



TERM 2, WEEK 4

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,

Another two weeks have flown by, and we have so much news to share with our community. At Forbes High School, our commitment to supporting our students remains unwavering. Inside the classroom, we continue to engage

our students in a wide array of academic pursuits, ensuring that they receive a well-rounded education that prepares them for their future endeavours. In addition to our core curriculum, we are proud to offer numerous opportunities for students to participate in extra-curricular activities.



Year 12 Parent Teacher Afternoon

The recent parent-teacher meetings. These discussions are invaluable as we approach the final terms of schooling, especially for our Year 12 students gearing up for the Higher School Certificate (HSC).

Your engagement in these conversations not only strengthens the partnership between home and school but also plays a crucial role in supporting your child's academic journey. We appreciate the time you took to meet with teachers and share insights about your child's progress and needs.

As we enter this critical period, we encourage you to continue these discussions at home. Should you have any questions or concerns regarding your child's learning or well-being, please don't hesitate to reach out to their teachers. Together, we can ensure that our students are well-prepared and supported as they embark on this important chapter of their educational journey.

Thank you once again for your commitment and collaboration. Let's continue to work together to help our students achieve their best.

Love Bites

Thank you to our staff as well as our community partners, including Acting Sergeant Jane Heffernan, for delivering this program which supports students to develop their understanding of respectful relationships. This program is one which we run every year to support young people navigate changing relationships. Thank you to the team who presented this invaluable opportunity for student to learn, grown and strengthen their understanding.



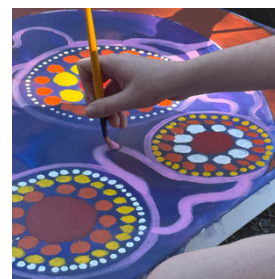
Driving Simulator

On Tuesday, students had the opportunity to practice their driving skills without the risks associated with on-road training in a driving simulator. Thank you Rotary for providing this opportunity for our students.



Activities

We have so many activities across our school from our students volunteering, going to community access, engaging in cultural dance, we have band and choir and so many other opportunities such as drumbeat and many sporting events. Please enjoy the pictures that showcase what we offer at FHS.



As always, please reach out to the school if you have any inquiries or need any support at any stage.

Warm regards,
Kathleen Maksymczuk

2025

CROSS COUNTRY



Last Thursday, 15th May turned out to be an incredible day for the annual cross-country event. The weather was just right, featuring clear skies and a soft breeze that cooled the runners as they made their way through the course. The walkers relished the chance to be surrounded by nature. At the finish line, students and staff gathered to enjoy a sausage sizzle by the picturesque banks of our lovely Ski Dam.



Thank you Miss Lind for capturing all the fun in this fantastic video!





AGE CHAMPIONS



13 Years Female - Harper O'Malley
 13 Years Male - Andy McMahon
 14 Years Female - Naomi Klingner
 14 Years Male - Tyler O'Malley
 15 Years Female - Lilly Eagles
 15 Years Male - Logan McMahon
 16 Years Female - Shayde Read
 16 Years Male - Rhys Knight
 17+ Years Female - Chloe Little
 17+ Years Female - Annaliese Green
 17+ Years Male - Lachy Kearney-Pallister

