PRINCIPAL’S REPORT

As Term 1 reaches conclusion, Forbes High School remains a busy school with many events and activities scheduled on our calendar. The opportunities that are offered at Forbes High School make it virtually impossible for a student not to find something which they can be involved in and be happy with beyond the normal learning environment of the classroom. From sport, excursions, dances, special events, parent teacher evenings and presentations it is very rare for Forbes High School to have a day where an activity is not providing extra stimulus to our students. Participation in activities provides many benefits for your children and I encourage all students to take up these opportunities. As Principal I have become acutely aware of the enthusiasm and professionalism of the teaching staff throughout the whole school. They support opportunities to showcase the exceptional talents and provide a wide range of experiences for all our students. None of these would occur without the ongoing dedication of our teaching staff. I thank them all.

Besides the range of sporting events that the school has participated in recently, examinations for Years 12 have just been completed. Staff are now busy marking exams and other assessment tasks and compiling half yearly report cards which will be distributed on completion. Early next term, Year 11 followed by other years will also be subject to a range of assessments that will be the basis for semester one reports. It is important that all assessment tasks are completed on time so that an accurate measure of your child’s achievement can be determined.

In mid May, Years 7 and 9 will complete their NAPLAN exams. NAPLAN assesses skills in literacy and numeracy that are developed over time through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how students are progressing in literacy and numeracy skills against national standards for all Australian school children. Furthermore, an individual student NAPLAN report will be issued by the school to parents later on this year.

I remind our whole school community that Forbes High School is a Positive Behaviour for Learning (PBL) school. PBL is a school wide system that aims to apply a consistent approach, that is, everywhere, all the time, to identified areas of concern within the school community. Utilising strategies such as rule reminders, PBL specific language, positive phrasing, modelling expected behaviours and explicitly teaching those expected behaviours. We aim to embed our PBL expectations of Responsibility, Respect, Honesty and Doing Your Best in all learning settings at Forbes High School. As a reward for those students who embrace these expectations, a range of rewards emerge culminating in a place on our sought after rewards excursion which will again incorporate another trip to a venue which no doubt will be in high demand. It is important that these four core values are also focused upon by parents in the home environment so that no mixed messages occur. The school and parents must continue to work together to ensure social responsibility and appropriate values are embedded in our young adults lives in order to sustain an appropriate social existence within the Forbes community.

As this will be my last Newsletter report for this term, may I wish the entire school community a happy Easter break and remind parents that all students will be expected to return to school on Tuesday April 29.

Have a great weekend!
David Harris
LEARNING TO DRIVE....A SEWING MACHINE!
With theory and safety tests complete year seven have enjoyed the beginning steps of learning how to drive the sewing machine and gaining their sewing licences. Some have applied their skills and have eagerly completed the first minor sewing project of a football.

Paige Thomas and Iesha Sinclair labelling the parts of the machine

LAW & SOCIETY STUDIES
This semester, Mr Brown's Commerce class studied Law and Society, so they invited Constable Belinda Bostok, the Police School Liaison Officer from Orange, to visit the class and give an insight into what it takes to be a police officer. Constable Bostok answered many questions from the class and explained in detail the various duties performed by police officers in the community. The talk was finished with a display of the contents of her belt including her baton, handcuffs, pepper spray and pistol. The talk was appreciated by the students and Constable Bostok will be returning in the near future to talk further about her fascinating job as a police officer.

Pictured with Constable Belinda Bostok are Maddie Dukes and Sally Downie

PRE WINTER BARGAIN!!
Warm & cozy navy school beanies for sale only $10 inc. GST.

SPORTS BRIEFS
OPEN GOLF
During first term Jordan Brett, Nic Greenhalgh, Jarrod Andrews, Mitchell Andrews and Sam Clarke travelled to Wentworth Golf Course in Orange to represent Forbes High School for Open Golf. Sam was successful in progressing to the next level of the Western Region Competition.

