PRINCIPAL’S REPORT

As Term 2 draws to a close the staff and students of Forbes High School have continued to be involved in a wide range of enriching curricular and extra-curricular experiences. Students from years 7-11 will receive their semester one reports on Friday 26th June. These reports contain valuable information reflecting student successes and areas for improvement. I encourage all parents/carers to take the time to discuss their child’s report with them in order to share in their learning and plan for success in the future.

On Monday 22nd June we are inviting parents/carers of prospective year 7 students for 2016 to attend an information evening. Our SRC students will be conducting a tour of the school from 6pm and this will be followed by a meeting in our Library where current students will reflect on their experiences at Forbes HS and selected staff will provide information and take questions. Light refreshments will be served and we look forward to meeting you on the night.

In week 7 we welcomed 39 students from our partner primary schools who participated in the inaugural Lachlan Enrichment and Engagement Program (LEEP). Throughout the day the students were challenged in a series of mathematical and scientific based experiences to widen their knowledge base. All students provided positive feedback of their time at our school and we look forward to these students joining us again in Terms 3 and 4.

Our Semester One Presentation Assembly will take place on Monday 20th July from 10am in our Hall. This occasion provides the opportunity to recognise the achievements of our students across the school setting. I would like to invite family and friends of our recipients to attend and provide support for our students.

During week one of the school holidays a group of our students will experience the trip of a lifetime when they fly to New Caledonia to take part in a cultural immersion program. Ms Bass and Mr Ward will be leading the tour where students will be exposed to the French language, local customs and traditions and historical perspectives. I wish them safe travels and an enjoyable time.

Our students continue to excel on the sporting field and this is highlighted by the following outstanding performances. Isabelle Cowhan and Regan Acret have been selected to represent Western region in squash. Dock Rix, Monica Pascoe and Jed Herbert were successful in making the Western cross-country team and Mitchell and Kaitlyn Andrews will represent Western in lawn bowls. Warren Baxter was selected to represent in the NSW Indigenous Young Achievers rugby league team and will be travelling to Rome and Paris to compete. Congratulations to all of these students for their well deserved selections.

I hope that all students have a safe and relaxing holiday. School will resume for students on Tuesday 14th July.

Forbes High School will be launching its official Facebook page early Term 3. In preparation for the page to go live all students need to update their Permission to Publish information. The permission to publish letter and permission note will be included with student reports and notes are to be completed and returned to the school no later than Friday 17th July so that the school can become more connected with students and their families and keep them up to date with school news and events. The Permission to Publish letter and permission note can also be found on our school website: www.forbes-h.schools.nsw.edu.au <Students> <Forms>
YEAR 7 SCIENCE
Year 7 have been studying forces and really enjoyed the ‘Egg Drop’ experiment they completed recently.

STUDENT PROFILE
Name: Louis Staines
School: Forbes High School
Year: 12
Age & Birthday: 17 – 12th October
Do you have any nicknames? Chippy
Do you have any brothers or sisters? Yes – Charlie & Ruby
What is your favourite past time? Playing Football
Do you play any sports? Yes, Rugby League
What is your favourite food? Spaghetti Bolognaise
What do you want to do when you grow up? Join the Army
Who is your idol? Dwayne ‘The Rock’ Johnson
What are three things you can’t do without? Food, exercise & my phone

WHAT’S HAPPENING IN TAS?
Café 204
Mid way through Term 2, Year 12 Hospitality had yet another practical assessment which required them to set up Café 204. Their task was to design a two-course meal that included three basic methods of cookery. Staff were invited to come along and act as customers for the café and were very impressed with the quality of the meals and service. Our two Year 12 students very competently served lamb koftas with couscous, flatbread and mint yoghurt for main course, and mini baked cheesecakes with berry coulis as dessert. Pictured are Zoe and Jess serving their meals.

STAGE 5 FOOD TECH CHINESE LUNCH
This semester, the stage five Food Technology class has been studying multicultural food. This has involved looking at a range of countries and how their food habits have influenced the way we eat in Australia. As part of this, students travelled to Wan Wah Chinese restaurant to hear a presentation about traditional Chinese ingredients and enjoy a delicious lunch. Thanks must go to Kevin and staff at Wan Wah – all students thoroughly enjoyed the experience and came back to school with full bellies!

