I would like to offer a warm welcome to the 2015 school year for our returning students and families as well as our new Year 7 cohort and new enrolments throughout the academic years. It has been a busy start to the term for staff and students and I would like to compliment them all on their positive attitude and enthusiasm in overcoming the challenges faced at this time of year.

I would like to welcome Mr Jason Nottingham to Forbes High School in his role of Deputy Principal. Mr Nottingham joins us from Cowra HS where he was Head Teacher HSIE and he has had extended experience in relieving in the position of Deputy Principal at Canowindra High School. I look forward to working with him and seeing the positive impact that he will have on our school.

On the 26th January the Forbes community joined together at South Circle to celebrate Australia Day and name the Forbes Citizens of the Year. I am proud to inform you that one of our students, Mitchell Ashcroft, was recognised as the Junior Citizen of the Year. This is a tremendous honour and in recognition of Mitchell’s commitment and leadership to the Forbes Youth Advisory Committee.

As we move into the new school year I would like to reinforce the importance of two-way communication between students/parents/carers and Forbes HS. An open dialogue helps us to make informed decisions about any number of issues which occur both inside and outside of the school environment. It also allows us to be proactive, which leads to more positive outcomes. A message that I continually convey to student is that ‘if we do not know about it, we cannot support you with it’.

I was very pleased to attend part of the Year 7 camp and witness the positive interactions between students, peer leaders and staff. The transition from primary to high school is a steep learning curve and I have been impressed with the way in which the students have coped with the situation. I would like to thank Mrs Slack-Smith in providing ongoing support in her role as Year Advisor. With any period of change issues arise which require extra support, if students identify any such concerns could you please contact the school in order for these to be put into place.

A reminder that our annual swimming carnival will take place at the town pools on Friday 20th February. This day is always a highlight on the Forbes HS calendar with students and staff enjoying a fun filled day in supporting their houses, participating in events such as the time honoured belly-flop competition. I encourage all students to participate on the day and dress up in your house colours and enjoy the festivities. Please remember though to ‘slip, slop, slap’.

As you read through the newsletter there has been important information included relating to school attendance and uniform. After reading this, if you have any concerns or require further information, please do not hesitate to contact the school.

I look forward to the opportunities for and achievements of our students in 2015.

CONGRATULATIONS MITCHELL FORBES AUSTRALIA DAY YOUNG CITIZEN – 2015

Mitchell Ashcroft was presented with the 2015 Forbes Australia Day Young Citizen of the Year Award at Australia Day celebrations on the 26th January. Mitchell is involved with community youth committees and has been a regular volunteer for Spectacular Screenings since he was 12 years of age. Mitchell is pictured receiving his award from the 2014 recipient – Darcie Morrison, who was Forbes High School Vice - Captain in 2013.
**MUSIC ART DRAMA DANCE NIGHT**

The school’s inaugural MADD (Music, Art, Dance and Drama) night has gone off without a hitch! After a quick bump-in, the hall was transformed into an art gallery and the stage was set. Students, parents, and community members were astounded by the talent displayed by all students who performed. A highlight was the performance given by Celia Pavey, who graciously signed CDs and posed for photos with members of the audience. A thank you must go to all staff that were involved in planning and the organisation of the night, it was certainly appreciated.

From your generous donations we were able to raise over $400 for the Forbes Women’s Refuge. The money will be put towards the purchasing of new beds for the women and children who use the service.

Planning is already underway for the next MADD night (4th of December) and we hope to be even bigger and better this year!

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**SUPPORT UNIT NEWS**

Teachers in the Support Unit are focused on providing parents and carers with excellent communication. If you would like to speak to staff at any time please contact the school and we will get back to you as soon as possible. Individual Education Plan (IEP) meetings are under way and I hope to speak to all parents and carers throughout the term.

Our team for Term 1 includes:
- Mrs Debra Slack-Smith – Relieving Head Teacher and Co-ordinating teacher of class 1SU
- Mr Timothy West – Coordinating Teacher of 7SU
- Ms Frances Hinchcliffe-Emmett – Coordinating Teacher of 10SU
- Mrs Kerrie Sharpe – Coordinating Teacher of 8SU and Senior Support Unit students
- Mr Roger Bennie – Teacher Visual Arts, Electives and PDHPE.

We look forward to helping each student to fulfil his/her potential.