OPEN BASKETBALL
On Thursday 13th March the Open Boys and Girls Basketball teams travelled to West Wyalong to compete in a round robin with Boorowa, Parkes and West Wyalong. Both teams performed exceptionally well and displayed great sportsmanship claiming victories against Boorowa and Parkes but unable to defeat the very strong West Wyalong teams. Mr Bainbridge and Miss Anstey did a great job coaching the teams and everyone had a great day. Thank you to Mrs Cowhan, Mrs Buttle and Mrs Morrison for providing the transport for the day.
OPEN SOCCER
Both the open boys and girls soccer teams travelled to Canowindra on a very hot day for the first round of CHS knockout competition. Although the competition would be stiff, we were confident of putting in a good performance. The girls played first and although a few opportunities were created, it was soon apparent that they were up against a team which had played together for a lot longer than we had. Although the girls put in a performance worthy of the Matildas squad, we unfortunately found ourselves down 4 to nil at half time. After making a few key positional changes in the second half, the girls started combining a lot better and only had 2 goals scored against us in the second half. Although all the girls played exceptionally, our player of the match went to Isabelle Cowhan who’s second half goal keeping saved numerous goals.

The boys were next to take the field, and the outlook looked promising with the boys creating a number of opportunities, only to be let down by the final execution. It took a goal for Canowindra against the run of play for the boys to click into gear, however we went into half time down 1 to nil. The second half started the same way as the first, with the boys creating opportunities and finally converted their chances with two quick goals to take the lead. The rest of the half was a seesawing battle with both sides scoring additional goals to have Forbes leading 3 to 2 in the final 10 minutes. However Canowindra managed to score 2 quick goals and ended up pipping us 4 goals to 3. Our player of the match was the captain Sam Williams, who’s ‘Ronaldo like’ skills set up numerous opportunities.

Although all we came away from Canowindra with was sunburn and dehydration, all students should be very proud of the enormous effort that was put in. We will get them next year!!

DISABILITY PROVISIONS APPLICATIONS
Year 11 students wishing to apply for Disability Provisions for the Half Yearly Exams need to see Mrs Flannery in the Library before the end of Term 1. Parents/Careers and/or Guardians wishing to seek further information please contact Mrs Flannery on 68522666.

Boys:  
Sam Williams  
Jarrod Andrews  
Harrison Callaghan  
Jake Hemming  
Tom Williams  
Mathew Molloy  
Nick Greenhalgh  
Mathew Toole  
Michael Todd  
Benz Acido  
Lukas Lund  
Jordan Brett  
Jake Sharpe  
Louis Staines

Girls:  
Grace Quigley  
Kaitlyn Andrews  
Jess Ruge  
Shahnea Happgood  
Dominique Stewart  
Katharine Wright  
Sarah Simmonds  
Nadika Vidler-McKeown  
Isabelle Cowhan  
Sophie Fuge  
Monica Pascoe  
Melanie Cowhan  
Taylor Hague  
Sophie Hurford

2014 INTERNATIONAL COMPETITIONS & ASSESSMENTS FOR SCHOOLS
For over 30 years ICAS has taken place in schools throughout Australia, New Zealand, Singapore, Malaysia, Brunei, the Pacific Region and South Africa. Forbes High is once again extending an invitation to all students interested in participating in the Science, Writing, English and Maths competitions run by ICAS. These competitions provide an excellent opportunity for students to challenge themselves and improve their exam techniques. In previous years our students have been very successful, achieving Distinction and High Distinction Awards.

Students may enter any or all of the following competitions:

<table>
<thead>
<tr>
<th>Competition</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science</td>
<td>Wed 4th June 2014</td>
<td>$8.80</td>
</tr>
<tr>
<td>Writing</td>
<td>Mon 16th June 2014</td>
<td>$18.70</td>
</tr>
<tr>
<td>English</td>
<td>Tue 29th July 2014</td>
<td>$8.80</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tue 13th Aug 2014</td>
<td>$8.80</td>
</tr>
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Permission forms are available from the Bursar’s office and must be returned by 7th April 2014, with full payment.

