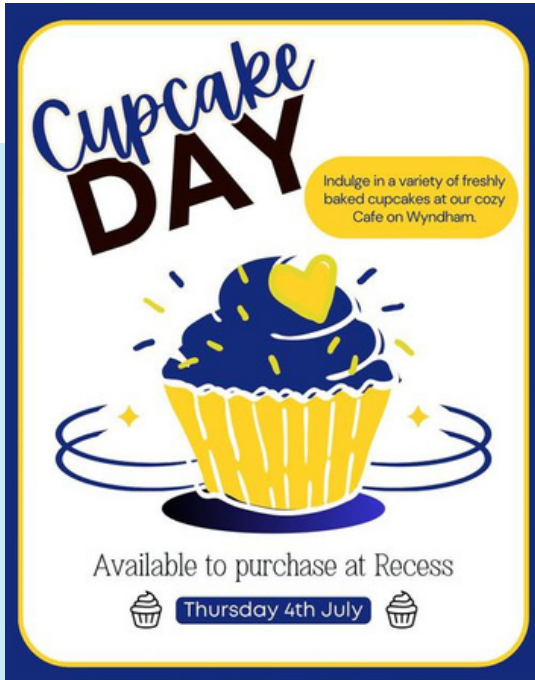
Click here



**MORE PHOTOS**



**Forbes High School**  
Partners in Public Education



## Cupcake Day

The P&C Cupcake Day fundraiser was a delightful event at Forbes High School. Held on Thursday, 4th July, it brought joy to students and staff in a fun and tasty way. A big thank you to all who baked and donated – your support and generosity is greatly valued! Shout out also to our wonderful P&C for organising this fantastic fundraiser.





**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

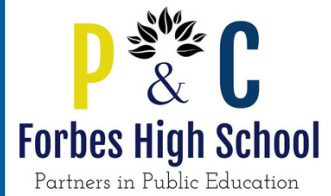
Download the app, create your account and place your next order online via Flexischools.

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

CHECKOUT 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)	

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

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

EFTPOS AVAILABLE

CANTEEN CLOSSES 5 MINUTES BEFORE BELL

LUNCH ORDERS CLOSING TIME 11:25am



# Connect locally, learn globally ...

Join the virtual school for rural and remote students

Aurora College is NSW's virtual school for high potential and gifted students in rural and remote government schools.

Our school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

The 'bright lights' of Aurora learn with their classmates from across the state in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Aurora teachers are highly qualified and experienced subject experts with specialised training in delivering best practice learning and teaching to high potential and gifted students.

Applications for placement in **Years 8, 9 and 10** in 2025:

- open Friday 21 June 2024
- close Friday 26 July 2024

For further information, visit [www.aurora.nsw.edu.au](http://www.aurora.nsw.edu.au) or phone 1300 287 629.



For enrolment information, please visit:  
<https://aurora.nsw.edu.au/about-our-school/enrolment>

## Applications for enrolment in Aurora College in Years 8 to 10 (2025) opened Friday 21 June 2024 and close on Friday 26 July 2024.

Further information is available on the college's website at the link below

### Secondary enrolment information - Aurora College

To be eligible for enrolment in our school, students must also be enrolled in a NSW Government school which is classified as a rural and remote school.

 [nsw.gov.au](http://nsw.gov.au)







# 2024 NAIDOC ASSEMBLY

Opening Traditional ceremony, Traditional dancing  
and singing, showcasing partnering schools  
BBQ lunch / tea & coffee

