PRINCIPAL’S REPORT

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 continued to experience high 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 a group of students and steers and took part in various categories. As a school we were again very successful placing second and third in the export and medium domestic class respectively along with several students placing from first to sixth in leading. Mr Byrne, Mrs Eagles and all the students are to be congratulated on the time and effort they have put into preparations.

As a result of the funding that we receive as a school from the GONSKI model we have been able to implement several initiatives to support the wellbeing of our students. The ‘wellbeing team’ is led by Mr Hoy in his newly appointed role as Head Teacher and he leads a group of enthusiastic and motivated advocates for your children. The team consists of our Year Advisors, School Counsellors, Youth Worker, Learning and Support Teacher and Aboriginal Education workers. A major focus has been the establishment of our Wellness Hub. This is a partnership between our school and a variety of community service providers who are able to utilise their specific skills to support our students. Currently we have a women’s health nurse, smoking cessation nurse and CareWest caseworkers in the school on a weekly basis and we are anticipate other providers confirming their availability in the near future. If you have any questions in relation to student wellbeing please do not hesitate to contact the school.

Forbes High School has a proud tradition and success in student representation across many contexts including sport, debating, animal showing and creative and performing arts. We also pride ourselves on setting high expectations. To this effect the expectations surrounding students participating in extra-curricular has been realigned from 2016. It is expected that students who represent the school will be up to date with all course work and assessment tasks. If students have difficulties with keeping pace, there are a wide variety of support strategies that are available to assist them and I encourage them to seek out their classroom teachers, Year Advisors and other support staff to access the relevant supports.

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.

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.
SUCCESS AT CANBERRA SHOW

It was another successful trip for Forbes High at the Canberra Hoof and Hook competition.

Forbes High school had 3 steers entered this year. Two Limousin steers from Heather and Richard Cole of ‘Lachlan Dale Limousin Stud’ and a Murray Grey steer from Ian and Narelle Wilcox of ‘Ayr Park Murray Grey Stud.’

The Limousin steers were in a huge group of 40 steers in the medium weight domestic class and were judged 3rd and 6th on the hoof (live). These 2 steers then placed 4th and 12th on the hook (carcass). The Murray Grey steer was placed second in the Export steer hoof section and placed 4th on the hook.

The steers were not the only ones to perform well at Canberra with all of our students competing well in the Junior Paraders Competition. Konnor Ryan achieved a 3rd in his U/15s heat, Jessie Alcorn achieved 1st in her heat and 5th overall in the hotly contested U/16s section, and Sally Downie achieved 4th place in the U/17s section. This is an amazing result again for our small state school against some of the best agricultural schools in NSW.

The student’s behaviour and performance was of a high standard for the whole trip and they were a credit to themselves and the school. Damian Byrne and Rachel Eagles would also like to thank Michelle Alcorn for helping transport the steers and supervise the students. Andrew Norton-Knight and Terry Apps for providing feed for the steers.

Forbes High School would also like to thank our major sponsors Advanced Animal Nutrition for donating the High Mag liquid lick supplement that has helped to develop the steers to such a high standard. Woolworths in Forbes, for donating the food and drinks for the students. And finally the Cole and Wilcox families, for trusting the school to prepare and show their animals. Without the help of local businesses our school could not compete at such a high level.

MATHEMATICS

Do you have a Scientific Calculator?

If not then NOW is the time to buy one! Get your Casio fx-82AU Plus scientific calculator from the office today. It only costs $25 and is an essential piece of mathematical equipment that will last you for years...

you can count on it! (sorry...)

The Maths Nerds...

P&C NEWS

The next monthly P&C meeting and AGM will be held on Tuesday 8th March 2016 at the Forbes Services Memorial Club commencing at 7pm. We will be discussing the fundraising program for the year as well as other important issues. P&C meetings are a great opportunity to meet staff and other like-minded parents/carers and gain valuable insight into the exciting learning opportunities being offered to students at Forbes High School. Everyone is welcome to attend and please bring a friend.

COOKBOOKS FOR SALE

The Forbes High School P&C Cookbook “50 Years In the Baking” - is now on sale for $25. The 190 page book is beautifully illustrated and is a great mix of new and old. Cookbook can be purchased from the school office and would make the perfect Mother's Day gift.
Drama News
Drama has hit the ground running this year. We began with our excursion to OnSTAGE, but have now settled into classroom routine which some excellent work being produced.

