



Macksville High School

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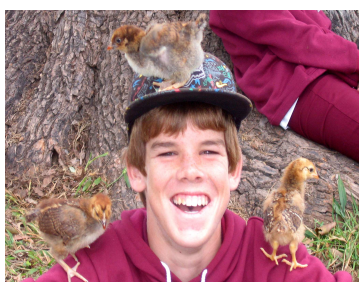
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Newsletter

Term: 2 No: 5

Weeks 9 & 10 Issued: July 3 2009

YEAR 8 TASTER COURSE IN AGRICULTURE



Top: Charlie Porter with three of the chicks

At bottom: Students from the T5 Taster Ag group



Year 8's get to experience several of the elective courses during the year, for an 8 week period. As part of their agriculture experience they learn about hatching and raising chickens. The eggs are set in the incubators in the science labs for 21 days. On hatching, the baby chicks are taken over to the school farm to be transferred into the brooding pens, where they are kept warm, watered and fed.

Each agriculture lesson, the students weigh all the chicks and record their growth over the next 6 weeks. The chickens get very used to the company of the students as the students let the growing chicks get some green pick of the grass and some sunshine during lessons.

P Spear, Yr8 Agriculture Taster

IMPORTANT DATES

July

- 7 LNC Zone 15yo Netball—Kempsey
- 7—9 CHS Squash—Grafton
- 9 Open + U15 Girls + 9/10 boys Rugby
- 9 Yr7 Red challenger SLSC—NH HS
- 10 Yr12 Dance Trial HSC exam/study
- 10 Last day Term 2
- 27 School Development Day—Pupil free
- 28 Term 3 commences
- 28 **P&C meeting 6.30pm in Library**

August

- 4 All Year 7 Vaccinations
- 10 Proposed Yr10, 11, 12 Parent/Teacher Evening
- 24 Proposed Yr7, 8 & 9 Parent /Teacher Evening
- 25 **P&C meeting 6.30pm in Library**
- 24 **Trial HSC commences**
- 31 School Musical—Hall

INSIDE THIS ISSUE

YR 10'S PREMIER'S DEBATING CHALLENGE !

The Year 10 Debating Team travelled to Melville High School on Thursday, June 18 for the third round of the Premier's Debating Challenge.

The topic on the day was: "That We Should Commit More Troops to Afghanistan."

Macksville took the Affirmative position to Mel-

ville's Negative stance. The crux of the debate was between the good that Australian troops do overseas compared with the tragedy of any deaths.

In the end, Macksville was victorious, making it their third straight victory and zone champs.

North Coast semi-finals will occur in Term 3 at

the Red Rock Aboriginal Education Centre.

The team on the day was, 1st speaker – Ruby Coia, Second Speaker – Jessica Wass in her first ever debate, 3rd speaker Tayla Chapman and team advisor, Caitlin Baines.

David Coia, Debating

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From The Principal



As this is the last newsletter for Term 2 I would like to take this opportunity to say how much I have enjoyed the position of Relieving Principal at Macksville High School. It has given me the opportunity to meet many students and parents in circumstances other than the norm. I would also like to thank the staff for their work during this term. It has been a very busy term and everyone has worked extremely hard. The staff of Macksville High School are a dedicated group of people who always are working toward what is best for the students. I would especially like to mention Grant Gough and Marg Orman who have been Relieving Deputy Principal for the term. Both have per-

formed admirably in the job and made my job easier. Lea Hall and the office staff have also been a great support for me throughout the term.

As the term is winding down we are in the middle of junior reporting. Despite some technical difficulties we are still endeavouring to have the reports as per schedule. If there are changes to this we will let you know.

Macksville High School is not organising and has no connection to any overseas excursion occurring this year. Any overseas trip taken by students of Macksville High School is a private holiday and does not involve the school.

Subject selection interviews for Year 10 are continuing and I would like to thank Celestine Porter-Burns for her organisation of this and to Philip Argue for also carrying out interviews. The information night for parents was very well attended and the school has received very good feedback. If you have not yet had an interview with your Year 10 child please contact Mrs Porter-Burns at the school.

The next stage in the process is to look at student choice and form timetable lines. During this phase subjects with small numbers will be cut and some students may end up with clashes. We will interview these students to discuss their options.

Year 12 are entering the last phase of their H.S.C. and should now be increasing their study time. Just as athletes taper their training aiming at a particular event, students should be working toward their target.

A reminder that students who wish to sell chocolates as a fundraiser at school need to get permission from the Principal. As a general rule only one student at a time is given permission. This is to minimise the effect on canteen sales.

