PRINCIPAL’S REPORT

A warm welcome back to Term 3 and our students have definitely hit the ground running in terms of the opportunities that they have been accessing here at Forbes High School. It was wonderful to see the support of family and friends in recognition of our student achievers at our Semester 1 assembly. The performances of our dancers, musicians and vocalists were very entertaining and complemented the theme of the day and one of our Positive Behaviour for Learning values ‘doing your best’. I would like to thank all those involved in the organisation of the assembly and the school tour that preceded it for visitors.

During the assembly we welcomed the addition of five students into our Student Representative Council (SRC). I would like to congratulate Chelsea Turner, Daniel Mewett, Bradley Clifton and Kristian Markwort from year 7 and Jake Hemming from year 11. I am certain that these students will be active participants in providing a student voice in the leadership and vision for Forbes HS in the future.

Our year 12 students will be completing their Trial HSC examinations beginning in week 5. It is a critical time for them to apply themselves for one of their final significant school based assessments. The results that they earn will provide them with feedback on their progress and possible areas for improvement going forward towards their final exams. The HSC examinations will begin on Monday 14th October and managing time effectively in terms of study is of the utmost importance for students as this time nears for students to achieve to the best of their ability.

A major initiative that we are introducing in Semester Two is a program targeting literacy across all year groups in the school. We have created a specific period on a Wednesday where students will be exposed to a variety of lessons focusing on reading and comprehension. In addition to this year 11 and 12 have had classes timetabled during periods 1 to 3 on Wednesday as we continue to raise the academic standards of our students by creating more face to face teaching and learning opportunities.

It is nearing the time for students currently in year 10 to make subject selections for their Stage 6 pattern of study. In preparation for this and to allow students and parents to make informed decisions we will be holding a subject selection evening on Tuesday 20th August. This will take place in the school library from 6.00pm. There will be a presentation of the selection process and specific staff will be available to assist with questions relating to the courses on offer. I do encourage you to attend in order to be able to make the best choices possible.

Charles Dwyer
Rel. Principal
DANCERS IN ACTION - WESTERN REGION DANCE FESTIVAL 2013

Once again the Forbes High School Dance Troupe was well represented at this year’s Western Region Dance Festival. 21 girls from Years 8-11 travelled to Bathurst Entertainment Centre on June 19 to participate in the festival. With our trusty driver Mrs Jones behind the wheel we arrived to a chilly but sunny day in Bathurst. The day consisted of a technical rehearsal as well as afternoon and evening performances. The festival included dancers from high schools and public schools across the region.

The Forbes High dancers had prepared two items. The full troupe performed a jazz dance to David Guetta’s “Just One Last Time” which was also our audition piece for this year’s Schools Spectacular. The dance looked fantastic on the big stage with the girls wearing costumes that Mrs Jones had expertly tie-dyed. Our other item was performed by four Year 11 students, 2 of whom are undertaking Dance for their HSC studies via Distance Education. This was a contemporary piece entitled “Love Hurts” and displayed a beautiful range of technical moves. Both dances were choreographed by the students themselves and the troupe had dedicated a number of lunch times to rehearsals.

A highlight of the day was interacting with the Forbes Public School dance group which provided a great opportunity for the high school and primary school students to share a love for dance and performance.

Special mention must also go to Nicole Morrison (Year 9) who successfully auditioned for the Western Region Dance Ensemble after participating in dance camp earlier in the year. She performed another beautiful contemporary piece at the festival with the ensemble after only one weekend of rehearsals. It was fantastic to see a Forbes High School student receive such recognition for their dancing ability. Congratulations Nicole!

The next big event for our dancers will be Schools Spectacular in November.

Love Hurts: Year 11 Dancers - Carly Morrison, Chloe Caines, Natasha Goodall, Eliza Woods

Forbes HS Dance Troupe:
Back Row – Steph Greenhalgh, Molly Fuge, Molly Cowan, Abbey Howell, Georgia Woods, Ellie Tomlinson, Danielle Jenkins, Viktoria Tempel, Isobelle Herbert, Emily Godden
Front Row – Nicole Morrison, Grace Quigley, Samantha Clifton, Dominique Stewart, Sarah Simmonds

Forbes HS and Forbes PS dancers together

Nicole Morrison
Western Region
Dance Ensemble
YEAR 12 AT CENTRAL WEST HSC SEMINAR DAY
As our Year 12 students inch closer to their Trial and HSC exams it is important to provide them with a range of supports to help achieve the best results possible. On 25th June 19 students, Miss Townend and Mr West travelled to CSU Bathurst to access the Central West HSC Seminar Day. The day is coordinated by Denison College and brings together Year 12 students from around the region as well as experienced HSC teachers and markers, providing a forum for the students to clarify and hone their knowledge and skills in a range of HSC courses.

