

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 incredible to believe that we are in the final week of term which is the final week of formal secondary education for our Year 12 students. As the term draws to a close, I would like to thank you all for your support of Forbes High School and the partnership that we have. I appreciate the strong relationship that we have, and I look forward to continuing this partnership in Term 4.







Year 12 Celebration Week

This week was an opportunity for Year 12 to celebrate their final week of high school. They have dressed up as younger versions of themselves, they have attended a fun paintball experience as well as colour run. They have dressed up as tradies and have celebrated with staff by sharing breakfast together as well as being a personal assistant to a staff member.

The final assembly on Friday is always bittersweet, the ending of one chapter but the beginning of the rest of their lives. Please enjoy the photos from the week.



Masterclass Event

Thursday of Week 9 we had students from Forbes Public and Forbes North Public Schools attend our school for a series of masterclass lessons. These were an opportunity for students in Years 5 and 6 to attend Forbes High School and engage in a range of lessons. We look forward to continuing and expanding this programme in Term 4 and in 2025. Thank you to our partner schools and the staff who supported this event.





Eugowra Show







Saturday 21st September, Ms Eagles and the Show Team attended the Eugowra Show. Once again our students represented our school with pride and passion. Their skills in Agriculture are outstanding and they have been excellent ambassadors for our school.

Thank you to Ms Eagles and the team involved for creating these opportunities for our students.

I wish all our students a wonderful break. Staff and students both return to school on Monday 14th October to commence Term 4.

Warm regards, Kathleen Maksymczuk

YEAR 12



More photos here

YEAR 12

The final week of Year 12 is a whirlwind of emotions and activities, marking the end of an era and the beginning of new adventures. Students reflect on friendships and memories made during high school. It's important for them to take a moment to appreciate how far they've come and to look forward to the possibilities that lie ahead, whether it's further education, starting a career, or taking a gap year to explore and grow. The end of Year 12 is not just a conclusion, but a commencement of new beginnings.

This eventful week featured a variety of dress-up days, including Younger Self, Tradie Day, and Favourite Children's TV Show. Students took part in activities such as paintball, a colour run, breakfast with teachers, a scavenger hunt, chill-out sessions, and the formal Year 12 Graduation Assembly on Friday.































SAVE THE DATE

YEAR 12 GRADUATION



FRIDAY 15 NOVEMBER

FORBES GOLF CLUB

UNIFORM DONATIONS





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

FINE ARTS & PHOTOGRAPHY

This year, over 50 entries from Forbes High School students were showcased in the Fine Arts and Photography categories at the Forbes Show. The students put in tremendous effort, working diligently to complete and mount their pieces on time. Many were eager participate in support of their local community show and to have the chance to display their work for everyone to appreciate. Below are some of the worthy winners:

UNDER 15 DRAWING

Lucy, Year 8 - 1st place Jemma, Year 10 - Highly Commended Carli, Year 8 - Highly Commended Imogen, Year 10 - Commended Chelsea, Year 7 - Commended Mia, Year 8 - Commended Charlie, Year 8 - Commended

UNDER 15 PAINTING

Ava, Year 8 - 2nd place Dakota, Year 8 - Highly Commended Tyler, Year 7 - Commended NOVICE DRAWING (Open Section) Chelsea, Year 7 - 2nd place



PHOTOGRAPHY Peta, Year 12:

Novice Rural - 1st and 2nd place Novice Black and White - 1st Senior School Animal - 1st and Senior School Rural - 2nd place Major Encouragement Award for School Photography





Students in Year 5 and 6 from Forbes Public and Forbes North Public participated in their first masterclass experience, participating in two of the below activities:

- Hospitality: Students learned piping skills, colour mixing, and made Rainbow Buttercream Cupcakes, enhancing their hand-eye coordination.
- Science Exploration: They conducted the imploding cans experiment and became familiar with common science equipment.
- Team Building: In Personal Development Health and Physical Education, they navigated obstacle courses using cups and participated in a ping pong ball pipe challenge.
- Math Skills: Students engaged in elimination, communication, teamwork, and problem-solving while solving riddles at various stations.