Thank you
Forbes High School would like to acknowledge the on going 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.
2014 NAPLAN
In May this year, Years 7 and 9 students will be completing the National Assessment Program – Literacy and Numeracy (NAPLAN) tests. The results of these tests provide important information to schools and will be used to develop teaching and learning strategies. Parents will receive a report outlining their child’s level of achievements in relation to the national minimum standard.

The NAPLAN tests will be conducted from 13 to 15 May 2014.

<table>
<thead>
<tr>
<th>Tuesday 13 May</th>
<th>Wednesday 14 May</th>
<th>Thursday 15 May</th>
<th>Friday 16 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language Conventions (Spelling, Punctuation and Grammar)</td>
<td>Reading</td>
<td>Numeracy (Number, Algebra, functions and patterns, Chance and Data, Measurement and Space)</td>
<td>Catch – up day</td>
</tr>
</tbody>
</table>

TAS NEWS
Year 12 Food Technology students have been very busy this term with their unit on Food Manufacture. This unit requires students to study preserving techniques and to put into practice what they learnt in theory lessons students participated in three practical lessons.

Firstly, students preserved tomatoes by making batches of tomato passata. Students had their first use of the mouli and the jars of passata were boiled to sterilise. The passata was able to be used two weeks later to make chicken parmigiana and even shared with year 11 Hospitality students who were making pasta with tomato sauce.

The assessment task for this unit required students to make a jam, conserve or marmalade where they demonstrated preserving of different fruits. Some delicious products were created including mixed berry and apple jam, apricot jam and strawberry jam.

Year 11 Hospitality were invited to assist with catering for Forbes Shire Council’s Seniors Week luncheon. The girls were involved in setting up the room, preparing and plating dishes, serving customers and clearing and cleaning up after the function. This was the students’ first experience in the Hospitality industry and they received positive feedback and did a brilliant job representing our school.

Year 7 Food Tech has also been very busy with their muffin assessment coming up in week 10!

One of the successful jam recipes created by Brianna Cotterill (year 12)

**Mixed Berry & Apple Jam**

**Ingredients:**
- 250g mixed berries
- 250g granny smith apples
- 30mL water
- 500g jam setting sugar

**Method:**
1. In a large saucepan combine berries, apples, water and sugar.
2. Cook over a low heat stirring until sugar has dissolved. Increase heat and boil rapidly for 4 minutes. Remove from heat and skim off any foam with a tablespoon.
3. Test a small amount of jam on a cold plate (surface should wrinkle when a spoon is pushed through it).
4. Ladle hot jam into warm, sterilised jars and seal with a lid. Set aside to cool, then label, date and store in a cool, dark place. Refrigerate after opening.
OPEN CRICKET
Mr Byrne coordinated the Open Cricket team in the Davidson Shield competition. They travelled to Wellington for the first round of competition and were successful over Wellington High School. The second round of the competition was held in Forbes on Monday 24th March against Bathurst Dennison College. The boys played very well but were beaten on the day by a very polished team.

OPEN TOUCH
A round robin competition was held in Forbes on Friday 21st March at Botanical Gardens between Forbes High School, West Wyalong High School, Canowindra High School and Henry Lawson High School from Grenfell. Unfortunately Canowindra were unable to field any teams and lost all of their games by forfeit. West Wyalong did not have a Girls team so there was only one game played between Forbes High and Henry Lawson High with Henry Lawson High winning by 1 try in a very close game. The Open Boys defeated both West Wyalong and Grenfell and will now travel to Bathurst to compete in a Gala Day and Western Region selections.

SENIORS WEEK
On Friday 21st March Mr Ruttan and Mrs Morrison accompanied Maddi Collits and Paige and Jake Ellison to the Jemalong Residential Village so that these talented musicians could perform for the residents as part of the 2014 Seniors Week Celebrations. The staff, visitors and guests were delighted with the entertainment and Mrs Bellach invited Forbes High School to perform for the residents anytime they wished or needed an audience for practise.

2014 ANNUAL SWIMMING CARNIVAL
The Annual Swimming Carnival was held on Friday 7th February with perfect weather conditions. Nguri was the convincing winners of the carnival with 474 points followed by Wiradjuri on 446, Burrabinya on 444 and Gamilaroi on 346.