CHAMPION HOUSE



1st - Gamilaroi
 2nd - Nguri
 3rd - Burrabinya
 4th - Wiradjuri

Congratulations

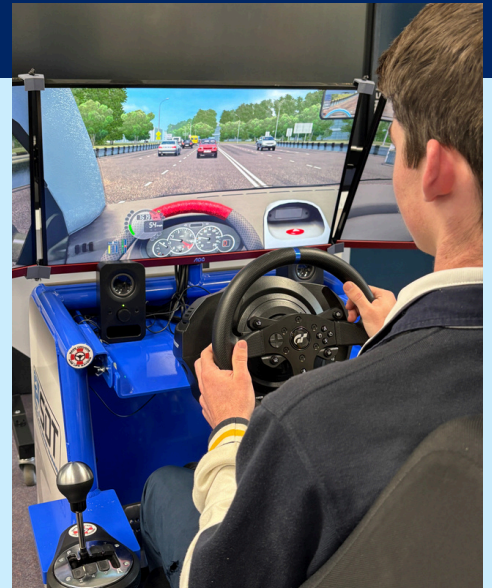
YEAR 12 GEOGRAPHY

Year 12 Geography investigated the characteristics and processes associated with urban place by examining population density and architecture in Sydney City. Students utilized public transport and conducted fieldwork around Darling Harbour, collecting data through surveys, observations, and sketches. They also experienced local cuisine and engaged in economic, cultural, and social activities. Thanks to Miss Morris and Mr. Dumas for their support.



DRIVING SIMULATOR

In Week 4, students had the opportunity to practice their driving skills without the risks associated with on-road training in a driving simulator. Overall, driving simulators provide a safe, cost-effective, and flexible training platform that enhances driver skills, improves road safety, and contributes to a more efficient and effective learning experience. Thank you Rotary for providing this opportunity for our students.



WHITE CARD ACCREDITATION

Students obtain the 'NSW Prepare to Work Safely in the Construction Industry' qualification, commonly known as the White Card, which permits them to enter construction sites as approved by SafeWork NSW.



FORBES RIVERSIDE COMMUNITY GARDEN



Our Support Unit Design and Technology students had a fantastic excursion to the Forbes Riverside Community Garden on Monday, 19th May. They got a first-hand look at the amazing work happening there and even learned some propagation techniques from the wonderful community members. This was a perfect lead-in to the TAFE Yes Horticulture course starting in Week 5. A huge thank you to everyone at Forbes Riverside Community Gardens for sharing their time and knowledge with our students!

COMMUNITY ACCESS

During the visit to Bernardi's Marketplace, students engaged in various activities led by the friendly and knowledgeable guide, Katherine. They toured the store, learned about diverse produce, and explored behind-the-scenes operations, including fridges and stock management. Students interacted with welcoming staff and participated in selecting ingredients for their favorite meal, culminating in a checkout experience. Many expressed interest in potential job opportunities at Bernardi's.

Click here 

MORE PHOTOS





Zero Tolerance for Racism: A Commitment to Respect and Equality

At Forbes High School, we are committed to fostering a welcoming and inclusive environment where every student feels valued, respected and empowered to reach their full potential. We believe that diversity is one of our greatest strengths and we are united in our effort to create a school community where every individual can thrive without fear of discrimination or prejudice.

Racism, in any form, has no place in our school. We are dedicated to maintaining a zero-tolerance policy towards racism, ensuring that all students, staff and families feel safe and supported. Every person—regardless of their race, ethnicity, or background—deserves to be treated with kindness, empathy, and dignity.

What Zero Tolerance for Racism Means

A zero-tolerance policy means that any act of racism, whether intentional or unintentional, will be taken seriously and addressed promptly. This includes racial slurs, offensive jokes, exclusion, bullying, or any behaviour that undermines the dignity of others. We understand that racism can sometimes be subtle, but it can still have a profound impact on individuals and the school community as a whole.

When a situation arises, it will be handled with care, and appropriate steps will be taken to address the behaviour and provide support to those affected. This may include counselling, restorative practices and ongoing education about respect, empathy and diversity. Our goal is not only to address the immediate issue but also to foster understanding and change for the future.

Building a Culture of Respect

While we stand firm in our zero-tolerance policy, we also recognise the importance of education and awareness in preventing racism. We are committed to creating opportunities for students to learn about the history and impact of racism, both locally and globally. Our lessons and discussions will focus on empathy, understanding different perspectives and celebrating the richness of diverse cultures.

We encourage all members of our school community to speak up when they witness acts of racism. By addressing issues as they arise, we can build a stronger, more united community. Our students, staff, and families are key to creating an environment where everyone feels safe and respected.

A Shared Responsibility

Creating a school free from racism is a collective responsibility. It requires all of us—students, teachers, staff and parents—working together to create a culture of kindness, empathy, and respect. By standing up against racism and supporting one another, we contribute to a better, more inclusive world for everyone.

