PRINCIPAL’S REPORT

Last week we had a great day at the swimming carnival. Those students who attended enjoyed themselves along with the staff. I was particularly impressed by the school spirit that was displayed on the day. It was indeed a memorable event. Results and lots of great photos (courtesy of Lukas Lund, Yr 11) will be published in the next edition. Congratulations to all for a well organised event.

It is that time of year when I would like you to consider paying your children’s school fees as soon as possible. The school contribution helps with purchasing of resources across the school for the benefit of your children’s education. Invoices detailing course costs etc. will be posted out shortly. Thanks to the many parents who have already made these payments.

A gentle reminder about students who are using mobile phones - they can be very distracting and when used inappropriately cause problems between students. The policy is that students are not to use them during class time. In some instances, there are teachers who give students in class permission if the phone is being used, to access internet information or for calculations that relate to the class work at hand. However, if a student uses a phone in class without permission the teacher has been instructed by me to confiscate the phone and return it later on. If this occurs frequently then the phone may be kept and returned to the parent. Parents can contact the Front Office during class time if important messages need to be delivered or an emergency occurs. I would ask you to have a conversation with your child about this policy and reinforce with them the importance of complying. Disobedience associated with non-compliance will be dealt with according to our discipline policy.

Over the past fortnight, we have had a couple of incidents at school that have resulted in difficult conversations with parents about student behaviour. Most of my conversations and discussions with parents are civil, calm and respectful. Unfortunately, in some instances individuals do not conduct themselves appropriately when they enter the school grounds. Whilst this is rare it does happen and I must stress the following: Schools are places where parents and community members are welcome, including in circumstances related to school discipline. If, however, common courtesy is not forthcoming then that person’s presence becomes problematic. It is such a situation that may result in me considering issuing a notice to that person that they are prohibited in future from entering school grounds. It is due to the actions of a very small minority that I must remind all stakeholders that I will not allow myself or any other staff member at my school to be abused, threatened or intimidated. If I need to then I will work with the local police and courts to take any necessary action to prevent further interactions with those individuals that may negatively impact on the work, health and safety of staff members and young people at Forbes High School.

Have a great weekend!
David Harris
**LAPTOP STOCKTAKE**
There is currently a stocktake underway for DER Laptops. Within the next 2 weeks all year 11 & 12 students with a DER issued laptop are required to bring their laptop to school and log in for at least 30 minutes to be sighted electronically. Students with laptops not sighted electronically will receive notice and be required to take their laptop to the TSO office for physical sighting. Please assist and ensure laptops are at school during this period.

**CHICKENS EVERYWHERE**
The Ag farm is a cluck with hatching chickens this term as 9/10 Agriculture are hatching out chickens as a part of the Poultry Topic. Many different breeds are being hatched and include Australorp, Australorp X and Isa Brown X. The incubator is being reset this week, with more chicks hopefully on the way.

If any students, parents or community members are interested in purchasing any chickens or have fertilised eggs that we can incubate, please contact Rachel Eagles or Damian Byrne up at Forbes High School on 68 522 666.

**ENGLISH/DRAMA/LOTE & HISTORY NEWS**
Do you enjoy reading? Join the 2014 Premier’s Reading Challenge for Years 7 – 9 students: https://products.schools.nsw.edu.au/prc/home.html. Registration opened Monday, 3 March. Even if you don’t want to enter the challenge itself, check out the booklist for quality fiction and non-fiction reading. Students should visit the English staffroom for details about upcoming competitions:

- Henry Lawson Festival Verse and short story competitions. Cash prizes. Entries close 28 March
- What Matters essay
- Write4fun poetry and short story competitions – first prize $1000 and games equipment for each!!! Entries close 30 March
- University of NSW Spelling and Writing – closing dates for entry in May, both held in June; and English – closing date for entry in June, held in July. These competitions involve a fee. More info coming soon.

We are in the process of forming debating teams thanks to the many students who have volunteered to participate in the Premier’s Debating Challenge. Competitions begin this term. The CWA public speaking competition, for those interested, will be held in May.

**HSC CHEMISTRY DAY AT CSU**
Year 12 chemistry travelled to Wagga Wagga CSU on the 19th of February. After an early start (before 6am) and breakfast along the way, we arrived at the new analytical chemistry laboratories. The students performed various experiments including using a pH meter, titrations and using a AAS machine. They also spoke with scientists, both from chemistry and non chemistry backgrounds in regards their work and career options. Students then performed several experiments on chemistry magic including carbon dioxide rainbow and screaming jellybabies before heading back to Forbes.
CANBERRA ROYAL SHOW
On the 18th - 20th of February 10 students from the Forbes High School Agricultural Show Team travelled to the Canberra Royal Show.
Forbes High school showed a black limousin steer from Richard Cole and family which the students broke in, trained and prepared for the show.
The students participated in Junior Paraders Competition and the Led Steer Competition which resulted in Richard (our steer) receiving a third placing in his class. It was a great learning experience with all students performing well in the competitions.
Mrs Eagles and Mr Byrne were extremely proud of the student’s behaviour and the way they represented the school.
Forbes High School Agricultural Department would like to thank Richard Cole and R & A Van der Struik for giving us the opportunity to use their animals, Darren Cowan for his work on the stock trailer, and Michael Molloy of SARUS Pty Ltd for the donation of some of the showing supplies.