**MONDAY, 12TH AUGUST**

**12.30PM | FORBES HIGH SCHOOL HALL**



**BLAK, LOUD AND PROUD**



SAVE THE DATE

YEAR 12  
GRADUATION

2024

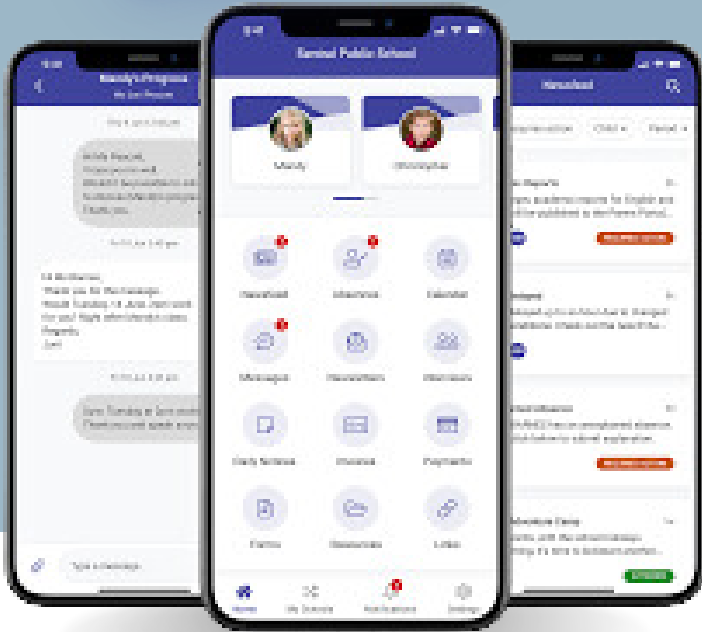
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FRIDAY  
15 NOVEMBER

FORBES GOLF CLUB



# Register now!



"Sentral for Parents" is a software platform improving school-parent communication. It offers various features. Visit our website for more information.

## Sentral for Parents App Features

- 1 Notify the school of absences easily within the app.
- 2 View and pay for school fees, excursions, and more.
- 3 Receive newsfeed and notices about important events
- 4 View calendar items to stay up to date with school events

**DOWNLOAD THE APP HERE**



**Visit our website for more info by clicking on our logo**



CALL THE SCHOOL TO REGISTER  
**6852 2666**





“ While most schools are respectful and harmonious, violence and unsafe behaviour in any form is not acceptable in schools. ”

NSW Department of Education



# Everyone deserves to feel safe at school



Please treat our staff and students with **kindness and respect**



Aggressive behaviour will **not be tolerated**



Together, **we can create a safe and harmonious environment** for our students and staff



A close-up photograph of a woman with dark hair pulled back, smiling broadly while submerged in an ice bath. The water is dark and filled with ice cubes. In the background, other people are partially visible, some sitting on the ground.

**Talk2mebro**

**FORBES**

# LADIES CATCH UP

**7:30am SUNDAY 14th July**

**Boys to the Bush office by the Lake**

**BREATHWORK, CONNECTIONS AND  
ICEBATHS**

**REGISTER  
FOR FREE**



**HERE**



# July School holiday Program 2024

M	T	W	T	F	S	S
01	02	03	04	05 Last Day	06	07
08 Yoga Mindfulness workshop	09	10 Inflatable games day	11 Flower workshop	12	13	14
15	16 Youth center drop in	17 Mini golf excursion	18 Painting workshop	19	20	21
22	23 Back to School	24	25	26	27	28

For more information contact Britt on 68502300 or [youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au)  
 registration is essential for events



## YOGA & MINDFULNESS WORKSHOP

MONDAY THE 8TH OF JULY

Yoga - meditation - connection

10-13 years 9:00am-10:00am  
 14-18 years 10:30-11:00am

Registration is essential only 12 spots in each session

At the Forbes Youth & Community center

For more information contact the events team on 6850 2300 or [youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au)



The Held Collective





**You're Invited !**  
**INFLATABLE GAMES MORNING**  
**10TH OF JULY - 10:00AM-1:00PM**  
**LIONS PARK, FORBES**  
**- FREE -**  
**PARENTS MUST BE PRESENT**

REGISTRATION IS RECOMMENDED BUT NOT ESSENTIAL  
FOR MORE INFORMATION CONTACT THE EVENTS TEAM ON 6850 2300 OR [YOUTH@FORBES.NSW.GOV.AU](mailto:YOUTH@FORBES.NSW.GOV.AU)

# DRIED FLOWER ARRANGING WORKSHOP

**THURSDAY JULY 11TH**

**SESSION ONE 9:30AM-10:15AM**

**SESSION TWO 10:30AM-11:15AM**

**SESSION THREE 11:45AM - 12:15PM**

**REGISTRATION IS ESSENTIAL ONLY**

**6 SPOTS IN EACH SESSION**

**FORBES YOUTH AND COMMUNITY  
CENTRE**







# YOUTH CENTRE DROP IN SESSION

16TH OF JULY 11AM-4PM



Stay warm this winter school holidays

Board games | Sports equipment | Craft | and more

Participants must be school aged | Registration required

For more information please contact the events team on 6850 2300 or [youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au)