The day was opened with a session on Belonging delivered by indigenous performer and popular recording artist Christine Anu who spoke about her own experiences of cultural and social belonging before giving a live performance of her single “My Island Home”. Our students then spent the rest of the day moving between sessions that targeted the various courses they are undertaking as part of their HSC studies. Sessions were delivered on a wide range of English texts, PDHPE, Business Studies, the different Science and Maths courses, Visual Arts and much more.

While the day was challenging and tiring for the students, they each took away resources and advice to supplement their studies making it a worthwhile experience for all.

HSC Trial exams will occur in Week 5 and 6 and the deadline for many major work projects is looming. Year 12 are encouraged to adopt an organised approach to their studies, making use of the homework centre on Monday afternoons (3.15-6.15pm) and seeking the support of their teachers where needed.

FOCUSBING ON LITERACY
Throughout Semester Two we will be taking advantage of timetable changes to support all students in developing their literacy skills. Each Wednesday students will attend allocated Literacy classes for 30 minutes which will target specific skills to improve reading texts and comprehension. The focus for the Literacy lessons will be on the Super Six Comprehension strategies. These skills have been identified through research as what good readers do in order to understand the texts they are reading. The lessons have been created to expose students to these 6 key skills and a wide range of authentic texts. The Literacy periods will also include some PBL lessons and senior students will benefit from a program focusing on study and organisation skills. A schedule for this term’s literacy lessons is outlined below.

THE SUPER SIX COMPREHENSION STRATEGIES:

<table>
<thead>
<tr>
<th>WEEK</th>
<th>YEAR 7</th>
<th>YEARS 8-10</th>
<th>YEARS 11-12</th>
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<tr>
<td>3</td>
<td>MAKING CONNECTIONS</td>
<td>MAKING CONNECTIONS</td>
<td>IDENTIFYING LEARNING STYLES</td>
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<tr>
<td>4</td>
<td>PREDICTING</td>
<td>MAKING CONNECTIONS</td>
<td>STUDY STRATEGIES FOR DIFFERENT LEARNING STYLES</td>
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<td>5</td>
<td>PREDICTING</td>
<td>PBL</td>
<td>PBL/TIME MANAGEMENT</td>
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<td>6</td>
<td>VISUALISING</td>
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<td>SUMMARISING</td>
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<td>7</td>
<td>VISUALISING</td>
<td>PBL</td>
<td>PBL/SUMMARISING</td>
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<td>8</td>
<td>SUMMARISING</td>
<td>PREDICTING</td>
<td>MIND-MAPPING</td>
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<td>9</td>
<td>SUMMARISING</td>
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<td>PBL/SUMMARISING</td>
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<td>10</td>
<td>MONITORING</td>
<td>QUESTIONING</td>
<td>CONCEPT TREES</td>
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Thank you
Forbes High School would like to acknowledge the ongoing support of our student programs from Woolworths Supermarket and Barrick Gold, Lake Cowal Mine. Without these partners many programs at Forbes High would not run.

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Term 3 - Week 3 "Education for a Better Quality of Life" Page 3
PBL EXCURSION: STATE OF ORIGIN 2013

Over 200 students were eligible for this year’s PBL Rewards Excursion. To be invited students needed a clear behaviour record in the classroom and the playground throughout Term Two, with uniform and attendance also taken into account. It was fantastic to see so many students who had been RESPECTFUL, RESPONSIBLE, HONEST and DOING THEIR BEST!

After a record-breaking response to the invitations, 99 students made the trip to Sydney to watch Game Three of State of Origin. It was a massive day as the group made their way to Homebush to watch the series decider. Joining over 83 000 spectators at ANZ stadium was an awesome experience and the atmosphere in the crowd was electric. The game was extremely exciting and while Queensland maintained the lead throughout the game, Blues supporters remained hopeful into the final minutes. Forbes High students gave their support with full spirit, enjoying the spectacle including a now infamous streaker! If only the Blues could have brought the series home!

A huge thank you goes out to Mr Dwyer, Mr West, Mrs Larcher, Ms Northam and Ms Townend for their supervision of the excursion and who needed an extra coffee on Thursday after the 4am finish!
KOORI KORNER
Hi everyone, have you been wondering what’s been happening here at school? Well you don’t have to wait anymore.

