



The Newsletter

Forbes High
School

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Principal's Report

Priority Schools Program Survey Results

Many of you will remember completing a Priority Schools Program (PSP) Survey early this year. I would like to thank all parents and families who responded – we had a completion rate of 88%!

The survey identified 11 schools in the Lachlan School Education Group that are eligible for PSP.

Unfortunately, Forbes High School is not eligible, as the data from the survey revealed that, compared to the eligible schools in the Lachlan, the Forbes HS community has:

- The lowest percentage of parents without paid employment
- A well below average percentage of families on a government pension
- The third lowest percentage of single parent families
- The highest average family occupational status, and
- The second highest average family educational level.

November – the ugly month!



Year 11 boys issued a challenge to the male staff at the end of October. They were shocked when 16 men took up their challenge to throw away the razors and grow their moustaches in order to raise funds and awareness of men's health issues.

This is an important event, as men are far less healthy than women. The

average life expectancy for men is five years less than females (presently 78 compared to 83).

Men access health services 30-40% less than women, thereby denying themselves the chance for prevention and early detection of common diseases.

Part of the reason for this is a lack of awareness about the very real health issues faced by males. Men tend to be slack about their own health and often leave it too late to seek medical advice.

The aim of Movember is to change this attitude, make men's health fun by putting the Mo back on the face of fashion and in the process raise some serious funds for key men's health issues.

Prostate Cancer: every year 2,900 Australian men die of prostate cancer - equivalent to the number of women who die from breast cancer annually.

Depression in Men: one in six men suffers from depression at any given time - most don't seek help.

Testicular Cancer: is the most common cancer in young men aged 18 to 35.

The students are well on their way to winning the donations challenge after raising \$76 dollars in a money-line at school last week.

The staff are close on their heels and have organised some fund-raising events for the latter half of the month, when things will be at their hairiest. Donations of \$2 or more for Movember are tax deductible and can be made directly to participants (they are the hairy ones) or at the front office.

17th November, 2008

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Community Notices

Western NSW Selective High School Provision

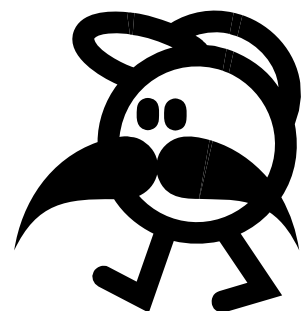
Events

Win a TV—Your Turn?

Chaplain Chat

HSC Art Exhibition

Study Centre Roster



STOP WORK MEETING

Wednesday—19th Nov
9am—11am

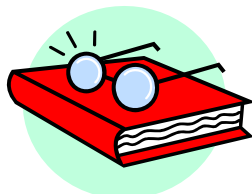
Community Notices



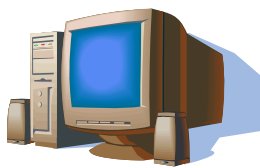
- Carols by Candlelight—**
 The Forbes Town Band will be holding Carols by Candlelight in Victoria Park on Sunday December 7. The Pre-Carols Concert will start at 7pm followed by the Carols by Candlelight at 8pm. Wet weather venue will be the Forbes Town Hall. New guest performers will be featured on the night. BBQ tea will be available, with drinks and the sale of glowcandles. Carols By Candlelight is presented by the Forbes Town Band and Mitchell Conservatorium Forbes.



- Year 12 HSC—pre-loved Excel Books—**
 Revise in a Month 2U Maths, Geography and Business Studies (Business Studies Excel textbook 4 free) \$10. Study Guide—English Peter Skrzyrecki (Top notes “Journeys” Stimulus book 4 free) \$5, Flash Cards General Maths by Jacaranda \$5 (over 50 cards), Ancient History Book 1&2 (\$20 or \$15 separately). Hayley Rees 0420571234



- Great PC deal for Christmas and New Year!**
 WorkVentures has great specials on quality refurbished PCs! For just \$250 you get:
 - ☀ Pentium 4 complete desktop system
 - ☀ Windows XP Pro and Office 2003
 - ☀ Internet ready with plenty of support
 - PLUS Free upgrade to 512 MB RAM!
 - PLUS Free upgrade to a 15 inch flat screen!
 Call us now on 1800 112 205 or visit: www.workventures.com.au/connectit
 - ☐ Offer only available to Centrelink card holders, schools and not for profit organisations
 - ☐ Special offer ends January 31st, 2009
 - ☐ Delivery an additional \$20 to \$40 based on location
 - ☐ Higher specification PCs and upgrades available



- Medicare Teen Dental Vouchers**

Many families will have received a “Medicare

Teen Dental Voucher” for each of their children aged 12-17 years enabling them to have a preventive dental check to the value of \$150. Vouchers issued this year expire on 31.12.08. The Greater Western Area Health Service (GWAHS) is encouraging all families with vouchers to ensure they take advantage of the preventive dental check and to ensure their children have an appointment before the end of the year.

The voucher can be used at your private dentist or a GWAHS dental clinic. Some private dentists may bulk bill but others may charge their normal fees and the parent can then obtain a refund of up to \$150 from Medicare. Only check-ups, x-rays and preventive services can be claimed toward the \$150. Fillings and extractions are not covered by the Medicare Teen Dental Voucher.