Overall, it was a rewarding experience for students to develop their skills and explore new activities.









Thank you - Marcus, Ben, Konnor, Logan, Chloe, Tilly, Methmi, Halle, Abbey, Bella, Belle, Heidi

Peer Support

SHOUT OUT

A massive thank you to these incredible Year 10 students for contributing to the success of our Masterclass





Annaliese

* HSC SHOWCASE NOMINATIONS ONSTAGE *

ONSTAGE NOMINEE: ANNALIESE GREEN

Annaliese has been nominated for the HSC Drama Showcase ONSTAGE for her self-devised, Individual Performance titled 'Acceptance'. Her piece explores the challenging journey from childhood to adolescence as she reminisces when clearing out the family home.

ONSTAGE showcases the best HSC Drama performances in 2024 and it is a tremendous achievement to be nominated. This nomination recognises her dedication, outstanding skill and hard work throughout her Drama HSC.

We are incredibly proud of Annaliese and her continued passion for the Performing Arts.

FORBES HIGH SCCHOOL



TUESDAY, 15TH OCTOBER



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

#FORBESGOESPURPLEFORD V



FORBES SHOW

Beef and Produce

We were delighted to receive Champion Eggs of the Show and Most Successful Exhibitor in Dairy and Eggs, Champion Oil Seeds with our amazing black giant sunflower seeds and Most Successful Exhibitor Open Produce.

More photos here

SHOW TEAM





Students worked on creating a patchwork cushion in Technology Mandatory Sewing. Both girls submitted their cushions to the Forbes Show, and they emerged as winners. Lucy secured first place for her cushion, while Lilly achieved second place for hers and also took first place for her Lilo felt toy.

Additionally, another student created a bookmark featuring his favorite topic, horses, and he also won at the Forbes Show.











COMMUNITY ACCESS

Flannery's Pharmacy

A heartfelt thank you to Bri and Sarah at Flannery's for graciously hosting our Community Access group at Flannery's Pharmacy during Week 9. The students felt comfortable and engaged, asking numerous insightful questions. They gained a wealth of knowledge about the pharmacy's services and products, making it a truly valuable experience.

We appreciate Flannery's Pharmacy for making this visit possible.

Forbes Smash Repairs and Isabel's Place

During Week 10 of Community Access, the Forbes High School Support Unit had an amazing experience at Forbes Smash Repairs and Isabel's Place café. Students were treated to an exclusive behind-the-scenes tour of their incredible services, where they could ask questions about the various jobs performed. It was truly inspiring to witness the skills and craftsmanship involved in vehicle repairs. Students asked questions about the qualifications required to work as a panel beater, the most challenging repairs, and the most common accident damage they need to repair.

Afterward, everyone enjoyed a delightful treat at Isabel's Place café, where we practiced our ordering and social skills. A huge thank you to the teams at Forbes Smash Repairs and Isabel's Place for welcoming us and sharing their knowledge.











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.





OUR CANTEEN IS ONLINE WITH

Sflexischools



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

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ONLINE CANTEEN ORDERING

Brought to you

by FHS P&C

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 Boll \$4.00 Sausage Boll \$4.00 Sausage Boll \$4.00 Traveller Pie \$4.50 Sausage Boll \$4.00 Sausage Boll \$4.00

Traveller Pie	\$4.50
Sausage Roll	\$4.00
Chicken, Lettuce, Mayo Burger	\$5.00
Chicken Burger with the Lot	\$6.50
(Beetroot, cheese, tomato, carrot, lettuce	& mayo)
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 L	Lunch)

SNACKS 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

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	\$4.00
(Lettuce, carrot, tomato, cheese & b	eetroot)
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	\$6.00
(Chicken/Ham/Egg or Tuna)	

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	
300	ml \$3.00
500	ml \$4.00
Orchy Orange Juice 500ml	\$4.00
Soft Drink Cans - No Sugar	\$3.00
Up & Go	\$3.00

