TERM 2, WEEK 8

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.

IN THIS ISSUE

- Principal's Report
- School Disco
- NSW Netball Schools Cup
- Show Team
- Students Achievement
- School Canteen
- Excursions
- Faculty News
- Debutante Ball
- School Information
- Upcoming Events
- Community Announcements

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



FORBES HIGH SCHOOL NEWSLETTER 2025

PRINCIPAL'S REPORT

Mrs Kathleen Maksymczuk

Dear parents, carers, students, and the Forbes High community,

As we approach the final weeks of term, it's been an incredibly action-packed journey! Our students have immersed themselves in a wide array of enriching activities this term, so much so that we could fill the newsletter with highlights alone.



Most importantly, we have continued our commitment to excellence in teaching and learning across all classrooms. This term has also been a crucial time for assessments, allowing us to evaluate our students' progress and develop tailored plans as we prepare for Semester 2.

Looking ahead, we are excited to announce our upcoming Parent-Teacher Evenings for Years 7 to 10 early next term. We encourage all parents and guardians to take advantage of this opportunity to connect with teachers and collaborate in supporting your child's educational journey.

Spirit Week

This week, our students have enthusiastically participated in School Spirit Week, a wonderful opportunity to foster a sense of community and enjoyment throughout our school. The Student Representative Council (SRC) has done an outstanding job leading this initiative, which grows in excitement and participation each year.

Throughout the week, students have enjoyed themed dress-up days, engaging activities during break times, and a variety of fun events, including our highly anticipated first disco of the year. It's been a fantastic way to celebrate our school spirit and strengthen connections among students.

Thank you once again to Ms Radvanyi and the SRC for a brilliant week.



Year 10 Minimum Standard Assessment

This week students in Year 10 have been completing their HSC Minimum Standard Assessment. Congratulations to our students who have completed the assessment. The results have been excellent, and we will work with students who may need to retake the assessment in the future.

Student Opportunities

Our Special Education classes have been incredibly busy all term providing rich experiences for all students both inside and outside the classroom. They have been exploring and learning about the local businesses and services in Forbes during Community Access. Student have also been volunteering and building their community connections. Thank you to our fantastic teachers for creating these experiences and thank you to our community for supporting our students.

Thank you to our staff who provide our students with so many different activities and for all that they do to ensure that every student has the broadest possible educational experiences.





As always, we invite you to reach out to the school with any inquiries or if you need support at any stage of your child's educational journey. Our dedicated staff are here to assist you and provide the guidance necessary to ensure that both students and families feel supported and informed.

Whether you have questions about our academic programs, need clarification on report details, or are seeking advice on how to best support your child's learning at home, please don't hesitate to contact us. We are more than happy to help.

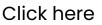
Warm regards, Kathleen Maksymczuk

SCHOOL DISCO

The school disco, themed "Slumber Party," was a memorable night for students, who danced in their cozy and comfortable pyjamas. It was a night of strengthened friendships and lasting memories.







































NSW NETBALL SCHOOLS CUP

Recently, students had a fantastic time at the NSW Netball Schools Cup held in Forbes. This annual event not only promotes a sense of camaraderie among students but also encourages healthy competition. Our students showed great enthusiasm, cheering each other on throughout the day. We take pride in how they represented FHS.















SHOW TEAM

At the Forbes High farm, during Stage 4 Sport, Show Team students engage in various activities. They tend to our much loved animals and maintain equipment, fostering team spirit while preparing for the Shows. They also carefully collect and package eggs from the chicken coops for sale at Sheldricks Fine Foods, enhancing their understanding of the farming business. This hands-on work fosters teamwork, responsibility and valuable life skills while allowing them to enjoy the outdoors.















STUDENT ACHIEVEMENT

Congratulations Alani and Harper on qualifying for the NSW All School Cross Country State Championships to be held at the Sydney International Equestrian Centre in July. This is a fantastic achievement. Best of luck to both girls!



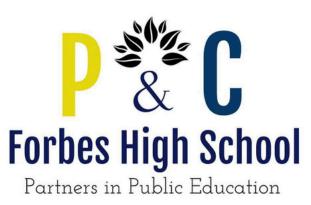
Congratulations



SCHOOL CANTEEN

Thank you to the Forbes High School P&C Association! What a fantastic job they've done running our school canteen over the past few weeks, providing delicious treats for both students and staff. A special mention goes to Mel McMahon for her dedication and hard work!





