

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,

As we reach the midpoint of the term, we find ourselves engaged in a busy and dynamic period filled with a variety of activities, including assessments and the preparation of reports. This is a crucial time for students, as their performance in these assessments can significantly influence their overall progress.



We want to emphasise the importance of collaboration between parents, teachers, and students during this time. By working together, we can create a supportive environment that encourages students to thrive academically and personally.

In recent weeks, we have provided many opportunities for our students to be connected with a range of activities which supports them to engage in a full school life. These experiences range from the CWA Public Speaking Competition, participation in Rugby League, community access and volunteering events as well as the opportunity to connect with TAFE in a Horticulture course. Thank you to our staff who create these rich

learning opportunities for our students.

National Sorry Day

Last week on National Sorry Day, we acknowledged the continuing impact of historical government policies, including dealing with education, those Aboriginal and/or Torres Strait Islander people. We acknowledge the survivors of the Stolen Generation and the lasting impact to those who were forcibly removed from not only their families but also their communities, their culture and their Country.

Forbes High School had the honour of hearing the family history of Aunty Florence Onus, a Stolen Generation survivor. The power of her message was heard deeply across our school. We thank her for sharing this powerful history with us.





Athletics Carnival

It may have been a chilly morning, with the weather offering a brisk day, start to the but the competition at the **Athletics** Carnival was nothing short of electrifying from the very beginning. This much-anticipated event truly lived up reputation as a highlight of the school year-an occasion that no one wanted to miss. As the students gathered on the field, their faces lit up with determination and enthusiasm, it was clear that this year's carnival would showcase the very best of what Forbes High School has to offer.

Our students participated with immense passion and unwavering pride for their respective houses, embodying the spirit camaraderie and friendly rivalry that defines the event. Each race, jump, and throw was met with cheers and encouragement from fellow classmates, creating an atmosphere filled with support and motivation. The day served as a remarkable representation of Forbes High School—a vibrant community brimming with talented individuals who uplift each other in all their endeavours.

We extend our gratitude to our dedicated staff, whose planning and enthusiasm made the day a success. Additionally, a huge thank you to our exceptional students, whose sportsmanship and skill shone brightly. Together, they made this year's Athletics Carnival a memorable occasion.



Year 11 Reports

Year 11 reports will soon be making their way home, providing essential feedback on student progress. This is a crucial time for our senior students as they navigate the demands of their academic journey. The upcoming parent-teacher interviews that will follow the distribution of these reports are an integral part of this process. These meetings offer an invaluable opportunity for parents and teachers to collaborate closely, ensuring that students remain focused and motivated in their learning.

Engaging in these discussions allows parents to gain deeper insights into their child's strengths and areas for improvement, while teachers can provide tailored advice and strategies to support each student's unique learning needs. This partnership between the school and our families is not just beneficial; it is a vital connection that plays a significant role in guiding students towards their goals.

By fostering open communication and collaboration, we can work together to ensure that our Year 11 students are well-prepared for the challenges ahead, including the successful completion of their Year 11 coursework and the HSC (Higher School Certificate). We believe that strong support systems contribute to academic success and personal growth, and we are committed to nurturing these connections throughout this pivotal stage in our students' education.



As always, we encourage you to reach out to the school if you have any inquiries or require support at any stage of your child's educational journey. Our dedicated staff is here to assist you and provide the necessary guidance to ensure that both students and families feel supported and informed. Whether you have questions about academic programs, need clarification on report details, or seek advice on how to best support your child's learning at home, we are more than happy to help.

Warm regards, Kathleen Maksymczuk

ATHLETICS CARNIVAL









The weather was perfect for our Athletics morning conditions with brisk Carnival, contributing day. Student to great a participation was excellent, fostering a positive atmosphere and showcasing our supportive school culture. We celebrated all students, whether they excelled or simply completed their events.

Click here













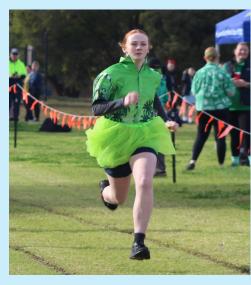
















NATIONAL SORRY DAY



government policies on Aboriginal and/or Torres Strait Islander people. We acknowledged the survivors of the Stolen Generation and the lasting impact to those who were forcibly removed from not only their families but also their communities, their culture, and their Country.

