PRINCIPAL’S REPORT

I would like to take this opportunity in my final report to say my farewell to the Forbes High School community. From early August, I will be retiring.

Well how do you convey experiences and reflections from my career spanning 40 years of teaching over seven schools into a final goodbye through a Newsletter Report?

I would like to thank the staff, parents and students of the school for cherished memories. The administrative and teaching staff has greatly influenced the lives of many by their dedication, enthusiasm and professionalism. Teaching in 2014 requires immense energy and commitment which the staff at Forbes High School demonstrates in bucket loads. It is thanks to the staff that the school enjoys such a strong reputation, highlighting what can be achieved with the right approach. To the students and their families, I thank you for entrusting the education of your children to this school. The success of the school is also a reflection of your work and commitment. I wish you all the very best for the future.

I don’t specialise in wise words but three things have dominated my time as an educator and Principal. Whilst society and times in classrooms are changing dramatically, I have always applied three constants to the way in which I operate.

Firstly, my first and last school rule is “decency”. Always treat others the way you would like to be treated. This core value underpins our Positive Behaviour Learning values and prepares you for whatever life brings your way.

Secondly, don’t judge things you do not understand. I have a middle-class background but fortunately I haven’t had to experience gut-wrenching things that others confront on a day to day basis. I hope that my experiences have helped me support and work with students who are not always in control of their own destiny.

Thirdly, it is all about choices. No one makes you do anything. You choose an option and there is a consequence. You need to not blame others, take responsibility for your actions and not take your frustrations out on people who simply followed through with appropriate actions.

Finally, it is a poignant moment for me but humour has helped or hindered me all my life and I leave you with life as only Monty Python can express it:

“Always look on the bright side of life”. Goodbye Forbes High School. Thanks for the memories.
**Holiday Reading** It’s Winter; it’s cold, it’s wet... make the most of your time spent stuck inside by finding a good book to read. Here are some popular young adult fiction suggestions:

Australian authors – John Marsden, Morris Gleitzman, Melina Marchetta, Matthew Reilly


Recommended by Yr 7 to 10 girls – The Fault in Our Stars, John Green


‘My name is August. I won’t describe what I look like. Whatever you’re thinking, it’s probably worse.’

Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

Wonder is a funny, frank, astonishingly moving debut to read in one sitting, pass on to others, and remember long after the final page.

**TEXTILES & DESIGN**

Year 7 and 8 textiles mandatory have been working towards completing their major design project for the semester. Students designed and assembled their own Tote bag as part of this project. Student bags where designed for many purposes such as netball or dance gear, sleep overs, pool bag or just for general use. Mrs Coote was very impressed with some of the student's workmanship and creativity!

**METAL & ENGINEERING**

Tom Haynes and the Metal and Engineering students have been working on refurbishing the welding benches. The students have been utilising their skills to replace the old bench tops with 6mm plate which should be easier to clean and maintain. Tom has been supporting his studies in the VET Metals HSC Course with TAFE welding courses and is well placed to gain employment in the metal fabrication trades.

Tom is also an accomplished saxophonist and archer so his skills are not confined to the metal workshop. Tom is representing the state with the NSW Wind Band and performing at the Opera House and is also a state archery finalist.

A Challenge: Write a 200-250 word review on a book you think everyone should read. The winning entry will be published next term in a school newsletter AND the winner/s will receive a book prize.

Vive la France In the past couple of weeks French classes have enjoyed participating in ‘French Food Tasting’. While the Yr 9 and 10 class provided their own treats (particularly enjoyed by staff members – thank you!!), Mrs Bass organised the food for Yr 7 and 8. Students ate profiteroles, éclairs, French cheese, French toast, crepes, chocolate tart...yummmm!
YOUTH WELLNESS COMMITTEE

Forbes High School Youth Wellness participants and Forbes Shire Council partnered together with the support of Forbes Community Health and Orange Sexual Health Community Centre to apply for funding through the Sexual Health Youth Initiative Project Seeding Grants. The idea came from Bronte Haynes a member of the committee who attended the 2013 Youth Week forum in Sydney where the topic related to sexual health and raising awareness of sexually transmitted infections (STIs) amongst young people. Chlamydia (Clah-mid-ee-ah), a bacteria, was identified as on the rise with young people and is sometimes known as a “silent disease” because the symptoms are not always obvious. Research suggests that 50% of men and 70-80% of women don't get symptoms at all and young people aged 15-29 years account for over 80% of Australia’s chlamydia cases.

The aim of the project was to educate young people about their sexual health and the importance of keeping themselves healthy during youth and into adulthood. Part of the project included young people developing a film about an STI and providing a road trip to other schools within the area to help raise awareness about the issues relating to sexually transmitted infections. The group identified Chlamydia as the STI to develop a script on and help educate young people about and the road trip was called “Can’t Catch Us - Spread The Word Not The Infection”.