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**STUDENT PROFILE**

Name: Mitchell Ashcroft
School: Forbes High School
Year: 10
Age & Birthday: 16 – 28th January
Do you have any nicknames? Mitch
Do you have any brothers or sisters? Yes - my brother Daniel and sister Jessica
What is your favourite past time? Spending time with friends
Do you play any sports? What? Yes – Karate & Golf
What is your favourite food? Pizza
What do you want to do when you grow up? Forensic scientist
Who is your idol? Don’t have one
What are three things you can’t do without? Friends, family & computer

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**GRANT WRITING WORKSHOP**

**THURSDAY 26TH FEBRUARY**

5.00-7.00PM

JREC, CHURCH ST, FORBES

FOR INFORMATION OR REGISTRATION RACHEL WYTHES

02 68502327
**BENEFITS OF SCHOOL UNIFORMS**
The wearing of school uniforms by our students will assist Forbes High School in:

- Defining an identity for our school within the local community
- Developing students’ sense of belonging to the school community
- Providing an opportunity to build school spirit
- Enhancing the health and safety of students when involved in school activities
- Promoting a sense of inclusiveness, non-discrimination and equal opportunity
- Increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school
- Promoting positive perceptions of the school within the local community
- Making school clothing more affordable for families by eliminating the risk of peer pressure to wear fashionable and expensive clothing

**SCHOOL UNIFORM CLOTHING POOL**
If you have any FHS uniforms sitting at home unneeded can you please donate them to the FHS clothing pool.

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**P&C NEWS**
The End of Year Raffle was drawn at the 2014 Presentation Assembly held in December last year. Thank you to all the families who supported our fundraising activities for 2014.

The lucky winners were:
1st - $500 Why Leave Town Card – Danielle Jones
2nd – Elements Skate Pack – Kristie Carpenter
3rd - Elements Skate Pack – The Moon Family
4th – Mary Kay Gift Pack – Nicole Morrison

**MEETING REMINDER**
The next meeting for 2015 will be held on Tuesday 10th March at the Forbes Services Memorial Club commencing at 7.00pm. The AGM will be held prior to the normal general meeting. There will be committee position vacancies so please consider taking on a role. Everyone is welcome to attend and please bring a friend.

**EASTER RAFFLE**
The Annual Easter Raffle will go on sale shortly and relies on donations to make the numerous prizes up for grabs. Please leave any donations of Easter Eggs, baskets or soft toys at the school office when convenient.

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**SCHOOL SPORTS SHIRTS – PRICE INCREASE**
Due to rising production costs the school sports shirts will increase to $30 from the beginning of Term 2. We have been able to absorb the last two price increases but can no longer do so but will make every effort to keep prices as low as possible.

**P&C SUBSCRIPTIONS**
P&C membership subscriptions are now due. Parents are asked to pay subscriptions (minimum of $2.00 per family). This will ensure that parents have voting rights at P&C monthly meetings and the AGM. Monthly meetings are held on the second Tuesday of each month at the Forbes Services Memorial Club commencing at 7.00pm. Please return this slip together with your family’s subscription as soon as possible.

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Forbes High School P&C Membership - 2015

Parent Name/s: ___________________________

Postal Address: ___________________________

Email Address: ___________________________

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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.
FHS - News

NSW SCHOOL VACCINATION PROGRAM 2015
Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.
In 2015 the following vaccines will be offered:
Year 7 students*
- dTPa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)
Year 11-12 students*
- measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected
- The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.
Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.
Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.
To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.
Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program. A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

STAFF PROFILE
Name: Donna Haines
Place of Birth: Camperdown Sydney
Star Sign: Sagittarius
Where you went to High School? Forbes High School
How many years working at FHS? Almost eight years
Number in current family? 6
What is the most important thing in your life? Family, friends & my dog
What is your favourite past time? Listening to music
Best book or movie? Twilight
What is your favourite food? Spaghetti Bolognese
Best holiday destination? Warrawong
Who is your idol? "Family, Friends & Holidays"

Screen on the Green
Friday 13th- Alien V’s Predator
Friday 20th How to Train Your Dragon 2
Friday 27th- South Pacific
King George V Park
Bring along picnic rug or chair
Gold coin donation
Contact nataliew@forbes.nsw.gov.au or 68502300

Volunteers Needed
Where else can you meet new people, talk to your kid’s teachers, meet your kid’s friends, see your kids in action in the playground and maybe even meet our principal. Volunteering at our school is not a chore, it’s easy. Your duties for the day will be:
- Making simple healthy canteen lunches for our fabulous students and staff
- Meeting students at recess and lunch
- Stepping out for a lunch
- Having a good laugh, lots of fun and a chat
- Make the day even more fun and bring a friend or two with you… And it’s all free.
Please contact Christine Crawford on 68522666

SCHOOL WEBSITE
The school website is constantly being updated with new photos, calendar dates and information. Visit www.forbes-h.schools.nsw.edu.au to find photos and information about our wonderful school.