Year 12
The year 12 class are focusing on significant plays of the 20th century, and they are learning skills in collaboration and decision making. These skills don’t just help in the Drama classroom, but will help with real world application, as you will undoubtedly have to work in group situations and rely on people, and have people rely on you. The students are rising to the challenge and their performance essays will be ready for assessment in week 7.

Year 11
This class has worked so well together since the start of the year. They are currently creating a performance on paranoid schizophrenia and the idea of breaking the stigma that centres around mental health. The students should be proud of the work they have put together in such a short amount of time and it is an indicator of the amazing things to come from this class.

Year 9/10
The year 9 & 10 class are learning the basics in Drama. They are learning how to improvise, invent characters, and ways to control their voices. They have all developed a character, which they are now using to write monologues and explore the physicality and movement. It is great to see such an enthusiastic class support one another to be the best performers they can be.

Drama ensemble
The Ensemble is much smaller this term, which is great as we are able to focus on creating a tight ensemble piece. The focus for this term is Harmony Day. Students are working on a script written by Mr Swan that explores the plight of refugees and asylum seekers before they arrive in Australia. They are aiming to educate the audiences to overcome the misinformation that is so common in the media today.

Open Girls Soccer
The girls should very proud of a fantastic game. Unfortunately they lost 0-3 against Parkes High School. But played with great team spirit! Super effort! Bring on next year!

Student Profile
Name: Chloe Howarth
School: Forbes High School
Year: 8
Age & Birthday: 13 – 22nd November
Do you have any nicknames? Chloe
Do you have any brothers or sisters? Yes – two brothers (Bradley & Hayden)
What is your favourite past time? Soccer
Do you play any sports? What? Yes, Soccer & Kick Boxing
What is your favourite food? Nutella
What do you want to do when you grow up? Not Sure Yet
Who is your idol? My Mum
What are three things you can’t do without? Food, Sport & Music

Practical PDHPE
As part of the practical component for PDHPE Year 10 measured the sugar content in some popular drinks. The results were surprising and many students may consider choosing a drink that contains less sugar in the future.

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.
MAKING HEALTHIER CHOICES!
Year 9/10 Food Technology are studying a unit on Food Selection and Health. In class we prepared a healthier version of pancakes. Shake a pancake mix - or pancake pre mixes are a quick- mess free way to make pancakes. Although these quick fixes save us time they are often are high in sugar, lack fibre and essential vitamins and minerals required for growing bodies. The easy banana pancakes are not as “quick” to whip up as the pre-mix variety you’ll be surprised how quickly you can chuck these together. Pancakes can be made ahead of time, frozen and re thermalised to place in lunch boxes, breakfast or as an afternoon snack.

Easy Banana Pancakes Serves 2-4

Ingredients
1 cup wholemeal SR flour  ¼ tsp Bicarb Soda
1 Tbs sugar  1 mashed, ripe banana
¼ tsp cinnamon  1 cup milk
1 egg whisked

Method
1. Combine flour, sugar, bicarb and cinnamon a in a bowl
2. Whisk eggs and milk together
3. Slowly add milk mixture to dry ingredients while stirring then add mashed banana,
4. Pour mixture in to a lightly greased non-stick frying pan and cook at a moderate heat until bubbles form on the surface.
5. Flip pancake and proceed to cook until golden brown.

Make it fancy -
Serve with fresh or frozen berries, maple syrup and a dollop of greek yogurt

STAFF PROFILE
Name: Daniel West
Place of Birth: Kogarah
Star Sign: Scorpio
Where you went to High School? Forbes High School
How many years working at FHS? Too many
Number in current family? 2
What is the most important thing in your life? My Wife
What is your favourite past time? Fishing
Best book or movie? Something by Wilbur Smith
What is your favourite food? Anything I don’t have to cook myself
Best holiday destination? Canada
Who is your idol? Brad Bainbridge
What are three things you can’t do without? My Wife, Sunglasses & Cocoa powder

7FT 2 produced some fantastic ham and vegetable rice paper rolls last week. Well done, they looked and tasted “yummo”. Tomorrow don't forget, Jacket Potatoes, bring your gear.