BOCCIA

Forbes High School's Support Unit Boccia team recently showcased their skills and determination at the 2025 Boccia Competition, competing against 10 other schools from across the region. Our team of seven talented students played exceptionally well, securing an impressive three out of four wins in the preliminary rounds. Their only loss came down to a single bonus point against Blayney High School in the final round. The team then went on to triumph in their finals match, ultimately securing a commendable third place ranking for the day. Our students displayed fantastic sportsmanship and teamwork throughout the event and should be incredibly proud of their outstanding achievements.

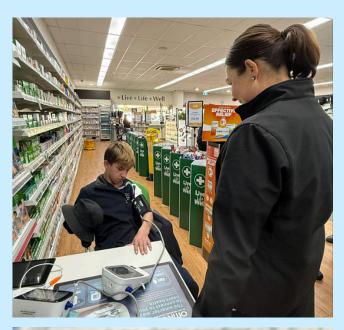




COMMUNITY ACCESS

Week 8 - Flannery's Pharmacy

On this weeks Community Access we visited Flannery's Pharmacy. We gained so much practical knowledge about taking care of ourselves and loved ones. We learned everything from identifying over the counter meds, to understanding how prescriptions work, what kinds of other services they provide and the importance of talking to pharmacy staff for assistance. It was great to explore all the health-related products and even the gift selection. Huge thanks to Pharmacist Sarah and all the staff at Flannery's for a truly beneficial excursion!





MORE PHOTOS







FACULTY NEWS

PDHPE

Exploring Early Childhood

As part of their coursework, students had the opportunity to visit and interact with the children at Forbes Preschool, allowing them to explore the growth and development of young minds. Our students truly enjoyed connecting with the children during this experience.





















MAY 10 2025 Debutante Mall

DEBUTANTE'S SUPPORT CLUB FORBES WHITE RIBBON INITIATIVE

After months of planning, fundraising and dance lessons seven gorgeous young ladies and their equally handsome partners impressed and delighted their invited guests. The group consisting of Alana Rodgers and Luke Gerry, Julia Sullivan and Chaise Weaver, Methmi Gamage and Logan Davies, Olwyn Flick and Jamal Barnes, Bella Henry and Tylah Bond, Ella Horner-Skinner and Tyson McKinnon, Halle Molloy and Brock Maynard were presented to Mrs Tara Morrison, Forbes High School Year 11 Year Advisor and PDHPE Teacher. The group were accompanied by flower girl Eva Linsdell & page boy Huxley Wallace. The nervous duos performed their feature dance to "If The World Stopped" by Foster which was choreographed by Miss Emily Jack. They chose "Night Changes" by One Direction for their second dance which proved to be quite emotional as they chose a parent or significant other as their partner.

The young ladies looked spectacular in their exquisite gowns and the young gents wore smart single breasted Diamond Black Slim Fit suits, crisp white shirts, black shoes and pale pink accessories which matched the colour theme for the evening.

Mrs Maria Coleman was Master of Ceremonies for the evening and did a stellar job keeping everything on track.



Traditionally, Debutante Balls were formal occasions where young ladies were presented to society after learning manners and etiquette customary of the time. Modern Debutante Balls still teach participants social skills but are an opportunity to raise valuable funds for charities and organisations. With the tireless efforts of each and every one of the debutantes and their partners, cooking barbeques, selling raffle tickets and more, they were justified with \$4000 being raised from the event which will directly benefit White Ribbon Australia.

White Ribbon Australia is a social movement working to stop men's violence against women. The organisation engage men and boys to see violence against women as their problem and give them the knowledge and tools they need to fix it.

Primary prevention is about tackling the deep, underlying societal attitudes that drive violence against women. Effective primary prevention relies on addressing those attitudes by targeting people where they live, work and play and White Ribbon run programs in schools and universities, workplaces, sporting groups, and communities across Australia.

The group chose to support Club Forbes' White Ribbon initiative.

The events Monster Raffle was drawn on the night, was well supported by local businesses and families who generously donated all eleven of the prizes.