Dental clinics in the GWAHS bulk bill and do not charge any fees. Patients needing general dental treatment such as fillings and extractions can also obtain free treatment through GWAHS. **To register for an appointment at a GWAHS Dental Clinic please call 1300 552 208.** You will need to give your child’s Medicare card number when registering.

If you have lost a Medicare Teen Dental Voucher or require further information contact Medicare Australia on 132 011.

NSW Health has a brochure available which can be found at:

http://www.health.nsw.gov.au/resources/cohs/pdf/medicare_teen_dental_plan.pdf

- DB Youth Church**
 Praise and Worship
 Youth message
 PS2 Games
 Sausage Sizzle
 Basketball and Tribal Wars



**This Saturday 22nd Nov
 6:30pm at the Forbes Youth and
 Community Centre**
 Presented by Westlink Church ph
 0408 834 085

Machinery for Tender

2005 Silvan PTO Slasher 90cm cut, used once. Highest tender above reserve will be successful. Contact Jo Kirkby—Forbes High 6852 2666 to arrange inspection. All tenders to be submitted to FHS Front Office by 12 noon Friday, 14th November, 2008. All tenders will be notified by phone.



Western NSW Selective High School Provision

Information for parents of current Year 5 students



For the first time students in Western NSW have the opportunity to participate in a virtual selective high school strand, meaning they can access a more challenging academic program without leaving home and friends to do so.

Applications are now available for students entering Year 7 in 2010 to study a unique selective high school strand while still at their own local high school. This is an exciting opportunity for students seeking excellence.

Successful students will study an advanced program of Mathematics, English and Science, encouraging them to reach their potential in a supportive environment of like-minded peers.

As well, students will develop and maintain relationships with students in their home school, as they participate in their other subjects and school activities.

The rigorous academic program will stimulate and engage students who

want to challenge themselves and achieve outstanding academic results.

Subjects in the virtual selective high school strand will be taught using a suite of multi-media delivery modes, complemented with residential schools.

The mix of teaching methods will ensure close relationships are developed between the teachers and students and parents.

Information provided in the application, Principal references and NSW Selective High School test scores will be used to assess applicants.

Make an appointment to discuss this exciting opportunity with your school Principal today.

Application process

1. Obtain a NSW Selective High School application form from your current school (available October 27)
2. Complete the application form selecting Western NSW Region virtual school
3. Complete the Western NSW Region option additional form
4. Return the completed application to your current school Principal before November 14
5. Sit the NSW Selective High School test in March 2009
6. Successful applicants will be advised in 2009

More information

www.schools.nsw.edu.au



EVENTS: WHAT'S COMING UP!

Week B:

Monday, 17th November

- Hip Pocket—Year 10 in hall all day

Tuesday, 18th November

Wednesday, 19th November

- Stop Work Meeting—9am—11am

Thursday, 20th November

- Super 8's Cricket-Halpin's Flat—Mr Sherritt
- Forbes High Cultural Heritage Tour—Mr Summerhayes and Ms Adams
- Indigenous Youth Mobility Excn to Dubbo

Friday, 21st November

Week A:

Monday, 24th November

Tuesday, 25th November

- ESSA Science Test—Year 8
- Food Tech Excn to Mezzanine—Ms Martinsons

Wednesday, 26th November

- Schools Spectacular—Ms Townend & Ms Adams

Thursday, 27th November

- Schools Spectacular—Ms Townend & Ms Adams

Friday, 28th November

- Schools Spectacular—Ms Townend & Ms Adams



Your Turn?

FHS P&C is once again offering a huge Plasma TV to raffle.

You are in the draw to win this fabulous prize just by paying your school contributions. Easy!

Drawn at the 2008 Presentation Assembly, 17th December

Chaplain Chat

I submit this for your consideration

Student A walks up to Student B in the playground. Student A says "you suck", student B replies with a "no, you suck", this bounces back and forth until student A chucks in "Your Mother was a hamster and your Father smells like elderberries"; then wonders why they have woken up in sick bay with a bleeding nose. Here in the Twilight Zone.

In all seriousness this is a scenario that happens in this dimension all the time, however it may be more painful than just a "you suck". The words that we use towards each other can have a serious impact on us, and not just on our noses. And when we get into these verbal boxing matches the words we use get harsher with each response, till one of us or both of us get physically and emotionally hurt.

The best response towards someone when they challenge you to a verbal boxing match is to just work away, don't respond. Walking away is not a sign of weakness; it takes more courage to walk away than to stand there and lose our temper. Walk towards someone safe, your (real) friends or a teacher.

If they persist, talk to a safe adult (ie parent, teacher) so that they can intervene on your behalf. And remember that the counsellors, year advisors and myself are available if you want someone to talk to.

See you in the playground, Ruth

You haven't seen it all YET!

INVITATION - FHS end of year

VISUAL ARTS HSC STUDENTS

Invite you to see it all

Major Works Exhibition

'MEZZANINE'

Opening 5pm, 11th December

23 Rankin St., Forbes

Study Centre Roster—Term 4

Week	6:00—7:30pm	7:30pm—9:00pm
6	Mr Dwyer	Mr West
7	Mr Hoy	Ms McGeechan
8	Miss Northam	Mrs Kirkby
9	Miss Adams	Mr Sharpe