WESTERN SSA CROSS COUNTRY
Western SSA Cross country was held a Geurie Race Course on Wednesday 10th June. Eleven students attended and ran well on the day. Three students qualified for the Western Team which will compete at the State Cross Country Carnival at Eastern Creek next month. Monica Pascoe (2nd) 17 Years Girls, Jed Herbert (4th) 17 Years Boys & Dock Rix (5th) 16 Years Boys.
OPEN GIRLS VOLLEYBALL TEAM

MONTHLY MATHEMATICS ACHIEVERS
Congratulations to the following students for their excellence in Mathematics for the month of May.
Grace Martin    Katherine Wright
Ty Spice        Nathan Jones
Lachlan Hodges  William Wallace
Brock Payne     Jed Herbert
Kaitlyn Andrews Patrick Hill
Ben Molloy

School Sports Shirts
Now $30
Available from the School office.

LEEP INTO SCIENCE & MATHS
On Tuesday 2nd June, 39 students from the local Primary Schools came to Forbes High School to participate in a gifted and talented enrichment program. The program, which has grown from the new school planning model and the community partnership between the schools, is the Lachlan Engagement and Enrichment Program (LEEP). Students were invited to attend, based on recommendation from their teachers and were required to follow an application process. The program will take place once a term for the remainder of the year.

Students from stage 2 participated in a range of science and maths activities related to exercise physiology and anatomy, with mathematical analysis of exercise and its effects on the body. Students from stage 3 focussed on the physics of flight, with a design and make project based around aeronautical principles, which culminated in testing the craft and analysing the results.

The students also spent their lunch break in the hall with Mr Dwyer, playing a series of games. All the students represented their respective schools by being respectful, enthusiastic and fully engaged. It was a delight to teach each group and experience the quality of students being prepared for high school locally.

Mr Doyle and I would like to thank the students for their participation and also our helpers on the day. In Maths: Paige Ellison and Isobelle Herbert and in Science: Mitchell Ashcroft and Maddi Collitts. I would also like to thank Mr Troy Ware for helping on the day. Mr Ware is currently completing his first Science practicum teaching experience from UNSW.

P&C NEWS
The next monthly P&C meeting will be held on Tuesday 11th August at the Forbes Services Memorial Club commencing at 7.00pm. Everyone is welcome to attend and please bring a friend.

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.
Koori Korner
Currently FHS has 87 students enrolled under the ATSIC umbrella with Donna, Barry, Jacqui and myself available to assist students with their specific needs. Donna is a Norta Norta Tutor and Wiradjuri Language Tutor and assists the students and teachers in the classroom., Donna has also created valuable teaching resources to aid in the delivery of the Forbes High School Wiradjuri Language Program. Barry is also a Norta Norta Tutor and also takes a very active role in assisting the ATSI boys with their academic development and sense of community engagement. My role is to support all the Aboriginal students in class and act as support person for students and parents. I also consult with community and reach out to support networks as needed.

We all are actively taking part with the ongoing PLP’s (personalised learning plans) process that all Aboriginal student are required to have in NSW. If your child has not taken part as yet, please contact the school and we will rectify as soon as possible. A PLP is where you as parents have input on your child’s education and we work together for the best outcomes for your child because after all you know them best.

Don’t forget FHS also offers homework centre every Monday after school. We have Jaqui Mitton every Monday and Thursday to help students with assignments and homework through lunch and recess.

NAIDOC week is approaching very fast, and will be held on Thursday the 23rd July. This year will again see the whole school attending the community day starting at the wonderful Wiradjuri Dreaming centre for the official opening then a walk to south circle where the bulk of the day will be held. The Girri Girri students will be running traditional games, Donna is doing a painting project and the school will once again have a very limited amount of NAIDOC polo shirts available. They will stay the same price as last year $55.00.

NSW NAIDOC Debating Challenge
With an enthusiastic team of six students, Forbes set out to regain their NSW State title. There are three levels to the competition, Lachlan, Western, and State. Last year Forbes won the latter two, but did not clinch the Lachlan title. That changed this year when Jessy-Lea Byrnes, Maddison Collits, Whitney Duffy, and Paige Thomas stole victory from Cowra High School, breaking Cowra’s four year-long streak.

The debating topic which the team (which also consists of Isobelle Herbert and Nic Mulligan) debate this year is: That all sacred lands should be handed back to the traditional custodians. Students had to prepare cases for the affirmative and the negative side. They used their exceptional public speaking skills, teamwork, and trust to take the title convincingly.

They will be off to Western Titles late in Term 3, where they hope to come away with victory again. Congratulations to the team and Mr Swan for their preparation and success.