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



5 MINUTES BEFORE BELL 🧶 LUNCH ORDERS CLOSING TIME 11:25an



UPCOMING EVENTS

Mon, 30th Sept	Tue, 1st Oct	Wed, 2nd Oct	Thurs, 3rd Oct
School Holidays	School Holidays	School Holidays	School Holidays
Fri, 4th Oct	Sat. 5th Oct	Sun, 6th Oct	Mon, 7th Oct
School Holidays			School Holidays
			Labour Day Public Holiday
Tue, 8th Oct	Wed, 9th Oct	Thurs, 10th Oct	Fri, 11th Oct
School Holidays	School Holidays	School Holidays	School Holidays
Sat. 12th Oct	Sun, 13th Oct	Mon, 14th Oct	Tue, 15th Oct
		RETURN TO SCHOOL	Girinyalanah Girls Group Purple Day

Visit us on the web at <u>Forbes High School</u>
Follow us on Facebook at <u>Forbes High School</u>





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.

The NSW Children's Week 2024 Art Competition is open to all children and young people up to the age of 18 living in NSW. Children and young people can enter by creating an artwork that shows the ways they connect with and love the environment around them. The artwork can be about:

- which parts of the environment they enjoy being in regularly
 - where they feel connected to the environment and why
 - how they show the environment love and care.

Nine winners (three winners for each age group: Age 5 and under, 6-11 and 12-18) will receive an award and prize.

Entries close Sunday 13 October 2024

If interested, please visit Children's Week 2024 Art Competition (nsw.gov.au)



CHILDREN'S WEE

ART COMPETITION







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.



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
- They'll ask you some questions to see if this offer is right for you.
- If you qualify, you'll get a voucher.
- Use the voucher to connect through your chosen participating internet provider before 31 December 2024.



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







2024 Summer TOUCH Competition

Monday evenings

Forbes Botanical Gardens 14th October to 16th December (Including Finals) 5:30pm to 7:30pm

ONLINE REGISTRATIONS NOW OPEN

https://profile.mysideline.com.au/register

SENIOR COMPETITION

Men's/Mixed/Women's (High School Aged and Above) Register as a TEAM \$450 per team

JUNIOR COMPETITION

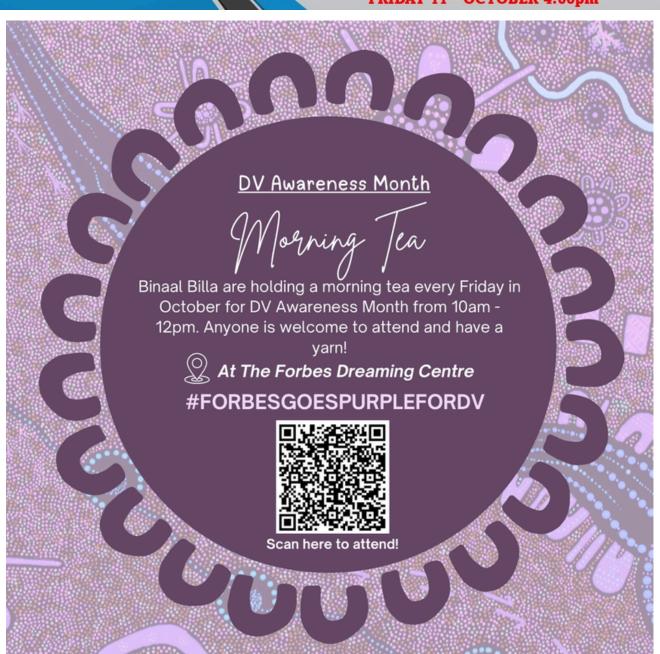
Primary School Aged
Register as a PLAYER
Players will be allocated a team and a team shirt.
\$50 per player

FAMILY COMPETITION

Infant School Aged with up to two adults on the field to support
Register as a PLAYER
Players will be allocated a team and a team shirt.