On Monday 16th June, four participants Bronte Haynes, Cameron Herbert, Alex Coles and Paige Godden along with Forbes High School Youth Worker Trudi Weyman and Forbes Shire Council Youth Liaison Officer Natalie Walker, took to the road to visit Cowra High School, Canowindra High School and The Henry Lawson High School in Grenfell. Over 200 young people between years 9-12 were presented with a talk from the Wellness Committee, screening of the STI film and a follow up discussion from Tina Cooper, Aboriginal Sexual Health worker from Orange. Henry Lawson High School also shared the screening of a film they have been working on relating to another health concern, Cardiovascular Disease, which was another great example of young people connecting and sharing concerns and information through film.

The committee also presented to Forbes High School and the Lachlan Health Council throughout the week, further increasing the awareness of this issue to even more young people.

To check out the Wellness Committee film go to http://www.youtube.com/watch?v=hjT1WrjZTck.

For more information, visit www.healthdirect.gov.au or www.stipu.nsw.gov.au or the family planning website at www.fpnsw.org.au, call NSW Sexual health Infoline on 1800 451 624 or visit your local GP or community health nurse.

A great initiative of what young people in our community can achieve!

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.
PBL EXCURSION: STATE OF ORIGIN 2014
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!
This year, a ballot system was used to select the 99 students who would be making the trip to Sydney to watch Game Two of the State of Origin series. It was a massive day as the group made their way to Homebush to watch the game. Joining over 83,000 spectators at ANZ Stadium was an awesome experience and the atmosphere of the crowd was sensational. The game was thrilling, as New South Wales fought to hopefully break the 8 year winning streak of the Queensland team. The Blues supporters remained focused and hopeful and in the last 15 minutes, NSW dug deep and won the game, which was very exciting as the drought had finally being broken!

A huge THANK YOU goes out to Mrs Jones, Mr Doyle, Mr West, Mr Harris and Ms Northam for their supervision of the excursion and who needed an extra coffee on Thursday after the 4am finish!

DEBUTANTE BALL DONATION
On Saturday 3rd May 2014 eight young ladies and their partners participated in a debutante ball at the Forbes Golf and Sportsman’s Hotel. Almost two hundred family and friends attended the event to help celebrate and raise funds for their chosen Charities – Epilepsy Australia and the Forbes High School P&C Association. The group conducted fundraising activities leading up to the main event including a Community Bbq & Cake Stall at Woolworths, Lamington & Hot Cross Bun Drive and a Monster Garden Raffle.
The raffle featured two fantastic prizes made up of donations which the debutantes and their partners organised. The raffle was drawn on the nights and 1st Prize went to John Whatling with 2nd Prize being won by the Zieltjes Family.
The group did a great job raising $900 in total with Forbes High School P&C and Epilepsy Australia very grateful for the generous donation. Congratulations to all of the debutante’s and their partners, they were a pleasure to work with and a credit to themselves and their families.

XSEL APPLICATIONS
Applications for Xsel Virtual Selective High School Provisions for Years 8-10 2015 are open Tuesday June 24 – Tuesday July 29. Forms and instructions about how to apply will be available from the xsel website (www.exsel.schools.nsw.edu.au from June 24.
Further information about the operational aspects of the selective stream and the larger virtual secondary school will be available to you soon from the State Office development team.

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<td>24 June</td>
<td>- Application packages available from xsel website</td>
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<td>- Contact the school for specific application &amp; assessment requirements</td>
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<td>29 July</td>
<td>- Closing date for completed application forms to be returned to xsel</td>
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<td>August/September</td>
<td>- Selection committee meet &amp; consider applications</td>
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<td>December</td>
<td>- Outcome advice sent to applicants</td>
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TASTE OF TAFE

On Friday 13th June Year 10 students participated in Taste of TAFE held at the Forbes Campus. Students were able to select 3 different TVET courses that the TAFE will offer in 2015 and then attend workshops that gave them an insight into what the course would be like if selected in their senior schooling. The courses offered to the students included: welding, automotive, business, information technology, hairdressing, beauty, signage and children services. The information they received will hopefully make their subject selection and transition into senior schooling easier.

P&C NEWS

The next meeting of the Forbes High School P&C will be held on Tuesday 11th August at the Forbes Services Memorial Club commencing at 7.00pm. We will be discussing the 2014 Junior Dinner Dance and Major Raffle. Everyone is welcome to attend and please bring a friend.

CANTEEN NEWS

Recently Forbes Shire Council inspected our school canteen for compliance with the Food Act 2003 and Food Regulations 2010. The canteen complied with the criteria and was awarded a Five Star, Scores on Doors Hygiene and Food Safety Certificate. The rating is based on inspection of food temperature control, food handler hygiene, cleaning and sanitation, pest control and food preparation prior to service. Christine and Robyne attended the Forbes Shire Council meeting on Thursday 19th June where they were presented with the award. Congratulations on a job well done ladies and keep up the great work.