## BUS TRIP TO ORANGE MINI GOLF

WEDNESDAY 17TH OF JULY

9:00AM - 3:30PM

DROP OFF AND PICK UP LOCATION - FORBES TOWN HALL

REGISTRATION IS ESSENTIAL ONLY 20 SPOTS AVAILABLE



CHILDREN NEED TO BRING THEIR OWN LUNCHES, BUT SNACKS AND WATER WILL BE PROVIDED.

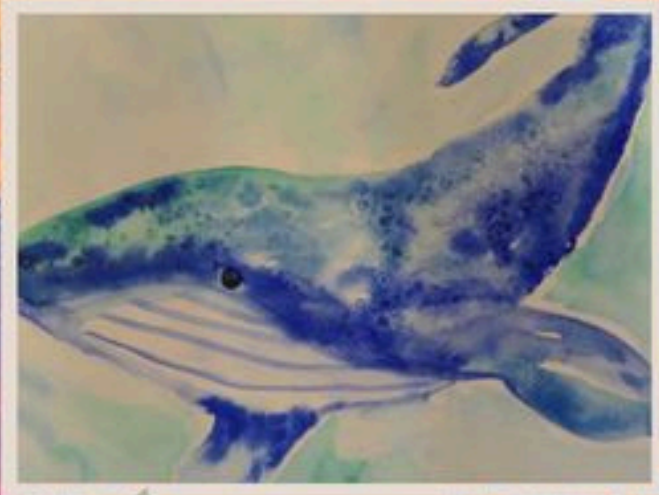
SCHOOL AGED CHILDREN ONLY



FOR MORE INFORMATION PLEASE CONTACT THE EVENTS TEAM VIA [YOUTH@FORBES.NSW.GOV.AU](mailto:youth@forbes.nsw.gov.au) OR 6850 2300







WATER COLOUR WORKSHOP  
By Karen Ritchie Art  
Thursday 18th of July

**Two time slots (only 10 spots per session)**

**5-10 years 9:30-11:00am**

**11-17 years 12:00-2:00pm**

**Registration essential**

Forbes Youth and Community Centre

For more information please contact - [youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au) or 6850 2300



**For further School  
Holiday Program  
information click logo  
for FYAT Facebook**

**For more information contact Britt on 68502300 or [youth@forbes.nsw.gov.au](mailto:youth@forbes.nsw.gov.au)  
registration is essential for events**





# SAFER DRIVERS COURSE

## EARN 20 HOURS TOWARDS YOUR LOGBOOK.

**BOOK JULY SCHOOL HOLIDAY COURSES NOW!**

[pcycdrivereducation.org.au](http://pcycdrivereducation.org.au)

FORBES JULY 10TH  
PARKES JULY 18TH



PCYC NSW is an accredited provider of the Transport for NSW Safer Drivers Course.

The Safer Drivers Course logo is a trade mark of Transport for NSW of 18 Lee St Chippendale NSW Australia.



This July School Holidays the Parkes PCYC are running 2 Safer Driver Courses, 1 course in Parkes on the 18th of July and 1 in Forbes on the 10th of July.

PCYC's very own Safer Drivers Course is carefully crafted to develop lifelong low-risk driving behaviours, along with providing guidance around tricky everyday situations.

The course will add 20 HOURS to a child's log book!

The cost is \$140 per student and morning tea is provided.

This course offers great advantages to young drivers.

Click for more info



Home  
REGISTER FOR SAFER DRIVERS COURSE TODAY WITH PCYC  
PCYC NSW



# BATHURST MIDDLE DISTANCE AND ENDURANCE CLINIC & MINI MEET

ALAN MORSE PARK, BATHURST

FRIDAY, 12 JULY 2024



## School Holiday Athletics Clinic

Bathurst Middle  
Distance/Endurance Clinic  
and Mini Meet

**Date:** Friday 12th July 2024

**Time:** Clinic from 10am -  
1pm and Mini Meet from  
1:30pm - 3:30pm

**Location:** Alan Morse Park,  
Bathurst

Registrations will close on  
Tuesday 9th July at  
midnight.