Together, we can make a difference. Let's continue to build a school environment where respect and equality are not just ideals, but everyday practices. Zero tolerance for racism means zero tolerance for hate—let's commit to that every day.

Respectfully,
Forbes High School Leadership Team

Follow us on Facebook



CONTACT US

02 6852 2666

forbes-h.school@det.nsw.edu.au

18 Wyndham Avenue, FORBES NSW 2871



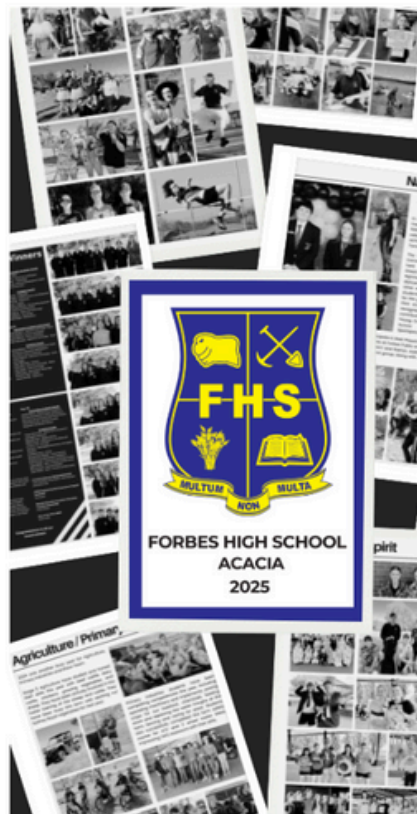
DHURANY

Our school newsletter provides a summary of recent events and activities within the school. It is published every two weeks and distributed digitally through the Sentral Parent Portal, Facebook and email.



SCHOOL MAGAZINE

The Acacia, our school magazine, is brimming with articles and photographs that highlight the amazing activities and events we've engaged in over the year. Be sure to pay your copy before the end of the year to revisit the memorable moments of an extraordinary year. From thrilling sports competitions to uplifting art exhibits, The Acacia captures the spirit and accomplishments of our school community.



FORBES HIGH SCHOOL
ACACIA
2025

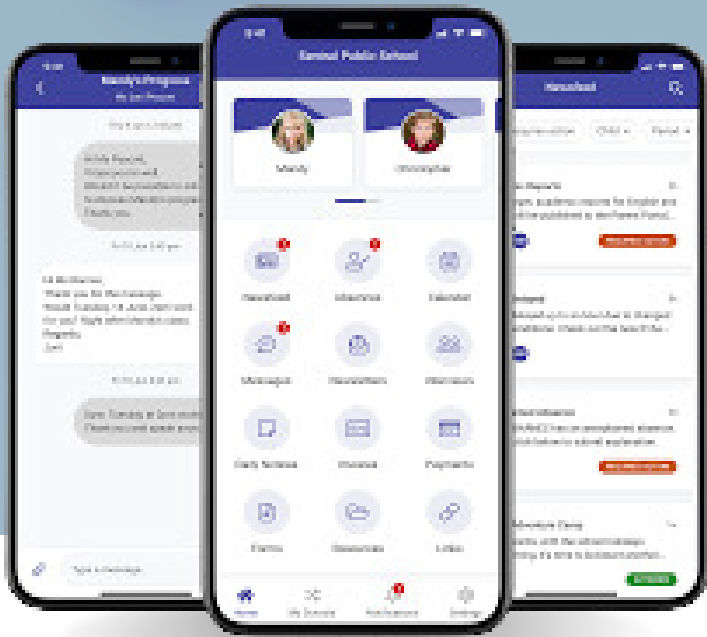
ACACIA 2025

\$30

Pay via the Sentral Parent Portal or at FHS office



Register now!



"Sentral for Parents" is a software platform improving school-parent communication. It offers various features. Visit the 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





How to register with Flexischools

- 1 Download the Flexischools app and select **"Register"**
- 2 Enter your email and hit submit to create an account
- 3 Go to your inbox and click the link to verify your email (check spam if lost)
- 4 Follow the prompts to complete your registration, creating a password and adding your personal details
- 5 In the navigation bar, add your student(s) under **"Profile"** > **"Students"** > **"Add new"** then hit **"Save"** once done.