Year 12 students who would like to apply for NorthParkes Mines Scholarships need to come and see Joy or Donna in the AEO Office or if they are adventurous they can go to the Website www.northparkesiss.com and get them from there. Our 2011 Dux, Sophie LeStrange, is currently enjoying the rewards of these scholarships

Nominations for Wudhagaragarra Awards, which Tom Haynes received last year, are now open. The Wudhagaragarra Awards celebrate and recognise innovation, excellence and achievement in Aboriginal education in New South Wales public schools and school communities. These will be held on the 12th September 2013 at the Dubbo RSL Theatrette. See Joy or Donna for more information.

Our Girri Girri students have been busy again this year, last week they achieved their First Aid Certificate and still found the time to go to our primary schools to play games with the students. They were also asked again this year to run the Traditional Aboriginal Games for the Community NAIDOC Celebrations held on Wednesday 24th July, so well done guys keep up the great work.

A Homework Centre has been running on Monday nights from 3.15pm to 6.15pm from the start of this Semester. This is available to all students from Yr7 to Yr12. However, if your child needs to leave the centre early they need to have a note from their parents/caregivers. The centre will help all students with homework and any assignments that the kids may have, so please feel free to take up this great opportunity.

Forbes High has gained new enrolments throughout the year, this takes our total of Aboriginal students to 78. We also have the great pleasure of welcoming Barry Merritt to the AbEd team. Barry started the first week of Semester 2 and is currently working two days a week. Monday 29th July FHS held its Semester 1 Assembly and a choir made up of Yr 7 and 8 students performed “We are Australian”, as part of this performance some of our indigenous students sang a chorus in Wiradjuri. Well done. This was also in conjunction with Education Week.

So have you caught up yet? Good because now here’s what’s in store for the next few months!

Firstly we have our AECG meeting on the 19th August at 11.30am at Forbes Public School, please feel free to come along.

Secondly, we have a Dental Aboriginal Health Check; you will need to see the doctor first at Yoorana Gunya.

Thirdly, our HSC Trials are looming for our Yr12 students (so kids study hard and GOOD LUCK)

Lastly, but certainly not least, our School NAIDOC Day will be held on the 18th September at Forbes High. Events will be Aboriginal Dancers, the Wiradjuri Choir, a BBQ with traditional meats like kangaroo, crocodile and emu, as well as some beef sausages for the less adventurous. Start time is 9.15 am so come along and enjoy the activities. We would also like to send out a huge THANK YOU to Yoorana Gunya for helping our NAIDOC Celebrations and for all the help they do for our students here at Forbes High.

Ok, so that’s it for now, stay tuned and hopefully we will see you at one if not all of our events.

Joy and Donna
ORANGE AND ALMOND ANZAC BISCUITS

These biscuits were prepared for parents and guests at our half yearly awards assembly. With citrus fruits in season these are a fresh twist to an old favourite.

Ingredients:
- 1 cup plain flour
- 1 cup whole rolled oats
- 1 cup desiccated coconut
- 1 cup, firmly packed brown sugar
- 1 cup flaked almonds
- 1-2 tbsp finely grated orange rind
- 125g butter
- 2 tbsp golden syrup
- 2 tbsp water
- 1/2 tsp bicarbonate of soda

Method:
- Preheat oven to 160°C. Line 2 large baking trays with non-stick baking paper.
- Combine the flour, oats, coconut, almonds, sugar and orange rind in a large bowl.
- Stir the butter, golden syrup and water in a small saucepan over medium heat until the butter melts and the mixture is smooth.
- Stir in the bicarbonate of soda. Add to the oat mixture and stir until well combined.
- Roll level tablespoonfuls of the mixture into balls and place, about 5cm apart, on the lined trays. Flatten until about 1cm thick. Bake, swapping trays to upper and lower oven shelves halfway through cooking, for 18 minutes or until light golden.
- Set aside for 10 minutes to cool before transferring to a wire rack to cool completely.

MOTIVATIONAL MEDIA – MAD FOR LIFE

On the 30th July our students attended a presentation called MAD For Life, a Personal Development and Welfare Program. The presentation followed the lives of four individuals that had overcome adversity in their lives to become balanced and successful individuals. It aimed to increase motivation amongst our students and show them that with the right attitude any obstacle can be overcome. Using three large panoramic projection screens, state of the art sound equipment and stunning visual effects they presented a high impact, thought provoking and challenging program to our students. Some of the major outcomes and highlights of the program were:

- Dynamic Australian audio-visual presentation that challenges attitudes to life and encourages behavioural change
- High-tech graphics and professional production that includes clips from the latest movies and chart-topping songs
- Powerful and relevant music and interviews with known personalities and positive role-models
- Realistic strategies for students to overcome stress, negative attitudes, low self-esteem and substance abuse and avoid or modify harmful or risky behaviours
- An all-Australian 40 minute production supported by follow-up classroom resources encouraging open discussion

DISABILITY PROVISIONS – READERS AND WRITERS NEEDED

Every year Forbes High School has a number of students sitting exams, including the Higher School Certificate Examination, who require Disability Provisions (formerly Special Provisions). These provisions regularly necessitate a reader and/or a writer. Forbes High would gratefully welcome any parent/volunteers willing to assist these students by acting as a reader/writer. You may not be available for the whole exam period but even one exam would be fantastic.