Our students continue to excel with Monica Pascoe and Jed Herbert both qualifying to run at the State Cross Country. Tai Baxter also qualified for the Greater Western Rugby League team. The Western Region Athletics meet is coming up and we look forward to bringing you more news on that front next newsletter.
STAFF PROFILE
Name: Tim West
Place of Birth: Forbes
Star Sign: Aries
Where you went to High School? Forbes High School
How many years working at FHS? 1 Year
Number in current family? 3
What is the most important thing in your life? Family
What is your favourite pastime? Golf
Best book or movie? Harry Potter
Best holiday destination? Fiji
Who is your idol? Debra Slack-Smith
What are three things you can’t do without? Money, my wife & my child

FORBES EISTEDDFOD SUCCESS!
Students from 1LS participated in the Annual Forbes Eisteddfod on Monday 15th June. Students performed a number of items. The results were as follows:
2nd Place - Aboriginal Dance: Sam Taylor and Jared Martin (Dancers), Sarah Duncan, Joseph Symonds, Ryan Glennan and Alex Constable (Clapping Sticks).
3rd Place - Happy: Sam Taylor, Jared Martin, Sarah Duncan, Joseph Symonds, Ryan Glennan and Alex Constable
Highly Commended - Working Class Man: Joseph Symonds, Luke Turner, Jared Martin, Ryan Glennan
Highly Commended - Boys From The Bush: Alex Constable, Joseph Symonds, Jared Martin, Sam Taylor
Highly Commended - Circus: Sarah Duncan
We would like to thank Mrs Tomlinson for her help with costumes, Mrs Cowell, Mrs Russell, Mr Dwyer and Mr D West for their assistance and the Glennan family for the sponsorship of the Special Schools Division.

5 STAR RATING FOR CANTEEN!
Health inspectors made a surprise visit to the school canteen recently and gave it a 5 Star Approval Rating. Congratulations Christine, Robyne and Nancy on this result. Thank you for doing such a great job and keep up the good work.

YEAR 12 VISUAL ARTS
Case Study 5: Architecture Over Time
Class work study program
Due: Friday 31st July

SCHOOL SUPPLIES FOR SALE
The following items can be purchased from the school office at very affordable prices.
- Sport Shirts $30.00
- Beanies $10.00
- Art Books $8.00
- Calculators $25.00
- Tin Whistle $10.00

AECG MEETING DATES
The Forbes Aboriginal Education Consultative Group meet once a term. Meetings commence at 11.30am. Below is a list of the 2015 meeting dates:
Monday 24th August - Red Bend Catholic College
Monday 19th October - Catholic Education Office
Monday 7th December – Mezzanine

50 YEARS IN THE BAKING - RECIPES WANTED
As part of the 50th Year Celebration, the P&C are professionally publishing a stylish cookbook. Please help us compile this wonderful cookbook by submitting your favourite family recipes. It is simple to submit your recipes! Go to www.publishedauthors.com.au and submit your recipes using their quick and easy online template. If you do not have access to the internet drop your recipes into the school and it will be entered for you.

Term 2 - Week 9 "Education for a Better Quality of Life" Page 5
Forbes High School
Education for a Better Quality of Life

Prospective Parents, Carers, & Students are invited to attend
YEAR 7 2016 PARENT INFORMATION EVENING
Monday 22nd June 2015
Forbes High School Library
6.00pm – 7.00pm
A light supper will be provided
Come along and meet our staff & student representatives, tour the schools facilities and hear about the exciting programs, opportunities & experiences available to students at Forbes High.
For further information please contact
Mrs Emily Bess on 6852 2666

Further Information
Forbes High School
T: 02 6852 2666
E: forbes.h.school@det.nsw.edu.au
http://www.forbes-h.schools.nsw.edu.au

Celebrating 50 Years
1965 - 2015
November 14th & 15th, 2015

Forbes High School Celebrates 50 Years of Public Education at Wyndham Avenue
Past students, teachers, staff & their families are invited to join us at a Gala Cocktail Event followed by a Tour of the School the following day to celebrate this milestone and catch up with old classmates & teachers.

Event Details
Saturday 14th November, 2015 – Upstairs Function Area, Forbes Inn Hotel, Rankin Street, FORBES
Cocktails & Canapes: 7:00pm – Dress Cocktail

Sunday 15th November, 2015 – Forbes High School, 18 Wyndham Avenue, FORBES
School Tour: 10.30am
Cocktail Party: $50 includes champagne on arrival, canapes & entertainment.
For ticket information & bookings please phone Anita Morrison on 0405 364 512
Online ticketing available at www.trybooking.com/HTUDP or www.trybooking.com/1836099
Ticket limits apply so book early and avoid disappointment.