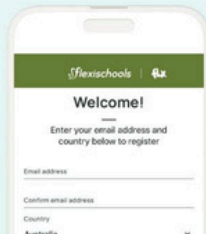
Now you're ready to start ordering!



Download the app now

Download on the App Store

GET IT ON Google Play



Issued by InfoLoop ACN 114 508 771 AFSL 470558. Read PDS & TMD at www.flexischools.com.au/legal. Advice is general & doesn't consider your needs.



How to link a student card to your Flexischools account

- 1 Select **"Profile"** in your Flexischools app navigation bar
- 2 Select the relevant student to expand their details
- 3 Scroll down and enter your child's student card or key tag number - you can set a daily spending limit here too
- 4 Tap **"Save"** once finished to confirm

Note: A student card can only be linked to a single Flexischools account at a time.



Download the app now

Download on the App Store

GET IT ON Google Play

Issued by InfoLoop ACN 114 508 771 AFSL 470558. Read PDS & TMD at www.flexischools.com.au/legal. Advice is general & doesn't consider your needs.



How to place a canteen order via the Flexischools app

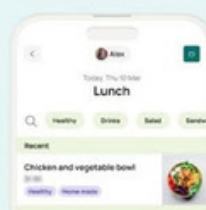
- 1 Tap **"Order food"** at the top of your app home screen
- 2 Choose the child and date you wish to order for
- 3 Select the food items you'd like to purchase, then select **"View order"**
- 4 Choose your desired payment option (if auto top-up isn't enabled)
- 5 Hit **"Checkout & pay"** to confirm your order and process payment



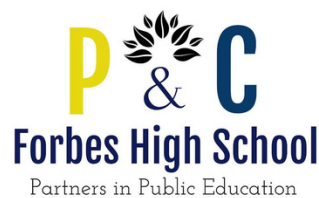
Download the app now

Download on the App Store

GET IT ON Google Play



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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





CAFÉ ON WYNDHAM MENU 2025



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	\$4.00
(Lettuce, carrot, tomato, cheese & beetroot)	
Ham & Salad	\$6.00
Chicken & Salad	\$6.00
Tuna & Salad	\$6.00
Ham or Chicken Salad Wrap	\$6.00
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
Juice Bombs	\$3.00
Classic Milk Assorted Flavours 500ml	\$4.00
Orchy Orange Juice 500ml	\$4.00
Soft Drink Cans - No Sugar	\$3.00
Up & Go	\$3.00



HOT FOOD

Traveller Pies	\$5.00
Sausage Roll	\$4.50
Chicken, Lettuce, Mayo Burger	\$5.50
Chicken Burger with the Lot	\$6.50
(Beetroot, cheese, tomato, carrot, lettuce & mayo)	
Beef & Cheese Burger	\$6.00
Sweet Chilli Chicken Wrap	\$5.50
Chicken Sticks Wrap	\$5.00
Chicken Sticks (6 pack)	\$4.50
Melt -Chicken, Cheese & BBQ Sauce	\$4.00
Melt -Ham, Cheese & BBQ Sauce	\$4.00
Garlic Bread	\$2.50
Tomato & BBQ Sauce (each)	\$0.50c
Gravy	\$0.50c

(ALL ITEMS ABOVE MUST be ordered for Lunch)



SNACKS

Chips 28gm	\$2.00
Fruit Muffins	\$2.00
Jelly Cups	\$1.50
Popcorn	\$0.50c
Seasonal Fruit Cups	\$3.50
Seasonal Fruit	\$2.00



