I would like to begin this newsletter by celebrating the successes of our students in a variety of contexts across the school setting. The vast majority of our students are to be acknowledged for their commitment to our core Positive Behaviour for Learning values of being respectful, responsible, honest and doing their best. Once again our annual swimming carnival was a wonderful day and we experienced the highest student participation rates in events in recent years. Congratulations to the House Captains who provided positive leadership, our age champions and our winning Wiradjuri House. During week five our cattle show team attended the Canberra Show with two steers and took part in various categories. I am pleased to say the team were quite successful with our steer ‘Tony’ placing first in the medium weight class. Mr Byrne, Mrs Coote and all the students are to be congratulated on the time and effort they have put into preparations.

On Monday 16th March we will be holding our semester 1 parent/teacher evening in the Hall from 5.00 to 7.00pm. This is an excellent opportunity to meet with your children’s classroom teachers and develop a relationship which fosters two-way communication. Information can be shared that will assist your child in improving their level of achievement. Interview booking sheets will be distributed during assembly on Monday 9th March. If you have any queries relating to this please do not hesitate in contacting the school on 6852 2666.

I would like to congratulate Mrs Bass and Mr Swan on their respective appointments as Girl’s Advisor and Year 7 Advisor 2016. Mrs Bass’ role is to support female students in relation to their specific well-being needs. Mr Swan will coordinate the transition program for our Year 7 cohort in 2016 and he will work closely with our local primary school partners and parents. Mr Swan will also be relieving in the role of current Year 7 Advisor whilst Mrs Slack-Smith is fulfilling the role of Head Teacher Special Education.

Over the coming week our students will be taking part in the ‘Tell Them From Me’ survey. This is an opportunity for students to voice their opinions on a number of facets of school life. The information gathered from this process will be used to inform decisions around future school planning. The success of this will be measured by the honesty of responses and I encourage all students to take this opportunity to have their say. Later in the year we will be looking to use a similar model to engage parents and community in the feedback process.

Year 12 are fast approaching their half yearly examinations which will take place in week 9. It is important that students manage their time effectively leading up to these and devote adequate time to preparation. I wish all students the best and challenge them to ‘do their best’.

Finally, if you have any questions or concerns relating to school life please do not hesitate to make contact and begin a conversation with us.
**Drama News**

Drama is up and running at Forbes High School. Our Senior students are currently engaging with the text *Ruby Moon*. They are being challenged and confronted by this text. They are also slowly adapting to the fact that the Drama classroom doesn’t have desks for them to sit behind, but they are improvising with the drama boxes like true Drama students.

The stage 5 class are familiarising themselves with the Elements of Drama. They have been working on creating and interpreting a variety of scripts. Pictured below is a scene that the students directed themselves.

A Drama Ensemble is also being established in the school. The aim is for our most talented students to work together to create pieces of work that can be performed at local events in town, with the ultimate aim of ending up at the State Drama Festival in Sydney at the end of the year.

**Support Unit News**

Students in stage 4 from the Support Unit have been familiarising themselves with the science lab by completing experiments with Ms Edwards. All students have received a Bunsen burner licence and are enjoying the hands on experiences that science has to offer.

**Year 12 Tertiary Excursion**

Earlier this term, a group of Year 12 ATAR students travelled with Mr Brown and Mrs Jones on the tertiary excursion. Over just three days, we visited and experienced four different universities – Charles Sturt University in Orange and Bathurst, University of Wollongong and University of Sydney. The excursion consisted of jam-packed days, but it was all very fun and worthwhile. After asking everyone who went on the excursion what the highlight was, most agreed that the workshops we got to witness during Discovery Day (at Wollongong) were the best. Everyone really enjoyed that experience, as it gave us all more insight into university life. The uni students and all those who were willing to assist us were really nice and were always readily available to answer questions and give directions. Tenpin bowling and the movies was also good, and being allowed to explore different restaurants in Newtown was another thing all enjoyed.