Tickets & Information
School Tour: Guided tour of school facilities, official ceremony and morning tea.
To assist with catering bookings are encouraged by 26th October 2015 - Anita Morrison 0405364512 or mainen.riccardo@det.nsw.edu.au
**FREE BABY & KIDS CLINIC**
1st Thursday of the Month
10am – 1pm
No appointment necessary – drop in at Yoorana Gunya
For more information contact:
Yoorana Gunya on (02) 68501222

**SCHOOL HOLIDAY**
**JUNIOR CHESS TOURNAMENT**
**ORANGE**
Thursday 9th July 2015
St Barnabas Anglican Church Parish Hall
Corner Dora & McLachlan Streets
East Orange
9.45am to 3.30pm
Cost $10
BYO Lunch
Register by 7th July
Alexander Aich on 6884 4561
alexander.aich@gmail.com
Joe Cummins on 6362 6882
heather.cummins@optusnet.com.au

**PCYC SAFER DRIVER COURSE for LEARNER DRIVERS**
Monday 6th & Tuesday 7th July
5 Hour Course
Participants will receive 20 hours log book credit
Forbes Youth & Community Centre
9.00am – 12.00pm + 2 Hour vehicle coaching
Cost: $140
Book online at [http://www.pcycnsw.org/safedrivers](http://www.pcycnsw.org/safedrivers)
Registration forms available at Forbes Shire Council
Orange PCYC on 6360 2249 to pay over the phone

**AMERICANA CONCERT**
Sunday 21 June
Forbes Town Hall
3.00pm – 5.00pm
Tickets $30 ($20 con)
Tickets on sale at Forbes Shire Council
or call 02 6850 2362
for more information

**music by:**
Aaron Copeland
Samuel Barber
West Side Story
Wonderful Team

**performed by:**
Jessica Harper
Josephine Tam
Blake Parham
Parents: three things you have to know about planning schoolies

Around 40,000 schoolies flock to the Gold Coast each year for a well-earned celebration of 13 years of study, and thousands more head to places like Byron Bay, Bali and even Thailand. A 2012 study revealed that around three-quarters of those involved in the festivities got drunk, and a quarter of all schoolies were injured as a result of their drinking. Between stats like these and some of the horrifying stories we hear in the media each summer break, it’s little wonder parents get nervous whenever our de facto rite-of-passage into adulthood comes around. Fortunately, though, there’s light at the end of the bender: most kids have a great time, stay safe, and create memories to last a lifetime. Like the success or failure of any event, the proof is in the planning.

We’ve put together a few ways you can help keep your kids safe when they’re off the leash and independent, often for one of the first times in their lives. Planning is paramount, but it doesn’t have to be stressful. Check out our checklist to ensure you’re up with the play.

The Basics

Accommodation
Does your schoolie have accommodation sorted? If so, make sure you know:
- The address they’ll be staying at, and the phone number (mobile phones can get lost!)
- The people they’ll be staying with
- The part of town their accommodation is in, and what amenities are nearby
- Is the area safe, or is it a known crime hotspot?

Their mates
Odds are you’ll know many of the other students your schoolie is bunking with, but even if you do there are some basic questions you can ask.
- In case there’s an emergency, what’s a friend’s mobile phone number?
- How many people are they going with, and how well do they know them?
- Ask for a friend’s parent’s phone number in case there’s a need to get in contact
- Is the whole group staying in the same place, and are they likely to all do the same activities?

Having fun
Half the fun of schoolies is going someplace new. The other half is what you do when you get there.
- What plans do your schoolies have in mind during the day while they’re away, and do they all involve alcohol?
- Are there any attractions near where they’re staying to keep them occupied?
- Will they be driving anywhere, and if so, are there enough licenced drivers?

Schoolies creates a lot of anxiety for a lot of parents. But it doesn’t need to be so. Parenting is about trust and helping empower your child to make the best possible choices in their lives. Just because you’re not there looking over their shoulder doesn’t mean they’re going to lose sight of the values they’ve learnt over their lifetime, but peer pressure and young hormones is a powerful combination. Risk taking is a part of growing up, but planning ahead for schoolies can definitely reduce the risk of something going horribly wrong.

In the next newsletter we will include more from GrogWatch about the conversations you should have to help keep your schoolie safe and help them prepare for if something does go wrong.

For more information visit the Australian Drug Foundation GrogWatch website: http://grogwatch.adf.org.au/2015/05/parents-three-things-you-have-to-know-about-planning-schoolies/