In Week 5, Forbes High School had the honour of hearing the family history of Aunty Florence, a Stolen Generation survivor. The power of her message was heard deeply across our school. We thank her for sharing this powerful history with us.

As National Reconciliation Week began, the theme "Bridging Now to Next" emphasised the connection between past, present, and future. It encouraged all Australians to unite and progress in their reconciliation journey, using past lessons as guidance.









BUCKLEY SHIELD: U14'S RUGBY LEAGUE GALA DAY

Last week, our students travelled to Dubbo to participate in the Buckley Shield U14's Rugby League Gala Day.

The boys exhibited pride, enthusiasm, and remarkable sportsmanship throughout the event. They genuinely enjoyed the experience.

A heartfelt thank you to Mr Patterson and Ms Hopkins for accompanying the boys and dedicating time to train them.



COMMUNITY ENGAGMEMENT

On Saturday, 31st May, students visited Bunnings to sell sausage sandwiches and drinks. The goal of this activity was to raise funds for their end-of-year Stage 5 excursion to Sydney. Additionally, it provided students with an opportunity to enhance their communication and teamwork skills throughout the experience.





YES HORTICULTURE PROGRAM

It was a brilliant start to the YES Horticulture Program with Ms Matthews from Orange TAFE on 28th May. Our students gained valuable insights into seed germination, seasonal planting, and the intricacies of growing from seeds. A highlight was definitely getting hands-on with different fruits, exploring their seeds to see what could be propagated. Our shade house was buzzing with activity as we potted snow peas, sweet peas, broad beans, and native grasses. We can't wait for the remaining four weeks of this great program!















CWA PUBLIC SPEAKING

Students represented FHS at the Country Women's Association (CWA) Public Speaking event in Parkes, where they eloquently addressed a range of topics. This competition provides an excellent opportunity for students to hone their public speaking abilities and build confidence in front of an audience.

- * Githmi and George discussed 'Leadership'
- * Bella presented on 'Bitten by the Bug'
- * Amber shared insights on 'Kindness and Caring'
- * Mia spoke about 'Who Influences Me'

The students received praise for their thorough research and engaging presentation styles. Notably, Githmi and Mia were selected as reserve participants for the upcoming round of the competition in Orange.



CONNECT AND THRIVE









The Connect and Thrive event on 3rd June at Cooke Park Pavilion in Parkes empowered youth by offering tools, networks, and confidence for their futures. Highlights included a youth-led networking session, a leadership workshop, and a Pitch It session with local businesses. The Think Tank session allowed participants to network with their peers and share ideas for community improvements, creating an inclusive space for youth to feel supported and foster positive change.

COMMUNITY ACCESS

Week 4 - Engaging Experiences

This week, students embarked on an exciting behind-the-scenes adventure at the Commonwealth Bank. They got to access and explore the vault, gained invaluable insights into handling money, got to weigh coins and learned how to confidently use an ATM. They even received a special gift bag, complete with information on opening a bank account and a money box to start their savings journey!

Week 5 - Valuable Life Skills

This week, our students have been actively acquiring essential life skills by visiting the Post Office to learn about the various products and services they offer. These include paying sending packages, purchasing gifts, and applying for a passport. They then put their newfound knowledge into action by writing and mailing their own letters to friends at school. What a fantastic way to foster independence and connect with the community! We immensely proud remarkable Support Unit students and the way they represent our school!

Week 6 - A Day of Learning

What a fantastic day of learning in the community! On Wednesday, our Stage 4 Support Unit students enjoyed an enriching excursion. They visited Michael Robinson and Co Real Estate right here in Forbes, where Ben shared invaluable insights about real estate and local housing options. Afterwards, we were fortunate to order and savour a delicious morning tea at Isabel's Place. So delightful!