Age Champions for 2014 are:
- **12 year**: Tye Corbett & Iesha Sinclair
- **13 year**: Ethan Markwort & Iesha Mackay
- **14 year**: Matthew Prow & Kiah Peckham
- **15 year**: Kaitlyn Andrews & Warren Baxter
- **16 year**: Harrison Callaghan & Grace Quigley
- **Open**: Cameron Herbert & Jessica Pascoe

The highlight of the carnival was the ever popular Belly Flop Competition with various techniques pictured below:
NETBALL – 15 YEARS & OPENS
The 15 years Netball team competed in a Gala Day at Forbes Netball Courts on Friday 7th March. The Girls won two from the three games they played.

Two Open Netball Teams travelled to Orange on Thursday 20th March and played a total of four games in the Gala Day. The A Team won three of their four games while the B Team had a 50% success rate. All girls played hard and strong in the warm conditions and an enjoyable day was had by all.

Congratulations to Bronte Haynes and Isabelle Cowhan who performed well in the possible probable game and have been called back for Western Region Trials on the 28th of March.

SCIENCE & ENGINEERING CHALLENGE – BACK TO BACK WINNERS!
Year 10 students from Forbes High School have won the Lachlan Area Science and Engineering Challenge for the second year in a row.

The day involves students being given challenges that require them to build and problem solve using their knowledge of maths and science. This year the challenges required teams of students to build hover craft, catapults, towers that could withstand earthquakes and golf carts propelled with balloons, power a city and work out a system to distribute water. Of course the big finale as always was the bridge building exercise.

We are now hoping for a berth in the NSW finals which are likely to be held in Newcastle.

Forbes High School would like to thank the University of Newcastle and Rotary, without whom the day would not be possible. Assistance on the day from Rotary Parkes and Forbes, North Parkes Mines, Uni of Newcastle and CSIRO as well as Red Bend College for hosting the event.
**P&C News**
The next P&C meeting will be held on Tuesday 8th April commencing at 7.00pm at the Forbes Services Memorial Club. We encourage everyone to come along and join the P&C as this is an opportunity to find out useful and interesting information relating to our school and assist with planning for the future.

**Easter Raffle**
Tickets for the Easter Raffle have been sent home and prizes will be drawn on Friday 11th April, the last day of Term1. Donations are needed to make up the prizes for this raffle and the more donations we get the more prizes we can award. Please leave all donations at the school office before Thursday 10th April so that gift baskets and prizes can be organised. All tickets sold or unsold need to be returned to the school by Thursday the 10th April.

**Community News**

**Tamworth & District Horse Sports Day**
Presented by Duri Public School
Friday, 9th May, 2014
Duri Sports Ground
commencing at 8.00 am
All Enquiries: Delphi Ramsden
67680168 or 0405191733

**Forbes Hockey Inc 2014 Registration Day**
A registration day for both Junior and Senior hockey players will be held on Wednesday 9th April from 4.30pm-6.00pm at the Town Tennis Courts. Junior players need to register on this day so teams can be made and a draw set up for the season. Seniors can nominate a team or register individually and be put into a team.
For further information please contact Melissa Dukes 0417801091

**School Holiday Clinics**
Are you looking for some great fun activities for your children to be involved in these April School holidays? AFL NSW/ACT will be running a school holiday clinic for boys and girls aged 4-12.
Wednesday 16th April
10.00am to 12.00pm
South Circle Oval, King Street, Forbes
$30 includes a NAB AFL Auskick School Auskick bag with synthetic Sherrin football PLUS a drink/snack
Register by April 7, but pay on the day. To register, go to: www.aflcentralwest.com.au and complete the short online registration. It’s that easy!
No previous AFL experience required – just the willingness to have heaps and heaps of fun.
For more information, contact Kelsey Smith on 0417 808 646 or kelsey.smith.aflcentralwest@gmail.com

**Forbes Youth & Community Centre**
Vacation Care April Program
Monday 14th - Thursday 17th April
Cost $40
Operates 8:30-5:30pm
Venue: Forbes Youth & Community Centre
Registration available at Forbes Shire Council.