1st – \$500 Photography Session Voucher – donated by Sharni Tolhurst & \$25 Cahill's Footwear/Euphoria Road was won by Kristy Butler

2nd – Load of Firewood – donated by the Skinner Family & Forbes Pizza House Small Pizza Voucher was won by Ashlee Dare

3rd - \$150 Photography Session Voucher – donated by Essjay Photography & \$20 Little Extras Gift Card was won by James Dumas

4th – Truck Wash & Two Caps – donated by Forbes Heavy Deisel & Forbes Pizza House Small Pizza Voucher won by Melissa Milford

5th – Stihl Esky – donated by Frank Spice Autos, Wildtrak Camping Chair – donated by Blue Sky Outdoors & \$50 Forbes Central Butchery Gift Voucher won by Maryanne Jarrick.

6th - Willa Blue Beauty Pack & Gift Voucher won by Gloria Haywood

7th – Blush Organics Beauty Bag & Gift Card won by Jack Dare

8th – Shirt Pack, Sock Pack & Wallet – donated by Gunns Menswear, Two Meek & Me Caps & Keyboard Mat – donated by Allure On Main & Forbes Pizza House Small Pizza Voucher won by Kerry Acheson

9th – Natio Gift Pack & Cooler Bag – donated by Flannery's Pharmacy, Two Meek & Me Caps & Keyboard Mat - donated by Allure On Main & Forbes Pizza House Small Pizza Voucher won by Cooper Reid

10th – Hair Care Pack – donated by V'Air Hair Salon, \$25 Cahill's Footwear/Euphoria Road & Forbes Pizza House Small Pizza Voucher won by Georgia Kelly

11th – MD Steel Bundle & \$100 Voucher donated by Loomzy's Fish N Fix won by Trish Milford



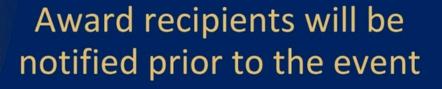
Thanks are also extended to Bernardis Marketplace, Achesons Mitre 10 and Club Forbes for the generous support of fundraising activities and in kind donations.

Event coordinator, Anita Morrison, commended the group on their efforts and congratulated the family and friends for the support shown to the debutantes and their partners.

WE INVITE YOU TO

Forbes Migh School SEMESTER 1 ASSEMBLY 2025

FRIDAY | 4 JULY 9.45am for a 10am start









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



Storbes-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

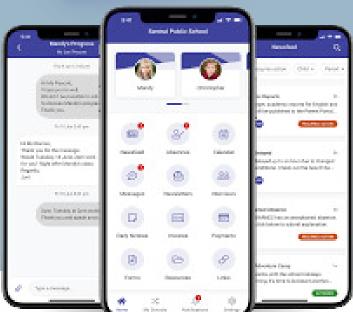
The Acacia, our school magazine, is brimming with articles and photographs that highlight the amazing activities and events we've engaged in over the year. Be sure to pay your copy before the end of the year to revisit the memorable moments of an extraordinary year. From thrilling sports competitions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











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

DOWNLOAD THE APP HERE

Sentral for Parents App Features

1

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

CALL THE SCHOOL

TO REGISTER

6852 2666

View calendar items to stay up to date with school events

Download on the App Store



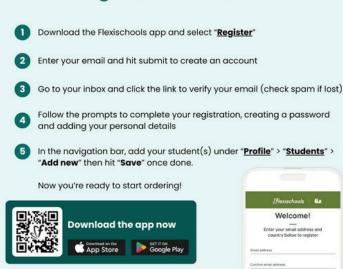
Visit our website for more info by clicking on our logo





flexischools

How to register with Flexischools





How to link a student card to your Flexischools account

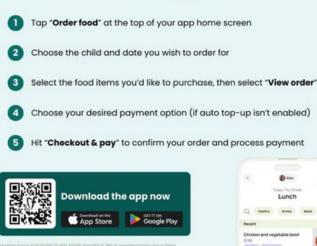
 Select "Profile" in your Flexischools app navigation bar
Select the relevant student to expand their details
Scroll down and enter your child's student card or key tag number you can set a daily spending limit here too
Tap "Save" once finished to confirm