**Student Profile**

Name: Brooke Howarth  
School: Forbes High School  
Year: 10  
Age & Birthday: 16 – 18th March  
Do you have any nicknames? Chook, Pork Jay  
Do you have any brothers or sisters? Yes – Jacob, Fiona & Connor  
What is your favourite pastime? Going to Smith Lake with my family  
Do you play any sports? What? Yes – Netball  
What is your favourite food? Sweet Chilli Chicken Pasta  
What do you want to do when you grow up? Play Netball & Work with animals  
Who is your idol? My Parents  
What are three things you can’t do without? Friends, family & games.
On Friday 27\textsuperscript{th} Forbes High School staff and students showed their support of Clean Up Australia Day by cleaning up the school grounds.

The official Clean Up Australia Day is Sunday 1\textsuperscript{st} March with Friday 27\textsuperscript{th} designated for schools. 2015 marks 25 years of Clean Up Australia and since its inception Australians have devoted more than 27.2 million hours towards the environment through Clean Up Australia Day and collected over 288,650 tonnes of rubbish.

The whole school assembled during period 4 and congregated in sporting house groups before dispersing throughout the school to collect rubbish. House groups were given an incentive with points up for grabs for the most rubbish collected, the most organised, the best war cry and the best behaved group. The incentive was well received with all groups doing a great job leaving the school looking immaculate. Burrabinya was awarded 100 points, Nguri 75 point and Wiradjuri and Gamilaroi 50 points each. Apart from enjoying this experience the students learnt how important it is to protect and care for the environment so that it can be enjoyed in the future.

The next meeting will be held on Tuesday 10\textsuperscript{th} 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.

The Annual Easter Raffle is now on sale 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.

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 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.

If you have any FHS uniforms sitting at home unneeded can you please donate them to the FHS clothing pool.

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.
CANBERRA SHOW TEAM SUCCESS!
On the 24th of February Forbes High Show team took two steers to the Canberra Show to compete in the 2015 All Schools Hoof and Hook Competition. The students then prepared both the steers to compete in the Hoof competition where the steers were judged on their qualities as a live animal. They were then auctioned and sold to domestic buyers and butchers and taken to the abattoirs to be judged as a carcass on the hook. Forbes High had some outstanding results in both the Hoof and the Hook competitions against some very experienced well resources agricultural schools and commercial entries. Tony was a Limousin X Black Baldy steer that weighed 437 Kg and won the middle weight steer section. He was provided by Richard and Heather Cole of “Lachlandale Limousin Stud”.

Casper was a pure Murray Grey steer that weighed 364 Kg came second in carcass competition of 30 steers with a score of 90 out of 100 points and was provided by Ian and Narelle Wilcox “Ayr Park Murray Grey Stud.”

The students also participated in the junior parader’s competition which was judged on the student’s ability to prepare and lead the animal. All students performed well with Daniel Todd receiving a 5th place in his heat of 15 paraders.
Preparing and parading stock was not all the students got up to, with the group also visiting the Canberra War Memorial in between events at the show.
Mr Byrne and Mrs Coote were proud of the student’s behaviour and the way that they represented the school.

Mr Byrne would like to thank Mr Norton-Knight for helping provide the feed ration, Mrs Coote for coming to help with all our camping, supervising and transportational needs. Mrs Eagles for the support and advice and Mr Apps, whose diligence and consistency with our feeding program was vital for our outstanding results.

A big thank you also goes to Richard and Heather Cole and Narelle and Ian Wilcox for the trust and support they have shown the school. Our partnership with the steers has highlighted the quality of local cattle stud genetics and

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.
FHS - News

STAFF PROFILE
Name: Roger Bennie
Place of Birth: Brundee
Star Sign: Leo
Where you went to High School? Nowra & Blakehurst
How many years working at FHS? Two
Number in current family? 2 & a dog
What is the most important thing in your life? Friends & Family
What is your favourite past time? Making art, sport, gardening & cooking
Best book or movie? Pulp Fiction, Fight Club, Fate of Nations
What is your favourite food? Italian
Best holiday destination? Venice
Who is your idol? Picasso
What are three things you can’t do without? LOVE!