SCHOOL UNIFORM CLOTHING POOL
THE SCHOOL CLOTHING POOL IS WELL STOCKED AT PRESENT. IF YOU NEED ANY EXTRA SCHOOL CLOTHING ITEMS PLEASE CALL INTO THE SCHOOL OFFICE AND SPEAK TO OUR HELPFUL STAFF WHO WILL BE ONLY TOO WILLING TO ASSIST.

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.
**NEWS FROM NOTTINGHAM!**
Well it has been an exciting if not HOT three weeks since our last newsletter and as usual students and staff are working together on many initiatives and activities to help improve FHS for all the school community members. I would like to share some important information with you on some key activities inside and outside school:

**FHS is now a White Ribbon School** – Most of you may have already heard of White Ribbon Australia which is an organisation dedicated to ending violence against women. I along with Mr Dwyer (one of our White Ribbon Ambassadors) had the honour of taking part in the Breaking the Silence Schools Program that builds the schools capacity to promote positive relationships between young men and women. As of Thursday 3rd March Forbes High School officially became a White Ribbon School joining over 350 schools around Australia in this worthwhile cause. This will now increase our effort’s as a school community to drive change in this issue both inside and outside the school. Watch this space for upcoming opportunities for students to get involved in. Did you notice the White Ribbon Emblem on the front of this newsletter? It is there to stay!

**Banned Items at School** – Many students bring items to school on occasion not knowing that they are banned and this can be a source of conflict with teachers and other students at the school. The DEC is very clear that certain items are banned due to their dangerous nature or ability to do criminal damage at school. The items banned in all DEC schools are as follows:

- Aerosol deodorants, permanent marker/textas, liquid whiteout, weapons, alcohol, tobacco, lighters, matches and illegal substances. Students are also not to carry prescribed medications on their person without the permission of the Principal. Most of these are common sense but some are less obvious such as aerosol deodorants which can trigger asthma and allergic reactions in many students and staff, safer options include roll on and stick deodorants. We still want you to all smell nice!
- If parents would like to discuss these or other issues please contact the school on 68522666 and ask to speak to me or the relevant staff member.

**YEAR 7 WELCOME CAMP**
Week 5 ended on a high for our year 7 students accompanied by Mrs Bass, Mr T West, Mr D West and Miss Butcherine who travelled to Dubbo for the year 7 welcome camp. The group were met with 40 degree temperatures and were in for a very hot day. On arrival at the Aussie Cabins students had a BBQ lunch and participated in a number of group activities conducted by Forbes High School senior students and peer leaders. Students were able to interact with peers from different primary schools and worked together as a year group to complete the games and role plays.

Next we went to Western Planes Zoo for the twilight safari. Here students had the opportunity to participate in an education session and an up close encounter involving a number of native Australian animals. Students had dinner at the zoo and participated in a guided twilight safari, walking through the zoo to see various animals and enclosures. On Friday the group went bowling at Dubbo Tenpin Bowl. Students played two games against their friends with some impressive bowling skills displayed by many.

Thanks to Mr D.West, Mr T.West, Miss Butcherine and Mrs Bass for accompanying the students to Dubbo and all of the parents and carers for supporting the students in attending the camp.

The Year 7 students are to be congratulated for their level of enthusiasm. The success of the camp can be attributed to their positive attitude we look forward to seeing them continue to flourish this year.

Some student comments on the camp:
- “The zoo was a fun experience and I got to know lots more people from year 7.”
  **Jessica Ashcroft**
- “Bowling was so fun, everyone had a go and I really enjoyed myself”
  **Imogen Taylor**
- “I had a great time at the camp. I really enjoyed getting to stay in the cabin with my friends”
  **Jacob Davis**
**SUPPORT NEWS**
The support unit recently participated in an Agriculture Excursion to Riverside Community Garden and Bunnings. Students were taken around the Community Garden by knowledgeable volunteer, Leo Curran and learnt all about growing vegetables and succulents. At Bunnings students learnt about sustainable gardening. We would like to thank Forbes Shire Council, Riverside Community Garden and Bunnings for taking the time to show the children around. They learnt a lot and will use this information back at school. Another thank you to Bunnings for their generous donation of gardening supplies!