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





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



Prices subject to change without notice

<u>EFTPOS AVAILAB</u>



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

\$2.00
\$2.00
\$1.50
\$0.50c
s \$3.50
\$2.00
\$0.50c s \$3.50

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



CANTEEN CLOSES 5 MINUTES BEFORE BELI



UPCOMING EVENTS

Mon, 23rd June	Tue, 24th June	Wed, 25th June	Thurs, 26th June
Forbes Eisteddfod	Year 9 Support JRV Volunteering State of Mind, Get in the GAME	Drumbeat - Girls Community Access Girinyalanha Girls YES Horticulture Program FPS Support Unit	School Singing Group
Fri, 27th June	Sat, 28th June	Sun, 29th June	Mon, 30th June
Drumbeat - Boys RAGE Program Fish Fossil Museum	Green Waste burn		School Band Practice Boys & Girls Netball Schools Cup NAIDOC Celebrations - St Laurence's
Tue, 1st July	Wed, 2nd July	Thurs, 3rd July	Fri, 4th July
Year 9 Support JRV Volunteering NAIDOC Celebrations - FNPS Peer Support FPS	Community Access Drumbeat - Girls FPS Support Unit YES Horticulture Program Year 10 YAM Girinyalanha Girls	School Singing Group NAIDOC Celebrations - FPS NAIDOC Celebrations - Forbes Preschool	Semster 1 Awards Assembly Community NAIDOC Day
Sat, 5 th July	Sun, 6 th July	Mon, 7 th July	Tue, 8 th July
		School Holidays	School Holidays

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

NON

CONTACT US

O2 6852 2666

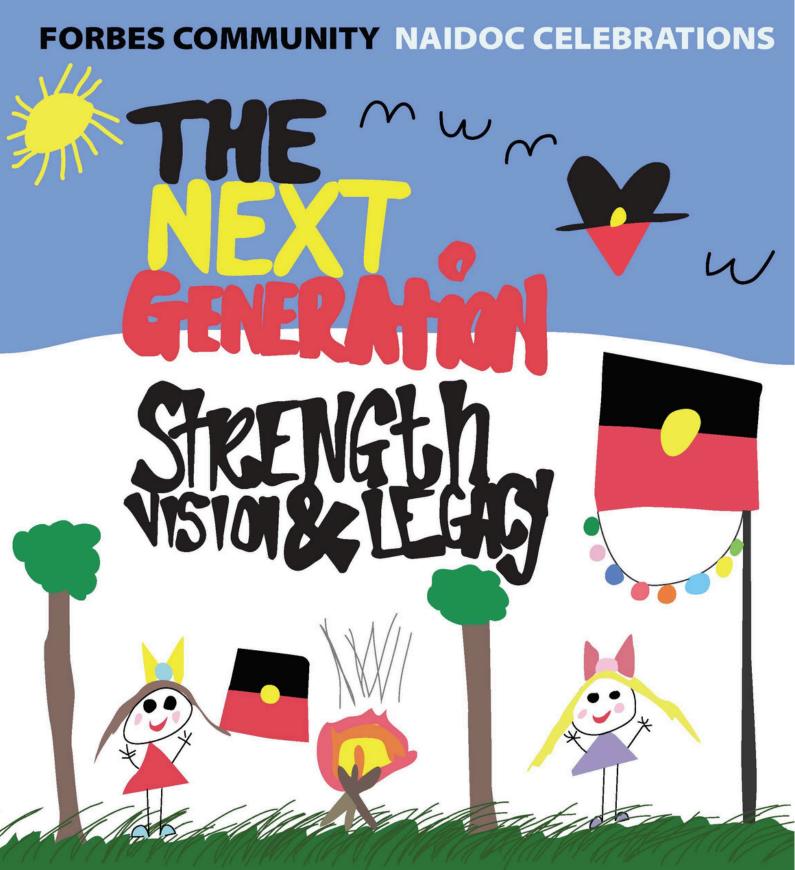
forbes-h.school@det.nsw.edu.au

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.

GOVERNMENT



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

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





CALLING VOLUNTEERS

Monday 30th June

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

LET US SAY THANKYOU 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



SAVE THE DATE NHITE NHITE NBBON DAV Tuesday, 25 November 2025

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.



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



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









Speech Pathology & Constraints 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 <u>Click Here</u>



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





Are you a Parent or Guardian of a Teenager? Help us test a new program for parents!