\$50 per player

REGISTRATIONS CLOSE FRIDAY 11th OCTOBER 4:00pm



Domestic Violence Awareness Month

Binaal Billa Family Violence
Prevention Legal Service will be
hosting several events during
October for Domestic Violence
Awareness Month.

DV Awareness Month is not only to educate and raise the awareness but bring the support and strength that domestic violence victims need.

DV Awareness Morning
Teas
Friday 4th, 11th, 18th, 25th
Dreaming Centre,
Forbes.
10am-12pm





Keep an eye out for each events flyer around Forbes and on our social media.

Awareness Month Opening Event

#FORBESGOESPURPLEFORDV

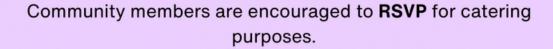




Tuesday 1st October 2024 11am – 2pm

The day will include:
A memorial for all the victims we have sadly lost
this year
Local services providing information
Free sausage sizzle

Activities for Kids & more!



RSVP to Binaal Billa on (02) 6850 1234 or admin@binaalbilla.com.au by Monday 23rd September.

Parents are to accompany children.



PURPLE Day Tuesday 15th October

FORBESGOESPURPLEFORDY

Tuesday 15th of October, Binaal Billa aim to encourage all community members, businesses and education providers to wear purple to show their support for Domestic Violence Awareness Month.





Scan the QR Code to register, or call in to the Binaal Billa office on the day to have your photo taken







STUDY STRESS WEBINAR

On Monday 14 October, join a webinar helping parents support their teens to cope with Year 11 and 12 study stress.

Clinical Psychologist Registrar and Postdoctoral Research Fellow Dr Jessica Belcher will host the session. This is a public webinar with 1000 online tickets available.

Event name: Helping parents support their teens to cope with Year

11 and 12 study stress webinar

Date and time: Monday 14 October, 6pm-6.45pm

Location: Online

Register here

The Zoom link for the webinar is in the event confirmation that is sent once registration has been completed.

Throughout this webinar Dr Belcher will draw on current research to discuss why students feel stressed, what stress might look like, and when parents need to worry about their teen's stress. Jessica will also give some helpful tips on what parents can do to help their teen manage stress throughout their final years of high school.

Discover more about the <u>Lifespan Health and Wellbeing Research</u>
<u>Centre</u> and the <u>Study Without Stress program.</u>





Dr Jessica Belcher
Clinical Psychology Registrar &
Postdoctoral Research Fellow
School of Psychological Sciences
Macquarie University

Helping parents support their teens to cope with Year 11 and 12 study stress

Monday 14 October 2024 6pm-6.45pm

Join us online



Venue:

Upstairs Co-working and Startup Hub Level 1, Reliance Bank Building 203-209 Russell Street Bathurst

For details and to book online:

www.westernenrichment.com.au











1st and 3rd of October

9:00am-12:00pm

Join us for a morning of fun! Games, arts, craft, and more.