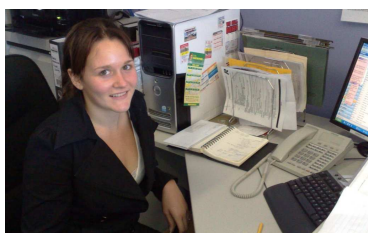
Finally I would like to wish everyone a safe and happy holiday and we expect to see everyone back next term refreshed and ready to go.

Graeme Goodman
Relieving Principal

STUDENTS GET DOWN TO BUSINESS!



Above: Casey O'Brien—Macksville Public School (taken by Mr Joyce)



Above: Nicola Torelli—Richardson & Wrench Real Estate (taken by Mr Joyce)



Above: Some of Year 11 Business Services Class— Therese Borg, Emily Lynch, Casey O'Brien and Temeliah Forrest (taken by Mrs Mower)

Year 11 Business Services, Construction, Hospitality and Metal & Engineering students attended their first 35 hrs of Work Placement from 9-15 June.



According to Business Services Teacher, Mr. Peter Joyce, the week was a successful one.

"All the students had a great time in real work settings – all the businesses reported excellent results from the students with several offers of part-time employment being offered. The students also reported that they had a great time and learned a lot from each perspective employer. Specialist skills were learned by all students making these students ready for work".

Well done Year 11 and many thanks to the host employers participating ~ without your assistance, VET placements could not happen.

More information about work placement is available from Helen Mower, Program Coordinator, **North Coast Youth Career Connections** – at the school on 0265681066.

DANCE NEWS

How time flies! There are only 4 school weeks until the Year 12 dance students will sit for their HSC. This occurs at the same time as their trials in all other subjects. At present Amanda Forbes and Courtney Hoffman are focused on their major works which are worth 40%. Courtney is majoring in performance and at present is practising her 4½ minute dance, plus all the theory needed for an 8 minute speech. Courtney has only 2 minutes to prepare this speech which can be based on any topic ranging from the biomechanics of movements, to the history behind the development of her style and the technique required to perform the work. Amanda is majoring in choreography and is busy teaching Tori Sullivan, Chloe Gleeson and Laura Williams (3 extremely talented dancers in Year 10), her movements which are based around 3 catwalk models that enjoy gossiping about each other when not on the catwalk. Amanda also has to deliver an 8 minute speech based around her movements.

The girls also have another 3 ½ minute performance followed by a 5 minute speech, plus a dance they have choreographed and then taught to another student to perform, followed by another 5 minute speech. This is a huge demand on these students and these exams will all take place on the same day with only a 20 minute break between each exam. The written com-

ponent is held in November along with all their other subjects. The trial exam for their dance performances will be held in Coffs Harbour on Friday 10th July.

The North Coast dance Camp is on at present in Port Macquarie. Ettienne Beresford-Maning and Isabelle Russell, both from year 9, are taking part in 3 days of intensive dance tuition under the guidance of some of the best teachers Sydney has to offer. They will experience many styles of dance and hopefully have a very enjoyable time. This camp is open to all dance students from the high school and I am sure they will get a lot out of the experience.

The HSC Music and Dance Night will be held in the school hall on Monday 10th August. This is a showcase of all the works that the year 12 music and dance students will be presenting for their HSC exam, plus some class work from years 9, 10 and 11. More information will be given at a later date but please put the date in your diary and support our students in the performing arts.

Wendy Morrison, Dance Teacher

CATTLE TEAM NEWS



Cattle Team Raffle Drawn

The Cattle Team Fund Raiser raffle has been run and won. Mrs Judith Byrnes, Eungai and Mick Smith Macksville each won a side of pork kindly donated by Marc Hoffman and dressed by **Dangerous Dan's Butchery**.

Julie Smith of Coffs Harbour won a meat tray also provided by **Dangerous Dan's Butchery**.

Many thanks to the students who sold tickets and special thanks to those people who bought tickets to support the cattle team. Without your support we can not achieve the successes we enjoy.

Terry Argent

At left: Cattle Judging School at Coffs Harbour Show

AG QUIP EXCURSION

The annual excursion to Ag Quip is on again this year. We leave on Wednesday 18th August and return on Thursday 20th August.

There are a number of significant visits already organised for this year including Carroona Feedlot (24000 head of cattle), Dutton's Trout Hatchery Ebor, Ag Quip Field day, Gunnedah Rodeo and UNE Rural Science. In addition the Australian Cutting horse association is hoping to organise a cutting horse display including training techniques and demonstration.