SMALL SCHOOLS ATHLETICS CARNIVAL

In Week 5, ten students from FHS volunteered at the Small Schools Athletics Carnival. They played a crucial role in managing the athletics track and field events, serving as timekeepers and judges, while also supporting teachers in long jump, ball throw, standing jump, high jump, discus, and shot put. Congratulations to all the students for their exemplary behaviour while proudly representing our school.



TRADITIONAL ART WORKSHOP

Nginhgau Students greatly appreciated the Art Workshop led by Kiesha-Lee Bowden, a Local Wiradjuri Artist and former Forbes High student. Over the term, students learned about Traditional Aboriginal art and storytelling through art.





FACULTY NEWS

TAS

Industrial Technology (Metal)

Year 11 student hone their skills under the guidance of Mr Moore. This immersive learning environment not only builds technical skills but also fosters creativity and problem-solving abilities. As students continue to develop their craftsmanship, they are well-prepared for future endeavours in the field of industrial technology.









HSIE

Geography

Students in Year 11 participated in the Australian Geography Competition this week. This Competition is a contest for Australian secondary school students, assessing their geographical knowledge and skills. The Competition aims to encourage student interest in geography and to reward student excellence.





Saheel Spitist Week 8 Term 2

Tues

Country Club vs

COUNTRY

ls your vibe more Cowboy Boots or Cardigans?

Full Mufti

Wed

REDUCE, REUSE, RECYCLE

Make your own accessory out of recycled materials!

Accessory

Thurs

Superheroes vs SUPER-VILLAINS

Theme:

Slumber Party

Full Mufti

Fri

COLOUR

Yr 7: Yellow Yr 9: Purple Yr 11: Blue Yr 8: Red Yr 10: Green Yr 12: Pink **Accessory**

+ Year vs Year Dodgeball Comp!

THURSDAY





FORBES HIGH SCHOOL

2025 NAIDOC ASSEMBLY

Wednesday 2nd July 12:30pm - 1:30pm

Families & Community Members Welcome

Family and Community members are welcome to join Nginhagu students and Forbes High School staff for lunch after the Assembly commences.

Follow us on Facebook



CONTACT US

- **O** 02 6852 2666
- forbes-h.school@det.nsw.edu.au
- 18 Wyndham Avenue, FORBES NSW 2871

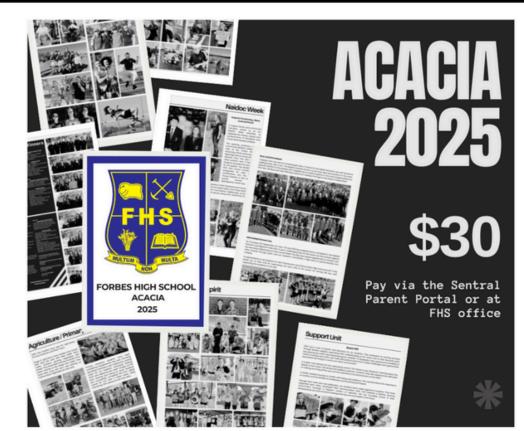
DHURANY

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.





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

- Notify the school of absences easily within the app.
- View and pay for school fees, excursions, and more.
- Receive newsfeed and notices about important events
- 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

flexischools

How to register with Flexischools

- Download the Flexischools app and select "<u>Register</u>"
- 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)
- 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!





flexischools

How to link a student card to your Flexischools account

- Select "Profile" in your Flexischools app navigation bar
- 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
- Tap "Save" once finished to confirm

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



flexischools

How to place a canteen order via the Flexischools app

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







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





<u>CAFÉ ON WYNDHAM MENU 2025</u>

SANDWICHES, ROLLS & WRAPS

Frain 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

EFTPOS AVAILABLE

Prices subject to change without notice

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

,	081	
L	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		
Quelo	ch Sticks	\$0.50c	
Froze	n Yoghurt	\$2.50	
Padd	le Pops	\$2.50	
Snap	Stix	\$1.50	