Participants must be school age. Registration is esstenital

For more information please contact Britt at youth@forbes.nsw.gov.au



FYAT FORBES YOUTH ACTION TEAM



Wednesday 2nd October

Forbes BMX Track

Session 1: 10:00am-11:00am
Session 2: 11:00am- 12:00pm

Session 3: 1:00pm- 2:00pm





Youth First aid Course

Tuesday 8th October

Town Hall

9:00am-11:30am

14 years and over

Registration is Essential

For more information please contact Britt at youth@forbes.nsw.gov.au

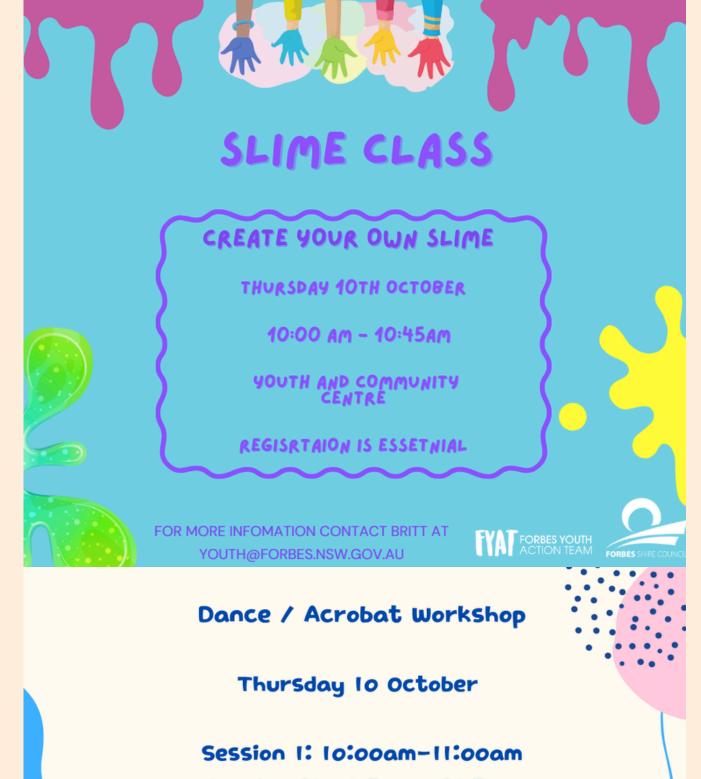












Session 2: 11:15am-12:15pm

At Kristen's Dance Studio

Registration is essential

For more information contact Britt at forbes@youth.nsw.gov.au or at b85o23oo





SEPT/OCT SCHOOL HOLIDAY PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					BEDGERABONG MOVIE NIGHT	28
29	SAFER DRIVER COURSE	DROP IN SESSION	2 LITE IN INC. BMX WORKSHOPS	DROP IN SESSION	4	5
6	7	8 FIRST AID COURSE	9 MOVIE AFTERNOON	DANCE/ACRO WORKSHOP	11	12
13	14	15	16	17	18	19



For more information contact Britt on 68502300 or youth@forbes.nsw.gov.au registration is essential for events





SAFER DRIVERS COURSE EARN 20 HOURS TOWARDS YOUR LOGBOOK.



Reduce your log book by 20 hours with PCYC NSW

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

The safer drivers course involves two modules.

Module 1

A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of 12 participants and will be delivered by a facilitator.

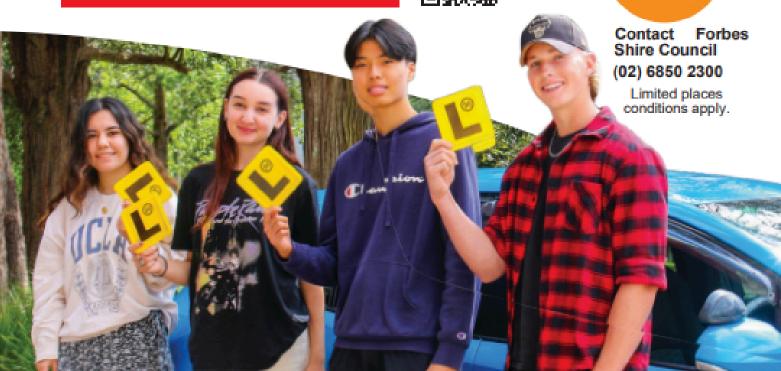
Module 2

A two-hour, in vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach.

Book online today at pcycdrivereducation.org.au



Fully funded places available at Forbes









LACHLANDISTRICT Women's Lugby League

CALLING ALL U18S PLAYERS

We are calling all players who are interested in playing the u18s in our upcoming 2024 WWRL comp. If you are interested in playing register at the link below.

https://profile.mysideline.com.au/register/clubsearch?criteria=Lachlan%20District%20WRL&club=48534603&source=rugby-league





FORBES

7:30am Sun 29th September BOYS TO THE BUSH OFFICE - Sheriff Street

BREATHWORK, ICE BATHS, CONNECTION

MONTHLY SPONSOR: SPORTS CLIQUE

SPORTS

CLIQUE

REGISTER FOR FREE

HERE