This excursion is a significant and valuable part of the agriculture program for all years. It gives students greater exposure and appreciation of agriculture outside of the coast and assists in teaching the outcomes of many sections of the syllabus. I strongly recommend that all agriculture students attend. If any parents are interested in coming please contact me during school hours on 65681066.

Terry Argent

CANTEEN ROSTER

July

Mon 6	S Compton, A Pope
Tues 7	M Brunsdon, J Lavender
Wed 8	C Templeton, L Harvey
Thurs 9	J Martin
Fri 10	B Zivkovich
July 13—July 27	- Holidays
Mon 27	School Development Day
Tues 28	J Ward, M Mason
Wed 29	R Flarrey
Thurs 30	J Martin
Fri 31	G Welsh

Please phone Ros on 6568 1453 if you can spare a few hours a week or month to help at the Canteen.

PARENT TEACHER INTER-VIEWS

The proposed dates for the mid year Parent / Teacher interviews for parents of students in

- ⇒ **Years 10, 11, & 12 in Term 3 is August 10 and**
- ⇒ **Years 7, 8 & 9 Term 3 is Monday August 24**

Following the mid year reports it is a great opportunity for parents to speak directly with their child's teacher. Students will be given an appointment sheet so that exact times can be arranged with their teachers between 4pm and 6pm.

It is very important that times are arranged to ensure the afternoon runs smoothly, so parents are asked to encourage their students to make appointments and ensure the parent has the appointment sheet on Monday afternoon. If students fail to make appointments, parents can still attend and may be able to catch up with some teachers if they have time.

Interviews will be held in the stadium and afternoon tea is provided.

Notices

NAMBUCCA VALLEY COMMUNITY RADIO 2NVR 105.5FM

Your local Community Radio Station, 2NVR has launched the new Winter Program, it now includes **Youth focused** radio, this is your opportunity to listen to and be involved in radio just for **you**.

**Monday 5pm-6pm—'CJ the DJ'.
Tuesday 4pm-6pm—Crystal with Crystal Clear'
Thursday 4pm-6pm—Haydon Ryan with "My After School Show'
Friday 6pm-6pm—Shae Halliday with 'The Bounce'**

Check out the website www.2nvr.org.au for program guide. You can submit community information for any event, sporting, music etc. Let us know what you are doing, what's happening at your school? We would love to interview you! Do you have a band? We can play your music on air, how cool is that? You can even play live in the studio! You can send us your news & views by email to presenters @2nvr.org.au. You may be interested in being involved in the radio station as a presenter or technical assistant,

EDUCATION TAX REFUND— Don't forget to claim

How do I claim the Education Tax Refund?

- » In your tax return
- » If you don't lodge a tax return, claim on a separate form or over the phone
- » If you use a tax agent, make sure you ask them to claim for you

The Education Tax Refund lets you claim up to 50% of eligible education expenses for school children. If you are eligible, you can get back up to \$375 for each primary student and up to \$750 for each secondary student.

You can claim things like text books, stationery and even internet costs.

If you receive Family Tax Benefit Part A for a child at primary or secondary school, you will be eligible. Some other people are eligible too, to find out more about this and other information such as what you can and can't claim go to **Australia.gov.au/educationtaxrefund** OR CALL THE Tax Office on 13 28 61

Remember, you need to keep all receipts for expenses you claim.

Nutrition tipsCompiled by Port Macquarie Community Health Centre

FACTS ON FIBRE

Our diets should contain adequate amounts of high fibre foods, as not only is fibre important for bowel health, it is vital for healthy growth and development. The best way to incorporate fibre is to include a high fibre food at each meal.

Some High Fibre foods include:

- ⇒ **Breads & Cereals:** wholemeal, multigrain & fruit breads, wholegrain crackers & crispbreads. Breakfast cereals such as porridge, weet-bix, sultana bran, mini-wheats, vita-brits and just right. Wholemeal pastas & brown rice
- ⇒ **Fruit:** fresh, dried, canned in natural juice
- ⇒ **Vegetables:** peas, sweet corn, potato, sweet potato, pumpkin, tomato, carrot, broccoli, cauliflower & green beans—most vegetables are a good source of fibre.
- ⇒ **Legumes:** baked beans, kidney beans, four bean mix, chickpeas & lentils
- ⇒ **Nuts & Seeds:** includes peanut butter, sesame seeds, pepitas & all mixed nuts.