UNIVERSITY SHIELD OPEN RUGBY LEAGUE

On Thursday 29th May Forbes High School Open Rugby League team played Parkes High School in the semi-final of the Western Region University Shield competition. The game was played on the Duncan Sharpe Sporting Fields and with the home ground advantage and the entire school watching our team wasn’t about to disappoint. Led by Nick Greenhalgh and Sam Williams Forbes High skipped to a very handy 22 – 0 half time lead and hadn’t really been pressured at all. The second half saw Parkes come out and play some good football which led to a couple of tries and a chance of a comeback. But with our forwards laying a solid foundation for our backs to play off we were able to finish strongly in the last ten minutes. Will Dukes and Jack Rix were dominating in the forwards and because of this Tom Williams was able to score three tries. Nick Greenhalgh and Will Dukes scored two tries each with Kenan Hills and Jake Hemming both bagging one try each. The final score was 48-16.

On Friday the 20th June our Open Rugby League team contested the Western Region Final of the University Shield Rugby League Knockout competition. We came up against Dubbo Senior College in the final, a much larger High School with many more players to pick from. And with a couple of our key players missing for various reasons it was going to be a tough assignment to make the next round. The first half saw Forbes High dominate their more fancied opponents and with good field position and solid defence we were able to go to a 12-6 lead. Unfortunately, just before half time poor ball security cost us dearly with Dubbo able to cross for two quick tries to take a half time lead of 16-12. After half time Forbes High School were down to just one reserve after Jake Hutchings injured his shoulder and was unable to continue. This showed the importance of having depth on the reserve bench and Dubbo eventually proved to strong when Will Dukes was taken off with a badly broken nose and unable to continue. The final score was 50-12 with Hamish Mcintosh and Will Dukes scoring a try each and Nick Greenhalgh kicking both conversions. Best players were Nick Greenhalgh, Will Dukes and Sam Williams. Congratulations to the boys they were a pleasure to coach and they are to be commended on their attitude on the field.
COMMUNITY NEWS
AECG MEETING REMINDER
The next meeting of the Forbes local Aboriginal Education Consultative Group will be: Monday 16th June at Yoorana Gunya, Church Street, Forbes commencing at 11.30am.

WANTED – BUSKERS
Students are invited to be buskers at a festival in Burcher called “Hear the Bush” & “Poppers in the Pines” to be held on Saturday 20th September 2014. For further information or to register please contact Penny Carlisle, Centacare Community & Youth Support Worker, on 02 68501777 or pcarlisle@centacarewf.org.au.

AFS INTERCULTURAL PROGRAM
Student Exchange Scholarships Open Day
Saturday 2 August 2014 – 11.00am – 1.00pm
Bathurst Public Library
70-78 Keppel Street, Bathurst
Register at www.afs.org.au/opendays or phone Jason Health on 0292150077

FORBES EISTEDDFOD
GTR’s Productions is a photography & video company based in Forbes that has been operating since 2000. Graham & Katie Ragg are a brother & sister team who travel all over NSW and interstate producing Weddings & Concerts. GTR’s Productions will be the key photography & video production company attending the 2014 Forbes Eisteddfod. Please contact GTR’s Productions Team for any enquiries on 1800 442 979.

WESLEY LIFEFORCE SUICIDE PREVENTION SEMINAR
Wednesday 30 July 2014 – 6.00pm – 8.30pm
Timor Room, Orange Ex-Services Club
231-243 Anson Street, Orange
For more information call 1800100024

MUSIC MASTER CLASS
Mitchell Conservatorium are hosting a Master Class with Jane Rutter on Monday 28th July 2014 at the Forbes Town Hall from 11.00am till 12.30pm. Jane will be performing at the Town Hall on Sunday 27th July at 3.00pm. There is no charge for entry and everyone is invited to attend. For more information please contact Jan Facey on 68523766.

TRANGIE JUNIOR JUDGING
Monday 30th June 2014 - 8.30am – 5.00pm
Trangie Agricultural Research Centre
Cost $12 includes lunch & refreshments
Contact: Amity Chase on 68883186 or 0402282542
Email: chase@waitaraangus.com.au

FREE COMMUNITY EDUCATION SEMINAR
NAVIGATING TEENAGE DEPRESSION
Monday 14th July, 2014 – 6.00pm – 7.00pm
Forbes High School Hall, 18 Wyndham Avenue
For information phone Trudy Weyman 68522666
Or visit www.blackdoginstitute.org.au

2014 COMMUNITY NAIDOC EVENT
Term 2 - Week 9