We are looking for **parents experiencing socio-economic disadvantage** to **test a new online program** designed to **improve the 'Big 6' health behaviours**

The 'Big 6' Health Behaviours

are screen time, sleep, exercise, food and nutrition, alcohol, and smoking and vaping

Scan the QR code to see if you are eligible!

Parents

Will complete an interactive online program that includes:

- Videos with experts about parenting tips for the 'Big 6' health behaviours
- Two online surveys
- Goal setting
- You might also receive text messages, access to a health coach, tips for coping with stress and/or feedback about your parenting behaviours



Who can take part?

You must be:

- Currently living in an eligible suburb across NSW
- A Parent/guardian of an 11-15 year old
- Willing to participate and able to access the internet

Compensation

In gift cards:

\$

 Parents - as a thank you for contributions, parents can be compensated up to \$60 for participating and up to \$45 extra for referring others (maximum of 3 referrals).

HREC Approval: 2024/HE001483

Questions?

If you have **any questions**, you can contact:

Dr Lily Davidson

info@parentsandteens.org.au 0407775648



What We Do

Individual psychological services for adults, adolescents and children ages 8 and over:

Step Ahead Psycholo

- Individual therapy
- Cognitive assessments
- Workshops and groups
- Employee Assistance Programs (EAP)

We offer sessions via:

- In clinic
- Outdoors
- Telehealth (phone or video)

Why Outdoors?

Exercise and connecting with nature are crucial parts of our wellbeing, so we make the most of this by taking our sessions outdoors while we talk. Benefits of this include:

- Reduced stress
- Improved focus, learning, memory, motivation
- Improved emotional and physical regulation
- Improved physical health
- Improved sleep quality





Contact Us

Our central admin team are available during business hours on:

€ 02 4288 2591
⊕ 02 4204 1528
☑ info@stepaheadpsychology.com

In Clinic Forbes Medical Centre 4-6 Elgin St Forbes NSW 2871

Outdoors Forbes Ski Dam 60 Bedgerabong Rd Forbes NSW 2871

www.stepaheadpsychology.com



@stepaheadpsychology @stepaheadpsyc



our Wellbeing



SAFER DRIVERS COURSE EARN 20 HOURS TOWARDS YOUR LOGBOOK.

60

BOOK JULY SCHOOL HOLIDAY COURSES NOW!

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.

JULY 2025 SCHOOL HOLIDAY PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	01	02	03	04	05
06	OT CIRCUS WORKSHOP	08	⁰⁹ DROP-IN SESSION	10 PUTT PUTT EXCURSION	n :	12
13	¹⁴ SLIME WORKSHOPS	¹⁵ PAINTING WORKSHOPS	¹⁶ SPORTS DAY	17	18	19
20	21	22	23	24	25	26

FOR MORE INFOMATION PLEASE CONTACT COUNCIL'S YOUTH OFFICER AT: YOUTH@FORBES.NSW.GOV.AU OR 68502300. FOR REGISTRATION PLEASE SACN QR CODE.

FYAT FORBES YOUTH ACTION TEAM





Monday 14th July 2025 Forbes Youth and Community Centre

Session 1 - 9:30am - 10:30am Session 2 - 11:00am - 12:00pm

SPACES ARE LIMITED, BOOKINGS ARE FREE BUT ESSENTIAL!

FORBES

BOOK VIA THE QR CODE OR CONTACT COUNCIL'S YOUTH OFFICER ON 6850 2300 OR YOUTH@FORBES.NSW.GOV.AU

FORBES YOUTH

ACTION TEAM







DROP IN

SESSION

WEDNESDAY 9TH JULY 2025 9:00AM - 10:30AM





BOOKINGS ARE FREE BUT ESSENTIAL! BOOK VIA THE QR CODE OR CONTACT COUNCIL'S YOUTH OFFICER ON 6852 2300 OR YOUTH@FORBES.NSW.GOV.AU







Join us for an excursion to Dubbo Mini Golf Thursday 10th July 2025. Departing Town Hall at 8:30am with a 3:00pm return to Town Hall Bring a packed lunch

COST - \$20 per person. Spaces are limited. Registration essential!



Register via 123 Tix link provided on post or contact Council's Youth Officer at 6850 2300 or youth@forbes.nsw.gov.au