Orders: MUST BE PLACED by 11:30am





Scan to Download App



CANTEEN CLOSES 5 MINUTES BEFORE BELI





ALL WELCOME TO ATTEND.
WE WOULD LOVE TO SEE
AS MANY NEW FACES AS
POSSIBLE TO KEEP
OUR P&C ALIVE
AND CANTEEN OPEN



FHS PACS MEETING <

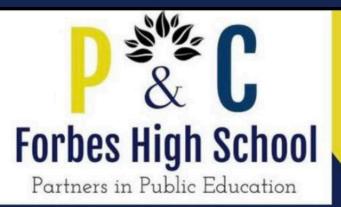


WEDNESDAY 11TH JUNE



AT FORBES HIGH SCHOOL





Quick Guide of P&C Committee Member Rolls

1. President

- Acts as the leader and representative of the P&C committee.
- Chairs meetings and ensures effective communication between the school and the committee.
- Oversees the general running of the committee and delegating tasks.

2. Vice President

- Supports the President and may stand in their place if they are unavailable.
- Assists with the execution of committee responsibilities and initiatives.

3. Secretary

- Maintains accurate records of meetings, including minutes and agendas.
- Handles correspondence and manages documentation for the committee.

4. Treasurer

- Manages the financial affairs of the committee, including budgets, banking, and financial reports.
- Ensures compliance with financial policies and procedures.
- Computer skills essential

5. Fundraising Coordinator

- Develops and coordinates fundraising activities to support school programs.
- Works with volunteers to plan and execute events.

6. Marketing and Communications Officer

- Manages communication strategies, including social media and P&C items for school newsletters etc.
- Promotes P&C activities and engages with the school community.

These roles help ensure the smooth operation of the P&C committee and its contribution to the school community.

UPCOMING EVENTS

Mon, 9th June	Tue, 10 th June	Wed, 11 th June	Thurs, 12 th June
Kings Birthday Long Weekend	Year 9 Support JRV Volunteering	Western Cross Country Drumbeat - Girls Chemical Certificate YES Horticulture Program Girninyalanha Girls FPS Support Unit	Chemical Certificate School Singing Group
Fri, 13 th June	Sat, 14 th June	Sun, 15th June	Mon, 16th June
Drumbeat - Boys RAGE Program			School Band Practice Boys & Girls Netball Schools Cup
Tue, 17th June	Wed, 18th June	Thurs, 19th June	Fri, 20th June
Year 9 Support JRV Volunteering	Community Access Drumbeat - Girls FPS Support Unit YES Horticulture Program Year 10 YAM Young Judges Workshop Girninyalanha Girls	School Singing Group	Drumbeat - Boys RAGE Program
Sat. 21st June	Sun, 22nd June	Mon, 23rd June	Tue, 24th June
		School Band Practice	Support Unit JRV Volunteering

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.

FORBES COMMUNITY NAIDOC CELEBRATIONS



Friday 4 July 2025 | 12pm to 4pm Wiradjuri Dreaming Centre

Gather at South Circle Oval 11.50am to March to Wiradjuri Dreaming Centre.







Monday 30th June

Apex Caravan Park 10:30AM - 12:00pm

SHIRF COUNCIL

LET US SAY

For the long days and nights,

the endless support, for

being there! Please join us for

Morning Tea, let us say Thank

You, lets Celebrate you!

RSVP by Wednesday 25th June to Council on 6850 2300 or community@forbes.nsw.gov.au

FROSTAND 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







4PM-10PM FORBES SKI DAM

HEARTY FOOD
BOUTIQUE BREWS
LIVE MUSIC
CULTURAL PERFORMANCES



amazing





ERSSI AND ISSUED



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 Foxxy 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









SAVE THE DATE

WHITE RIBBON DAY

Tuesday, 25 November 2025

Everyone the West of the Contract of the Contr

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.





2 Day Autism Workshop for Parents and Carers

Cowra, NSW



Scan the QR code or click here to register

Free workshop



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:



対 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

3 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











ÉS, 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.



13TH JUNE 2025

FROM 6:00PM | COWRA CIVIC CENTRE







TICKETS





Parkes NSW



Speech Pathology & Occupational Therapy



Fortnightly on Thursdays at Central West Allied Health, 91 Clarinda St

All Experienced Clinicians

NDIS Registered Provider

Have a Referral? - SCAN THE QR CODE or Click Here



1300 163 665 hello@fly2health.com.au www.fly2health.com.au