READER/WRITER VOLUNTEERS NEEDED
Every year Forbes High School has a number of students sitting exams, including the Higher School Certificate Examinations, who require Disability Provisions (formerly Special Provisions).
These provisions sometimes enable students the use of a reader and/or a writer.
Forbes High school would gratefully welcome any parent or community volunteer willing to assist these students by acting as a reader/writer.
People who have 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 examination process.
If you would like to volunteer your services as a reader/writer, or if you would like to find out more information, please email Jackie Flannery Jacqueline.hodges@det.nsw.edu.au or call on 68522666.

GEOGRAPHY FIELD TRIP
Recently Mr Brown’s year 7 Geography class went on a field trip to survey the traffic flows past Forbes High School. Students spent twenty minutes recording the traffic past the bus stop. They were generally surprised by the amount of traffic and the various types of vehicles. The students then had to graph the results on the school’s laptop computers before writing a report for recommendations on traffic flow.

Angelica Dietrich & Brodie Dukes
Back (L-R) – Mitchell Ashcroft, Jess Buckman, Stewart McClean, Holly Campbell & Morgan Penman
Front (L-R) – Emma Jones, Dylan McIntosh, Nathan Molloy, Erin Turner and Sally Downie
Relaxing after a hard days work!

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.
**WHAT’S COOKING WITH MRS COOTE**
What’s Cooking in 204....
9/10 Food technology are preparing more quick and healthy food items! On the menu week 4 is a gluten free, high protein, low fat Spanish omelette packed full of fresh vegetables.

Spanish Omelette

**Ingredients**
- 4 large eggs
- 120ml milk
- 1T parsley
- 1/4 red capsicum
- 1/4 green capsicum
- 1/4 onion diced
- 2 small tomatoes
- 1/2 cup grated cheese

**Method**
1. Chop the parsley, red capsicum, green capsicum, onion and tomatoes.
2. Fry the vegetables until partly cooked through.
3. Whisk the eggs and milk together
4. Spray a metal handled skillet with cooking spray
5. Pour the egg mixture and cook over gentle heat letting the bottom half cook.
6. Add fried vegetables and sprinkle with cheese.
7. Place under grill until top half is cooked and brown on top.

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**YEAR 12 MATHEMATICS**

Due to a change in the mathematics syllabus, the General 1 course now allows a wider range of opportunities in different areas of studies. Over the last few weeks, the year 12 General mathematics 1 students have been focusing on the link between mathematics, healthy eating and exercise.

Students looked at the amount of calories in foods that they commonly consumed, both healthy and not so healthy, before working out their recommended daily intake and comparing this to what they actually eat.

Finally, after consuming a range of foods (from Freddo frogs to TimTams and chips) the students burnt off the consumer calories through various exercise. From this focus study, the students have gained valuable knowledge in how to keep healthy with eating and exercise.

Codie Smith, Jessica Facchi, Holly Campbell, Jarrod Andrews explore the new opportunities.
G’DAY USA EXCHANGE
On Tuesday 7th January Mr Harris, Olivia, Alex, Elly, Jess, Holly, Cristy, Rebecca, Morgan, Sally and Erin took part in Educational World Travel’s G’day USA exchange program. This program was over 20 days travelling around San Francisco, Seattle, San Diego and LA.
During the 3 days in San Francisco, some of the highlights were: Walking along the Golden Gate Bridge, visiting the famous Pier 39, a boat cruise around Alcatraz, walking down the famous Lombard Street, dinner at the rainforest café and a surprise ‘hummerzine’ tour through San Francisco. Overall, everyone enjoyed these 3 days and couldn’t wait to get to Seattle for hosting.
Flying to Seattle and the bus trip to Auburn Riverside High School was quite nerve racking for the majority of us, the thoughts of staying with a host family was daunting. The greeted from our host families soon took that thought away as they were such welcoming families. Apart from getting to experience the American way of living which included attending the school as well as attending a rivalry basketball game, there were plenty of highlights. Attempting to ski in the Cascade Mountains, touring the Seattle Underground, a visit to Snoqualmie Falls and visiting the Space Needle. Being a part of the Seahawk frenzy was an unreal experience which was unforgettable.
When it was time to leave, it was a sad morning for all of us where a lot of tears were shed, but we were all excited for Los Angeles.
In LA, the weather was much nicer, which made the tours a lot better. Apart from visiting the old town of San Diego, we were lucky enough to fulfill some childhood experiences (Mr Harris included) by visiting Disney Land and Knott’s Berry Farm. A trip to LA would not be complete without visiting Universal Studios. Before we knew it, the trip was at an end and we found ourselves on a flight home for Sydney.
We would like to thank Forbes High School for allowing us the opportunity to travel together and enjoy a fantastic experience which we will never forget.