**Cost:**

Clinic only - \$35.00

Clinic and mini meet - \$45.00

Mini meet only - \$20.00

Join Youcef Abdi, Dual Olympian over 3000 Steeplechase, and Commonwealth Games Medallist over 1500m for a fun day of athletics skills and development. Youcef will be supported by Kate Lynch (Level 3 Performance Development Coach)

Perfect opportunity to prepare for upcoming school athletics carnival, representative athletics carnival, cross country or parkrun. Gain new ideas and knowledge for middle distance and endurance running.

Mini Meet events include all or your choice of any of the following events: -  
100m, 400m, 1500m, long jump and shot put.

Registrations are open to all school age athletes - you don't have to be registered with Little Athletics or ANSW to register and benefit from our clinic and mini meet.

Click on the link below to register: -

<https://events.mygameday.app/event/bathurstclinicminimeet2024>

Or contact Kate Lynch (Development Officer) for more information on  
Phone: 0412 508 563 or email: [klynch@lansw.com.au](mailto:klynch@lansw.com.au).

Bathurst will also be enjoying a Winter Festival, so feel free to head into the Winter Festival afterwards. See link below for details about what is on offer for the festival.

Home ([bathurstwinterfestival.com.au](http://bathurstwinterfestival.com.au))



# Brendan O'Hara Workshop

Throughout the years, Brendan has observed the growing disconnectedness of our children.

This disconnectedness has been accelerated exponentially through the covid years resulting in The Primitive and Postural Reflexes being ever more present.

The children are out of rhythm with themselves, their environment, the Natural Environment, their innate social instincts, they need to be given an avenue to return to their bodies, and to be at Home in their Hearts.

This will be an experiential presentation, with an emphasis on bringing centred calm to the children, and to us all, to assist our being At home in Our Hearts. Songs will be sung, movements enjoyed, with a modicum of talk; fun and laughter will abound.

**“I reach high for the Sky. Like a bird I fly, back home to my Heart.”**

**When: Saturday July 27th 2024**

**Where: Club Forbes Auditorium**

**Time: 9am - 4pm**

**BYO: Hand bean bag, yoga mat, lunch**

**Light morning tea provided**

Tickets are essential. Limited spaces available.

**\$40/person**

To purchase tickets -

<https://www.123tix.com.au/events/44437/brendan-ohara-workshop>



# TOUGH TIMES REQUIRE STRONG ACTION



## IT'S TIME TO COME TOGETHER FORBES IF NOT FOR YOU, FOR SOMEONE ELSE

### SESSION INFORMATION

Phil from the Rural Adversity Mental Health Program (RAMHP) will be presenting a psycho-educational session for adults.

The session will provide support and resources, normalise emotional reactions, promote coping strategies and reduce the long-term psychological impact of anxiety and stress.

The strategies you learn can be easily adapted to your children.  
Mental health

- How to de-escalate intense emotions and stress
- How to manage difficult thoughts and feelings
- How to have the conversation (if you think someone is at risk of suicide)
- Planning improved wellbeing
- Where to find help

### EVENT DETAILS

**Town Hall Forbes**

**Doors open** at 5:30pm

**Session:** 6:00pm - 8:00pm

**Date:** Wednesday 31st July

**Catering provided**

**RSVP:**

communityrecovery@forbes.nsw.gov.au  
6850 2300



Education

After adverse events, we can feel powerless, exhausted, and out of control. It is proven that by learning ways to manage our feelings and re-frame our thinking, we recover more quickly and increase our capacity to face new challenges.



# PRACTICAL SKILLS FOR WORK

## JUST COMPLETED YOUR HSC AND LOOKING FOR WORK?

VERTO Practical Skills for Work is a program designed with essential skills to help you enter the workforce. These skills will help you to stand out from other applicants and ensure you hit the ground running after completing your high school education.