ICE BLOCKS

Quelch Sticks	\$0.50c
Frozen Yoghurt	\$2.50
Paddle Pops	\$2.50
Snap Stix	\$1.50

Orders: MUST BE PLACED by 11:30am



flexischools
Scan to Download App



EFTPOS AVAILABLE

Prices subject to change without notice



CANTEEN CLOSSES 5 MINUTES BEFORE BELL



UPCOMING EVENTS

Mon, 26th May	Tue, 27th May	Wed, 28th May	Thurs, 29th May
School Band Practice National Sorry Day Small School Athletics Helpers	Buckley Shield CWA Public Speaking (Parkes) Year 9 Support JRV Volunteering	Community Access AECG Meeting Drumbeat - Girls FPS Athletics YES Horticultural Program	Athletics Carnival
Fri, 30th May	Sat, 31st May	Sun, 1st June	Mon, 2nd June
Drumbeat - Boys FPS Athletics Carnival RAGE Program FNPS Lake Cowal Cultural Excursion			School Band Practice Forbes Community Garden
Tue, 3rd June	Wed, 4th June	Thurs, 5th June	Fri, 6th June
Connect and Thrive	Community Access Drumbeat - Girls FPS Support Unit Volunteering YES Horticultural Program	School Singing Group EEC Preschool Visit	Drumbeat - Boys RAGE Program Year 11 Biology Lake Cowal
Sat, 7th June	Sun, 8th June	Mon, 9th June	Tue, 10th June
		Kings Birthday Long Weekend	Support Unit JRV Volunteering

Visit us on the web at [Forbes High School](http://forbes-high-school.nsw.edu.au)

Follow us on Facebook at [Forbes High School](https://www.facebook.com/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.

Talk2mebro



talk2mebro.org.au

**Conscious Connection | Friday 30th May |
Forbes**

[Book now](#)

Talk2mebro

TALK2MEBRO

FORBES COMMUNITY CATCH UP

Sunday 1st June 2025

Forbes Ski Dam, Bedgerabong Road

Talk2mebro

COMMUNITY CATCH UP

FORBES

7:30am - 9:00am Sunday 1st June

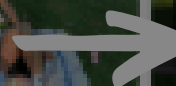
Forbes Ski Dam

BREATHWORK, CONNECTION, ICE BATHS

**SPONSOR : FORBES SHIRE COUNCIL / EVOLUTION
NORTH PARKES MINE**



**REGISTER
FOR FREE**



HERE

FROST AND FIRE

SATURDAY
21 JUNE
2025

Gather by warming fire buckets, indulge in hearty food and boutique brews, enjoy the sounds of nationally renowned musicians together with local artists along with amazing live acts and Wiradjuri cultural performances.



RIPLEY ALEXANDER


BAKER BOYS BAND
EST. 2005



4PM-10PM **FORBES SKI DAM**

HEARTY FOOD
BOUTIQUE BREWS
LIVE MUSIC
CULTURAL PERFORMANCES



www.123tix.com.au

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FORBES NSW



FORBES
SHIRE COUNCIL



@amazingforbesnsw

FROST AND FIRE®



- 4:00pm Roving Entertainment - Cirque Um Navigate**
- 4:00pm - 7:00pm Children's Entertainment - Silent Disco**
- 4:00pm - 4:45pm MUSIC - EasyGoin'**
- 4:45pm - 5:15pm Acknowledgment to Country**
smoking ceremony and cultural performance by Boganbila Culturals
- 5:15pm Welcome by Mayor Phyllis Miller OAM**
- 5:30pm - 6:15pm MUSIC Foxy Cleopatra**
- 6:15pm - 6:30pm PYROTECHNICS Flux Entertainment** Front of stage
- 6:30pm - 7:30pm MUSIC Baker Boys Band**
- FROM 7:30pm Lighting of Effigies**
- 7:50pm - 8:30pm MUSIC Ripley Alexander**
- 8:30pm - 8:45pm FIRESHOW Flux Entertainment**
- 9:00pm - 10:00pm MUSIC The Wolfe Brothers**
- 10pm Event Close**





ENTER TO WIN 2 TICKETS TO FROST AND FIRE.

Name: _____

Parent / Guardian phone: _____

Parent / Guardian email: _____

amazing
FORBES NSW



**Scan for
ticket info**



Entries close 10th of June 2025. Return completed form to Council Office or community@forbes.nsw.gov.au

SAVE THE DATE

WHITE RIBBON DAY

Tuesday, 25 November 2025

Everyone
Welcome

For further information, please email community@forbes.nsw.gov.au



A day to educate and raise awareness
around the issue of men's violence against
women.