People who provided their services in this way in the past have found the experience very rewarding as well as giving them a valuable insight into the HSC process. Volunteers are needed for the following exam blocks – Monday 12th August to Tuesday 20th August 2013 – Yr 12 Trial HSC Examinations.

If you would like to volunteer some of your time as a reader/writer please email Jackie Flannery, Learning & Support Teacher at jacqueline.hodges@det.nsw.edu.au.

Please include contact details (including email details if possible) and times/days you may be available.
FORBES SHOWBIZ MEMBERSHIPS
These will be available in August, and they offer excellent value for money $35-00 for a full membership which gives you two days entry for 2 Adults and your school age children plus a car park in the pony club area.
Our Single Parents don’t miss out either, we have a single membership for $25-00 for one adult and two school age children (Under 17) for two days entry and a car park in the pony club area.
These can be purchased through August at the Show Office or Glass Menagerie in Templar Street.

ENTRY TICKETS
These can be purchased through the Show Office or Glass Menagerie in Templar St from 1st August Monday to Friday. Buy them early and miss that Thursday morning rush.

SHOW RIDE TICKETS
These are now available at the Show Office Monday to Friday during August or Glass Menagerie $25-00 per sheet for $30-00 worth of tickets!! Great value.

SHOW BALL
These tickets will be available to purchase from 24th July through Glass Menagerie in Templar Street. This year’s theme is “A Touch of 1920’s” $65-00 per head.

ENTERTAINMENT

BULL RIDE
This year we will be having a Bull Ride on Friday evening which should be quite a spectacle to come and watch, there is no extra charge, once you pay to come to the Show you can watch the Bull Ride.

WOODCHOP
This will be run on Saturday afternoon come along and watch some very entertaining skills which the Axe men will provide.
We will also have our Schools entertaining us once again. And we will be having a display from the local volunteer fire brigades early Friday evening.
There will also be a Grand Parade on Friday
Our Fireworks will be on again on Friday evening after the Bull Ride and Official Opening.
If you have any questions regarding anything for the Show please ring me on 6852-1311 anytime.
Jan Facey
Secretary

WIRRINYA WAGS “RED FACES”
Date: Saturday 10th August,
Forbes Golf Club (Upstairs),
7.30pm, $20 per person, B.Y.O. Nibbles
Tickets on sale at Painted Daises, Tables of 10
All proceeds to Wirrinya Progress Association and Wirrinya Aquatic Club.

2013-2014 SOFTBALL REGISTRATIONS NOW OPEN !!!
Registration Day - 17th August, 2013 at Club Newstead
1.30-3.30pm

Competition Structure

Teeball – U11 years
Modball – U13 years
Softball – 15’s, 19’s, Opens and Mixed Competitions

Competition commences Saturday 12th October, 2013
For more information: Orange & District Softball
Association – Pam 0419 013951
orangedistrictsoftball@gmail.com
Bletchington Softball Club - Jacqui 0407 934471
bletchington.softball@gmail.com
Cardinals – Kelli 0447 224813
Eagles – Cathy 0407 450260
Thanks Cathy 0407 450260

EXPERIENCE A NEW CULTURE, MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME
In January 2014 students from over 20 countries around the world, will be arriving in Australia to study at local high schools for 2-10 months.

Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide international students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

If your family can offer a friendly, supportive and caring home environment, contact us today.
To hear more about this wonderful opportunity or our student exchange programs out of Australia Call Student Exchange on 1300 135 331 or visit www.studentexchange.org.au/host-a-student

IASSISTSAFETY APP
IAssistSafety App helps children learn protective behaviours. Using a hand IAssistSafety helps a child to identify 5 adults who they could ask for help if feeling unsafe. The hand assists children to remember their safe people. These 5 adults will help the child to be safe if they are scared, worried, sad or just need help. This App helps to give your child a voice in keeping themselves safe.
Available in Google Play or the Apple Store.