SWIMMING CARNIVAL REPORT
Friday the 20th of February saw the annual FHS swimming carnival take place. House captains and junior reps had been busily preparing their houses for the day ahead. Improved attendance and participation was great to see on the day with multiple heats for all age groups in every race. House spirit was proudly on display with all teams earning bonus points for their creative chants and participation throughout the day. Teams were evenly placed after the Freestyle and Breaststroke legs but as the relays loomed it became a three horse race, unfortunately Gamiloroi began to drop behind as Wiradjuri, Burrabinya and Nguri all surged ahead. It was the relays (worth double points) and ultimately the Bennett Cup (monster relay) that would determine the day’s winners. Nguri and Burrabinya started the relays positively but it was Wiradjuri who came through winners courtesy of a great win in the Bennett Cup. All students are to be congratulated for their participation and behaviour on the day. Both school and House spirit was in abundance, which means that the Cross country and athletics carnivals are likely to be hotly contested. The carnivals will provide significant opportunities for the students to contribute house points throughout the year with students earning points for all school based activities. The overall champion house will be announced at the end of year assembly.

Swimming carnival results for 2015 are:

Age Champions

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Latarsha Johnson</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Coby Ryan</td>
<td>Grace Martin</td>
</tr>
<tr>
<td>14</td>
<td>Toby Hurford</td>
<td>Savannah Bevan</td>
</tr>
<tr>
<td>15</td>
<td>Kaidyn Haynes</td>
<td>Georgia Martin</td>
</tr>
<tr>
<td>16</td>
<td>Warren Baxter/Riley O'Malley</td>
<td>Britney Dukes</td>
</tr>
<tr>
<td>Opens</td>
<td>Cameron Herbert</td>
<td>Isabelle Cowhan</td>
</tr>
</tbody>
</table>

House Scores

4th Gamiloroi: 296 points
3rd Burrabinya: 396 points
2nd Nguri: 430 points
1st Wiradjuri: 476 points
HSC CHEMISTRY DAY @ CSU - WAGGA
Very early in the morning of the 18th of February, 7 HSC Chemistry students travelled to Charles Sturt University to attend a HSC Chemistry Day. The day involved working with other schools and learning about the nature of acids and bases with relevance to their current topic; The Acidic Environment.

The students were able to perform a titration of a weak acid and base and use a pH probe to test the pH of various chemicals and solutions. After morning tea the students worked with an analytical chemist as you talked them through the purpose and use of an AAS machine. The students use samples of iron to compare the amount of iron in Nutri Grain (fun fact: there is more iron in Nutri Grain than it tells you on the packaging).

Students had the opportunity to interview a chemist and hear about the opportunities he has taken to develop himself into a professional. After lunch the students participated in Chemistry magic and were able to blow up jelly babies with Potassium Chlorate, perform the elephant toothpaste experiment involving Potassium Iodide and made an acidic rainbow using dry ice and universal indicator. The overall day was a success and has helped the students to understand the HSC Chemistry syllabus in more detail.

STUDENT FEEDBACK SURVEY
This term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the “Tell Them From Me” student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the “Tell Them From Me” survey to help improve how they do things at school.

The survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey has been sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 6th March. Copies of the form and FAQs are available from the website above.

BULLYING. NO WAY! DAY
The National Day of Action against Bullying and Violence is held annually on the third Friday of March. It is an opportunity for the whole school to take a stand against bullying and violence.

Bullying. No Way! Is managed by the Safe and Supportive School Community Working Group who work together to create learning environments where every student and school community member is safe, supported, respected and valued.