Term 1 - Week 3 “Education for a Better Quality of Life” Page 4
Did you know? If students miss as little as eight days in a school term, by the end of primary school they will have missed a year of education.

Why must I send my child to school?

Education in New South Wales is compulsory. This means all children from six years of age and under the minimum school leaving age are legally required to attend school.

From 2010, all New South Wales students must complete Year 10. After Year 10 and until they turn 17 years of age students must be:

1. in school or registered for home schooling, or
2. in approved education or training (e.g. TAFE, traineeship, apprenticeship) or
3. in full-time, paid employment (average 25 hours per week) or in a combination of work, education and/or training.

Principals are legally responsible for keeping accurate records of student attendance.

Principals are also responsible for deciding if the reason given for an absence is justified.

For this reason, Principals may request medical certificates or other documentation for long or frequent absences explained by parents as being due to illness.

If Principals don’t consider an explanation to be satisfactory, they will record the absence as unjustified.

It is important to understand that the New South Wales Department of Education and Training may prosecute parents (including carers) if children of compulsory school age have recurring numbers of unjustified absences from school.

Must I send my child every day?

YES. It is a condition of enrolment that you send your child to school every day.

A small number of absences may be justified if your child:

- has to go to a special religious ceremony
- is required to attend to a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school or has an infectious illness.

Head lice infestations can be a common occurrence, particularly in primary schools. Parents should check their child’s hair regularly for head lice and undertake treatment where eggs or lice are identified.

Translated information about head lice and how to treat them can be found at https://www.det.nsw.edu.au/languagesupport/documents/headlice/infosheet.htm

Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice. Head lice, is not a valid reason for prolonged absences from school.

Why is regular attendance at school important?

Regular school attendance will help your child to succeed in later life.

Attending school every day makes learning easier for your child and helps children to build and maintain friendships with other children.

If your child doesn’t learn the basic skills in the early years of school, they may develop learning problems in later years.
Why is arriving at school on time important?

Arriving at school and class on time:
- ensures that your child doesn’t miss out on the important learning activities scheduled early in the day when they are most alert
- helps your child to learn the importance of punctuality and routine
- gives your child time to greet their friends before class and therefore
- reduces the opportunity for classroom disruption.

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absence.

What should I do if my family is going on holiday in school time?

Parents and carers are encouraged not to withdraw their children from school for family holidays. Families should try to arrange holidays during school vacations.

If your family holiday is during school time, inform the school principal in advance and request leave and/or an exemption from school.

Depending on the circumstances and how long the leave will be, you may ask the school to provide tasks that can be completed while your child is absent.

Must my child attend all activities, including daily fitness and sport?

YES. Sport and other physical activities help to keep your children healthy. Children are expected to attend all regular school activities, including sport.

Do not keep your child away from school for the following:
- birthdays
- shopping
- minding other children
- routine check ups or care such as hair cuts
- minor family events
- sleeping in.

Medical and other health appointments for your child should be made either before or after school or during the school holidays.

What should I do if my child has to stay away from school?

If your child has to be absent from school, it is important to tell the school and provide a reason for your child’s absence. To explain an absence parents and carers may:
- send a note, fax or email to the school
- telephone the school, or
- visit the school.

All absences must be explained to the school. Bilingual absentee notes and further information on attendance can be found on the Department’s website under the heading School Attendance (School Attendance) at https://www.det.nsw.edu.au/ languagesupport/documents/index_s.htm.

The principal of the school has the right to question parents’ or carers’ requests for their child to be absent from school.

The principal may also ask any explanation given for a child’s absence from school.

My child won’t go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. The principal may seek support from a home school liaison officer or Aboriginal student liaison officer.

Who are home school liaison officers and Aboriginal student liaison officers?

Home school liaison officers and Aboriginal student liaison officers have been specially trained to help you with your child’s attendance.

They work with school communities to encourage all students to attend school regularly.

For further information about the Home School Liaison Program you should contact the program manager at your local Department of Education and Training regional office. Contact numbers can be found at the website address: www.det.nsw.edu.au/contactus/index.htm or by telephoning 131 536.