Course options include:

- HLTAID011 Provide First Aid
- SITHFAB021 Provide responsible service of alcohol (RSA)
- SITHGAM022 Provide responsible gambling services (RCG)
- SITXFSA005 Use hygienic practices for food safety
- CPCWHS1001 Prepare to work safely in the construction industry (White Card)
- Café Skills (non-accredited)

Positions are limited. Please complete the date selection page, the enrolment form attached (or use the QR Code below) and submit to VERTO via email [courses@verto.org.au](mailto:courses@verto.org.au) with a copy of your photo ID and Medicare Card as soon as possible to secure your place in the course.

Places are limited for each day and positions are confirmed via SMS on a first in basis.

This training is subsidised by the NSW Government through the ACE Community Service Obligation program. No fees apply for eligible participants.



SCAN QR CODE



APPROVED  
TRAINING  
PROVIDER

RSA and/or RCG  
courses in NSW

Please consult [liquorandgaming.nsw.gov.au](http://liquorandgaming.nsw.gov.au) to determine whether you require the licensee training.

Our RSA/RCG is approved by Liquor & Gaming NSW

If you have completed RSA training in another State other NSW, please contact Liquor and Gaming NSW regarding the online NSW RSA Bridging Course. You may be eligible to obtain a NSW competency card with an RSA endorsement. This information must be disclosed prior to endorsement in an RSA course.





## PRACTICAL SKILLS FOR WORK – DATE SELECTION

NAME:

MOBILE NUMBER:

All training commences strictly at 9.00am with courses finishing between 3:30pm-5.00pm. Students must bring sufficient identification and complete any required pre-course work prior to attending training.

Please select the box for each training day/s you wish to attend:

VERTO Orange  
Venue - TBA

Course	WEEK 1	WEEK 2
	4 November to 9 November	18 November to 23 November
RSA	<input type="checkbox"/> 4 November	<input type="checkbox"/> 18 November
RCG	<input type="checkbox"/> 5 November	<input type="checkbox"/> 19 November
First Aid	<input type="checkbox"/> 6 November	<input type="checkbox"/> 20 November
Safe Food Handling	<input type="checkbox"/> 7 November	<input type="checkbox"/> 21 November
Café Skills (Non-accredited)	<input type="checkbox"/> 8 November	<input type="checkbox"/> 22 November
White Card	<input type="checkbox"/> 9 November	<input type="checkbox"/> 23 November

**First Aid** - You must collect a first aid book, complete the theory assessment prior to the face-to-face practical training day and submit on the day of training.

**RSA/RCG** - You do not need to be 18 years or older to complete the course, however, it is the minimum legal age required to use the certification. You must bring photo identification on the day of training. Once training and assessment is completed, you must apply to the regulatory body for your license.

**Safe Food Handling** - Enclosed shoes and long pants must be worn. Hair should be tied back neatly and jewelry removed. The entire day of training is required.

**White Card** - Enclosed shoes must be worn. You must bring 100 points of original ID on the day of training. Refer to [www.safework.nsw.gov.au/licences-and-registrations/licences/evidence-of-identity](http://www.safework.nsw.gov.au/licences-and-registrations/licences/evidence-of-identity)

**Courses are subject to change**

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# Have you thought about becoming a foster carer?

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Scan to find out more



Make a difference.  
Become a foster carer today.





# TIME WARP

## 2016





# UPCOMING EVENTS


<b>Mon, 22nd July</b> <b>School Holidays</b> <b>Staff Development Day</b>	<b>Tue, 23rd July</b> <b>Students Return</b>	<b>Wed, 24th July</b>	<b>Thurs, 25th July</b> <b>Year 7-11 Parent-Teacher interviews</b>
<b>Fri, 26th July</b> <b>Drumbeat</b>	<b>Sat, 27th July</b>	<b>Sun, 28th July</b>	<b>Mon, 29th July</b> <b>Book Club</b>
<b>Tue, 30th July</b> <b>Girinyalanha Girls Group</b>	<b>Wed, 31st July</b>	<b>Thurs, 1st Aug</b> <b>Mock Car Crash</b> <b>Aboriginal Careers &amp; Training Expo</b> <b>Explore Orange</b>	<b>Fri, 2nd Aug</b> <b>Western Athletics</b> <b>Stage 5 Drama Workshop</b>
<b>Sat, 3rd Aug</b>	<b>Sun, 4th Aug</b>	<b>Mon, 5th Aug</b>	<b>Tue, 6th Aug</b>


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## CONTACT US

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# 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.*