Forbes High School will promote awareness through lesson plans and class activities in the lead up to the 2015 Day on Friday 20th March. Information and resources for parents and carers can be found on the Bullying. No Way! Website at http://bullyingnoway.gov.au.
# FHS - News

## THE SNACK SHACK – MENU/PRICE LIST TERM 1 2015

### FOOD AVAILABLE BEFORE SCHOOL

- **Toast – butter/vegemite** 30c slice Hot Cheese & Bacon Roll $2.50
- **Toasted Muffin – butter** $1.00 Hot Milo $1.00
- **Vegemite** Fruit – seasonal as marked
- **Honey** Fruit Salad as marked

### SNACKS

- **Muffins/Cookies/Cake** $1.20 Cheese & Bacon Roll $2.50
- **Variety of Chocolates/Lollies** as marked Variety of Chips/Popcorn as marked

### SANDWICHES

- **Cheese or Vegemite** $2.00 Chicken (fresh) $3.00
- **Egg & Lettuce** $3.00 Leg Ham $3.00
- **Salad (no meat)** $3.00 Leg Ham or Chicken & Cheese $3.20
- **Leg Ham or Chicken & Salad** $4.00 Leg Ham Cheese & Tomato $3.50
- **Chicken Lettuce & Mayonnaise** $3.50 Cheese & Tomato $2.50

**Extras:** Rolls 50c/Toasted 50c/Additional Toppings 50c

### WRAPS

- **Salad** $2.50 Leg Ham or Chicken & Salad $3.00
- **Sweet Chilli Chicken** $3.00 Southern Style Chicken Tenders $3.00

**Extras:** Toasted 50c/Additional Toppings 50c

### SALAD BOWL

- **Leg Ham or Chicken** $6.00

### HOT FOOD

- **Garlic Bread** $1.50 Hot Chicken Roll $3.50
- **Hash Brown** $1.00 Hot Dog (extra topping 50c) $3.50
- **Chicken Nuggets (6)** $3.00 Chicken Burger (plain or sweet chilli) $4.00
- **Plain Pie** $3.00 Chicken Burger with the lot $4.50
- **Beef, Cheese & Bacon Pie** $3.00 Beef & Cheese Burger $4.00
- **Sausage Roll** $3.00 Beef Burger with the lot $4.50
- **Noodle Cup (beef or chicken)** $3.00

### DRINKS

- **Plain Milk** $2.00 Bottled Water $2.00
- **Flavoured Milk** $2.00 Flavoured Water $2.00
- **Just Juice popper** $1.00 Flavoured Mineral Water $1.50
- **Mildura Juice – 500ml** $2.50 Soft Drinks $2.00

### ICE CREAMS

Variety of Ice Creams, Frozen Yoghurt and Ice Blocks Available!

### MISCELLANEOUS

Extra Spoon/Fork .10c
Tomato/Bbq Sauce/Gravy/Mayonnaise/Pickles/Mustard/Blue Cheese .50c

**LUNCH ORDERS MUST BE IN BY RECESS**

**DO NOT ORDER ICE CREAMS IN LUNCH ORDER**

**FORESHOURLY SPECIAL AVAILABLE!**

Please see Whiteboard for details.

The Snack Shack is a P&C run canteen which is currently looking for volunteers.

If you are able to help please phone the school on 68522868.
COMMUNITY NEWS

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.

-------------------------------

POSITIVE PARTNERSHIPS
Free One Day Workshop
For Parents & Carers of School Aged Children with Autism Spectrum
Wednesday 11th March 9am – 4.30pm
Forbes Services Memorial Club
41-43 Templar Street, FORBES
Register online @ www.positivelpartnerships.com.au by 9th March 2015.

-------------------------------

CATHY PEECHEY
FREE - INDIGENOUS ATHLETICS CARNIVAL
Sunday 22nd March 2015
Barden Park Athletics Centre, Dubbo
Registrations for 6-14 Years
8.30-9.30am on the day
or by 18th March (encouraged)
For more information phone: (02) 6362 6623

-------------------------------

AECG Meeting Reminder
Monday 23rd March 2015
Forbes High School
11.30am

-------------------------------

EXHIBITION SAT 25 APRIL-SUN 3 MAY | FORBES TOWN HALL
The SPIRIT of ANZAC
$2000 ACQUISITION PRIZE
ART COMPETITION
FINAL ENTRIES 17TH APRIL 2015
For details visit www.forbesartsociety.com or Platypus Gallery, 111 Lachlan Street, Forbes
Phone: Klara - 68514868 or Keith - 68512418