Alex Coles and Elly Cheney (Year 12)

P&CAGM MEETING REMINDER
The next P&C meeting will be the Annual General Meeting to be held on Tuesday 11th March 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. P&C subscriptions are now due. Cost is just $2.00 per family. Please complete the following Subscription note and return to the school at your earliest convenience.

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KOORI KORNER
Hi, welcome back to another year of Forbes High School news. I hope that you are all eager to make 2014 a year of fun, dedication and commitment. To our Year 7 students welcome and hopefully you will enjoy your time at Forbes High.
To start the year off some of our Aboriginal Studies class went on an excursion to Cowra to visit some Aboriginal Sites. Along for the ride were Joy, Barry, Mr Lewry and Donna. We were fortunate to have Rhonda Joyce Ryan-Baxter take us to these sites and explain why these sites were important and the importance they played for Wiradjuri People. A BIG Thank you goes to Rhonda for sharing her knowledge and giving up a day to explain these. We would also like to give another BIG thank you to Bernardi's for donating some sandwiches for our lunch (they were delicious). We are now hoping to go to Canberra later this term.
We would like to welcome on board, Jacqui Mitton who will be in Wednesdays and Thursdays to help our senior students with their numeracy and literacy skills. Iesha Mackay did her house, Nguri, proud by becoming age swimming champion at our recent carnival. Well done, Iesha.
The Homework centre is up and running again for both the senior and junior students. The juniors are welcome from 3.15pm to 4.45pm and seniors from 4.45pm to 6.15pm every Monday. This is a great opportunity for students to get help with their assignments or any other school work.
Well that’s it for this newsletter, but we will continue to keep you up to date with what’s happening with our students.
Take care and keep reading.
Joy, Barry and Donna

COMMUNITY NEWS

BECOME A VOLUNTEER HOST FAMILY

Make Your Place Their Second Home
World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Our exchange students are just as excited about sharing their own culture and life experiences as they are about becoming a member of an Australian family.

Arriving in July:
Sixtine (16) from France is full of excitement about discovering a new school system, a new culture and a becoming a member of an Australian family. Sixtine has a wide range of interests, including horse-riding, reading, painting/drawing, spending time with friends, watching movies and playing boardgames.

Kalle (17) from Finland is an accomplished cellist and pianist. He enjoys school and hopes to become a lawyer. Also a keen sportsman, Kalle loves running, golf and skiing. Both of his sisters have been exchange students and Kalle can’t wait to have his own exchange experience in Australia.

Find out more!
Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family, including student profiles.

Sylvia Kelly
Manager - Inbound Exchange Programs
Phone: 1300 884 733
Email: info@wep.org.au
Online: www.wep.org.au

Open your home and hearts to an international exchange It’s easier than you think and a fantastic experience!
FOR SALE

Odyssey Space Saver Loft Bed
As New Condition
New Price $1400 – Sell $700ono
Dimensions: 2.07m H, 97cm W & 2.5m L
Phone 0405364512
COME & TRY

ESS English Soccer School Holiday Program

To be Held at:
Forbes Indoor Sports Centre, Sam St, Forbes
Monday, Tuesday, Wednesday, Thursday 14 – 17 April.

Aimed at kids from 3 to 13, there are 3 Age Group Session to register for, ESS brings International Football Certified Coaching to kids as a brilliant way to kick off the school holidays and to lead into the winter soccer season. This program is consistent with the Australian Football Federation and Football NSW’s vision ‘To make Australia a world leader in the World Game’ and the AFF Football Coaching Process and National Curriculum.

Registration and Costs !!!
For enquiries and to register please contact the program co-ordinator on email: englishssaustralia@yahoo.com.au, Mob: 0412287810, 0434120226.
Program One 3-5 years $10, Program Two 6-8 years $40, Program Three 9-13 years $40. All drinks and refreshments provided for participants.

*Coaching staff certified with Advanced Euro-Asian Certificate of Football Coaching (Singapore) and current Football NSW Advanced Coaching Course ‘C’ Licence participant.

FREE LIVE ONLINE INFORMATION SESSION
FOR Forbes High School

STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2014
Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We would like to invite your students and families to our next FREE Live Online Session on Thursday, 20th March.

A free live online information session is available This Thursday 20 March – 7.30pm
Visit www.studentexchange.org.au or call 1300 135 331 for more information

FORBES NEIGHBOURHOOD WATCH

The next meeting of the Forbes Neighbourhood Watch Committee will be Monday 17th March commencing at 7.30pm at the Forbes services Memorial Club.
All Welcome!

SOUTHERN CROSS CULTURAL EXCHANGE
Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange. Help determine the future resilience, diversity and global awareness of your children and family.
Carefully selected students will arrive in July 2014 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scombe.com.au, email scceaustralia@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

WIRADJURI LANGUAGE COURSE
Wiradjuri language Certificate 1,2,3 starting next term. Classes will be held at Yoorana Gunya Tuesday Nights 6-9pm class size limited to 15. Contact Forbes TAFE if you are interested. Also the next AECG meeting will be held at Yoorana Gunya 11.30 am March 17th and advise Yoorana Gunya if you'd like transport to the meeting.