**CLEAN UP AUSTRALIA DAY**
Forbes High School showed their support for Clean Up Australia Day by cleaning up the schools grounds and surrounding area. Staff and Students cleaned various areas in their Sporting House Groups and earnt points towards their yearly totals. Even though a good quantity of rubbish was collected the amount was markedly less than that of last year. Congratulations on the continued efforts to keep our school and grounds clean and tidy.

Janssen Mores & Grace Quirk were happy to help.

Brodie Acret used "The Claw"!
ANNUAL SWIMMING CARNIVAL
The Annual Swimming carnival was held on Friday 19th February and was well attended by staff and students. The competition was fierce, but friendly and it was great to see so many students doing their best. Highlights of the day was the Year 12 Floaty Race and of course the “Flop Off”. Wiradjuri were the eventual winners of the day closely followed by Burrabinya. The Age Champions included:

12 Years – Samantha Pascoe
Joshua Wood

13 Years – Jessica Ashcroft
Stuart Shaw

14 Years – Georgia Palazzi
Coby Ryan

15 Years – Lilly Walsh
Henry Earney

16 Years – Kaidyn Haynes

Opens - Erin Turner
Sam Clarke

2016 NSW SCHOOL VACCINATION PROGRAM
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 2016 the following vaccines will be offered to all 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.

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 your 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. Students who commence HPV vaccination in Year 7 but do not complete the course will be offered catch-up doses the following year in Year 8.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that these records are kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

For further information regarding the School Vaccination Program, please contact Sue Turcato on 6330 5880.
**COMMUNITY NEWS**

**FHS PHOTO COMPETITION**

- You are to take a photo referring to what HARMONY means and/or Standing up to BULLYING.
- You then need to write a short blurb describing the photo.
- Once this is done you are to email it to Ms Emmett

frances.hinchcliffeemmett@det.nsw.edu.au

- Photos need to be submitted by Friday 11th March.
- Photos will be displayed on the school FB page, there will be an overall winner and a people’s choice winner.

Together we can make a difference and end bullying.

Many hands make light work. Together we can create harmony.

![FHS Logo](image)

**WESTERN REGION SUMMER VOLUNTEER SPORTING SPIRIT AWARD**

The Western Regional Summer Volunteer Sporting Spirit Award is an opportunity to recognise volunteers who are the lifeblood of grassroots sport in country NSW.

Sporting club and association members are invited to nominate individual volunteer(s) or youth (15 years and under) who would be deserving of such an award.

To be eligible for the Summer Award the nominee must have been a volunteer with the club or association during the period from November 2019 to March 2020, Rules of Entry apply.

Nominations must be lodged by Friday 1 April 2020.

To nominate your volunteer, tell us in 150 words or less why your nominee is the most deserving nominee. This might include the:

- Time they dedicate to the club, association or committee
- Positive attitude they demonstrate while volunteering
- Positive role model to younger and other club members
- Enthusiasm and knowledge they bring to volunteering
- Encouragement they give to others in the club, association or committee.

In October 2019, there will also be an opportunity to nominate someone for the Winter Volunteer Sporting Spirit Award (for those who have volunteer between April and October 2020).

Submit nomination online at sportandrecreation.nsw.gov.au/volunteeraward

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**FORBES NETBALL ASSOCIATION**

The Saturday competition will start on March 5 with a Come and Try day from 10am til 12:30, and a barbeque lunch. Help with the online registrations will also be available during that time.

The Saturday competition provides a NetSetGo program for all boys and girls aged 5-7 years and NetSetGo competition for all boys and girls aged 8-9 years.

The programs were very popular last season, and are specialised for the younger players. This will be the third year of the two specialised programs delivered in Forbes.

Players turning 10-11, and 12-13 will be placed into teams by the Committee, and players turning 14 years to Open Ladies will form their own teams.

Help can be given to anyone who would like to join a team. The Saturday competition will be played through school terms and no competition is played during the school holidays.

**School holiday clinic**

The FNA in conjunction with NNSW will be holding a School Holiday Clinic for all players, boys and girls aged 5-10 years on April 15 from 9am to 12pm.

Cost is $40-00 with lots of giveaways. Registrations are now open, on the NNSW website.

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**FHS NEWS**

**OVERVIEW**

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