Do you have problems with getting your child to school, for some of the following reasons?
- won’t get out of bed
- won’t go to bed
- can’t find their clothes, books, homework, school bag...
- school lunches not ready
- slow to eat breakfast
- homework not done
- watching television late at night or when they should be getting ready for school
- test or presentation at school
- birthdays
- screaming and not letting go of you.

Here are some suggestions which are based on setting regular routines:
- Have a set time to be out of bed
- Have a set time to go to bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Have a set time for starting/ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday
- Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child’s hand into that of the teacher and then leave.

Do you need an interpreter?

Interpreting services are provided where possible for parents and carers who do not speak or understand English well and for Deaf parents and carers who use sign language. For more information on interpreter services contact your school or phone the Telephone Interpreter Service and have them contact the school. The telephone number to ring is 131 450. Ask for an interpreter in the required language and the interpreter will call the school and stay on the line to assist you with your conversation. You will not be charged for this service.
### Forbes High School - Correct Footwear

**UNACCEPTABLE**

- Girls: Not, fully enclosed
- Boys: Not, fully enclosed

**ACCEPTABLE**

- Girls: Fully enclosed black leather
- Boys: Fully enclosed black leather

**WEDNESDAY ONLY**

- Leather Cross Trainer
**COMMUNITY NEWS**

**BIG Summer Splash**  
Saturday 28th February  
Forbes Town Pool  
5pm-10:30pm  
Normal pool fee applies  
Includes two hours of inflatable fun, BBQ, outdoor movie, music, lucky door prizes and MINI IPAD as major prize  
Contact nataliew@forbes.nsw.gov.au or 68502300

**MITCHELL CONSERVATORIUM**  
We wish to advise all parents that we now have Music Studios in Forbes & Parkes for music lessons for all age groups.  
Our teaching programs cater for a wide range of instruments, singers and composition students. Should there be sufficient interest School group tuition can also be offered.  
Lessons can be organised for after school or perhaps during school time, for further information please contact Jan or Jane in the Forbes office from midday Monday to Friday 6852-3766 or send an email to lachlan@mitchellconservatorium.edu.au.

**FORBES MAGPIES JRL REGISTRATION DAYS**  
Forbes Sport & Recreation Club  
Friday 20th February 2015 – 6.00-8.00pm  
Saturday 28th February 2015 – 1.00-3.00pm  
All players receive a complementary pair of game shorts and socks.  
Online registrations should be completed by parents prior to attending registration days.  
For further information contact Kate Crawford on 0448333111

**RED BEND JRL REGISTRATIONS 2015**  
Bernadi’s Supa IGA Marketplace  
Saturday 14th & Saturday 21st February  
10.00am – 1.00pm  
All registrations have to be partially completed on prior registration days  
http://www.foxsportspulse.com/club_info.cgi?c=1-2466-96417-0-0  
For more information contact:  
Shaun Walsh – 0408 121416  
Margaret Fudge – 0428 572118  
Matt Tochey – 0430 878889

**Free Soccer Skills Training Certificate**  
**Coach Course**  
Sunday 1st March 2015  
8.30am – 3.30pm  
Botanical Gardens College Road, FORBES  
ALL CANDIDATES MUST REGISTER USING THE BELOW LINK:–  
http://education-ffa.sportingpulse.com/Entry/?EID=11828  
For further information and inquiries please contact Western NSW SAP Mariners and Western NSW Football coach - Doug Mckenzie,  
Ph: 0412287810 email: dougmck63@yahoo.com.au

**Football Federation Australia**  
**Skills Acquisition Coaching Course**  
6-13 Years  
28th February and 1st March 2015  
Botanical Gardens, College Road, FORBES  
Places are limited – Register early  
For further information and inquiries please contact Doug Mckenzie on 0412287810  
Email: dougmck63@yahoo.com.au

**AFS AUSTRALIA – HIGH SCHOOL STUDENT EXCHANGE 2015 FREE INFORMATION SESSIONS**  
Students in years 10-12 can spend between 2 weeks to 11 months studying abroad, learning a language & becoming part of a whole new culture.  
When: 11am Saturday 21st February 2015  
Where: Bathurst Public Library, 70-78 Keppel Street, Bathurst  
For more information and to register head to www.afs.org.au/opendays or call the AFS Sending Team on 1300 131 736 or email ausafs@afs.org

**AQUA FITNESS - PREGNANT WOMEN & MOTHERS**  
Six week program commencing Monday 2nd February 2015  
Mondays & Wednesdays  
Forbes Town Pool  
9.30 - 10.30am  
Free class & pool entry for Mothers.  
To register contact Denis or Jane at Forbes Community Health Centre  
On 6850 2233