YOUTH ACTOR AUDITIONS

MOCK CRASH 2025



Shout out to all the aspiring actors across the region!

Gain experience acting on film and live by starring in this year's 'NOT A STATISTIC! Youth Driver Education Program' (mock crash).

AUDITIONS

**Thursday 5 June, 5pm - 8pm
Parkes SES Shed (Clarke Street)**

Participants must be 16 years old and over.

For more information or to register:
call 02 6861 2364 or email melanie.suitor@parkes.nsw.gov.au

An initiative of the Parkes, Forbes and Lachlan Shire Councils' Road Safety Program



HEARING TESTS

INFANT AND CHILD TESTS - NOW AVAILABLE IN ORANGE

At Central West Audiology we are dedicated to providing comprehensive hearing & balance assessment services to patients of all ages. We have a fully equipped and calibrated sound booth for testing children down to as young as 6 months.

Our tests for children include where possible:

- ❖ Air, bone, speech, DPOAE, full wide band tympanometry and reflexometry.
- ❖ Test time of approximately 30 mins, including a report.

The full list of services available is on our website,
www.centralwestaudiology.com.au.

All audiological assessments at Central West Audiology are partially covered by Medicare. We are a mixed billing practice and out of pocket fees will apply. A medical referral is required for Medicare rebates. You are welcome to pay privately if you wish.

We routinely see children being assessed for speech and developmental delays, behavioural concerns and ear related illnesses.

If you would like to discuss your child, or someone in your care, please get in touch with us.

Central West Audiology

Phone: 02 5335 6565 (Option 5)

Email: audiology@bloomfieldmedical.com.au

Location: Bloomfield Specialist Group. Level 5, 1521 Forest Road, Orange

2 Day Autism Workshop for Parents and Carers

Cowra, NSW



Scan the QR code or [click here](#) to register



This workshop is for parents, full time carers and grandparents.



Wednesday & Thursday
18 & 19 June, 2025
9:30am - 2:30pm



Club Cowra
101 Brisbane Street
COWRA NSW 2794

Morning tea and a light lunch will be provided




Interpreters available upon request

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

For more information or to register visit:

 <https://www.positivepartnerships.com.au/PC>

 rramjan@positivepartnerships.com.au



0447 537 039

Mental Health is just as **IMPORTANT** as physical health

Access our FREE crisis service, talk to one of our crisis support team based across rural & remote NSW, VIC & QLD and get tailored support to help overcome your personal crisis and improve your mental wellbeing

 **1300 147 761**

Benefits of Program:

- Improves mental health
- Provides practical support
- Builds coping skills
- Someone to talk to

How to join the program?

- Self-referral
- Tailored to you
- For people aged 12 to 112
- Call us on 1300 147 761



Crisis Support Team
mentalhealth@thcfa.org.au
1300 147 761



Find out more:
thcfa.org.au



**THE NATIONAL
RURAL & REMOTE
SUICIDE PREVENTION
PROGRAM
AUSTRALIA**

YES, YES, YES

A compelling and insightful theatre piece that explores themes of consent, relationships, and communication in a way that resonates with both educators and young people.

The multi-award-winning part documentary, part confession, part open conversation is a theatre show created specifically for young adults (recommended age of 14+) returns to Australia in 2025 for a national tour.

By Eleanor Bishop & Karin McCracken

NCM



13TH JUNE 2025

FROM 6:00PM | COWRA CIVIC CENTRE

TICKETS



Twilight OUTDOOR MOVIE NIGHT

FRIDAY 30 MAY 2025

**4:30PM - MOVIE START
TIME 5:30PM**



NELSON PARK, FORBES

**POPCORN - FAIRY FLOSS -
DOUGHNUTS - COFFEE - FOOD VANS**

**BYO CHAIR, BLANKETS, WARM CLOTHES.
ADDITIONAL BLANKETS AVAILABLE FOR
PURCHASE**

