



# Macksville High School

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## Newsletter

Term: 3 No: 2

Weeks 3 & 4 Issued: August 21

### IT'S AFFIRMATIVE: MACKSVILLE BEST ON NORTH COAST!

**The Macksville High School Year 10 Debating Team has become the 2009 North Coast Champions.**

On Tuesday and Wednesday, August 11 and 12, the Team travelled to the Yarrawarra Aboriginal Cultural Centre at Red Rock for the North Coast Finals of the Premier's Debating Challenge. The Macksville, team

consisting of Caitlin Baines (3rd speaker), Tayla Chapman (team advisor), Ruby Coia (1st speaker) and Molly O'Grady (2nd speaker), all Year 10, were automatically in the regional quarter finals as a result of winning their local zone with three straight wins. Jessica Wass of Year 10 also participated in two debates at the zone level, once as team advisor and once as 2nd speaker, replacing people away.

Altogether at Yarrawarra, there were approximately forty students from eight competing schools. In addition to the regional finals, annual workshops and mock debates, from which the North Coast rep team is selected, were run by the Flying Squad, specialist adjudicators from Sydney.

The Macksville team shaped up for the quarter final round as the Affirmative against Camden Haven, for the topic, "That We Should Embrace Genetically Modified Food". After establishing the reasons we should do so with the 1st speaker, Macksville continued to advance its case, rebutting the opposition's rejections (2nd speaker) and summing up for the final blow (3rd speaker), to claim victory. This set the standard for the semi-final on Tuesday night against Tuncurry, with Macksville again



L to R - Molly O'Grady (2nd Speaker), Ruby Coia (1st Speaker), Taylor Chapman (Team Advisor), Caitlin Baines (3rd Speaker) and Jessica Wass (2nd Speaker/ Team Advisor)

on the Affirmative for the topic, "That the Country Gets a Raw Deal". Focusing on the areas of health and education, Macksville again presented a sophisticated and consistent case, with the adjudicators deciding in their favour.

The North Coast Regional Final on Wednesday morning pitted Macksville against the traditionally strong debating school of Murwillumbah. The topic was, "That Doctors Should Be Able to Help patients Die", with Macksville for the third time getting the Affirmative position from the coin toss. The logical and sensitive case put forth by Macksville withstood all rebuttal, resulting in a unanimous decision from the panel of three adjudicators. Next, the team must go against the winner of the New England regional finals, that debate occurring via a video conference format with the two schools at their respective locations and the adjudicators watching, listening and deciding on the winner from Sydney!

But wait, there's more! Molly O'Grady was chosen as one of five students from different schools, to travel to Sydney in December as part of the North Coast Representative team: a well-deserved reward for the Second Speaker shared by other MHS students in the past.

The MHS coach, David Coia, points out that in addition to the North Coast title, the two days are a time when students and coaches get to meet others of similar interests, make new friends and rekindle old acquaintances. He also notes the enormous improvement across the whole team over the two days as well as the repeated comments from other coaches about the level of speaking and argument displayed by the girls.

Lastly, the team would like to thank Mr Baker for teaching them about Gregor Mendel's early experiments in genetics and the coach would like to thank all staff and parents who have supported Macksville High Debating over the years, as well as Bill Richardson and the debaters of NHHS for the great moral support at Yarrawarra.

### IMPORTANT DATES

|               |        |  |
|---------------|--------|--|
| <b>August</b> | 24—28  | Yr9 Canberra HSIE Excursion                                  |
|               | 24—2/9 | Trial HSC  |
|               | 24     | CSIRO gene tech visit (roadshow)                             |
|               | 24—26  | Yr11 Marine Dive Course at SWR                               |
|               | 24     | HSC Indo exam in C1—2pm                                      |
|               | 25     | HSC Dance exam—11am Hall (B5 for warm-up)                    |
|               | 25     | Uni Info Parent meeting 6-7pm Library                        |
|               | 25     | <b>P &amp; C meeting 7.00pm in Library</b>                   |
|               | 27     | Premier's Debating Challenge 9.10am                          |
|               | 31     | Commedia Dell Arte-Hall—Perform. & work shops Yrs 9/10 drama |
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|                  |         |  |
|------------------|---------|--|
| <b>September</b> | 2—3     | "Zoosnooze" excursion  |
|                  | 4       | 7.30pm "Alison" school musical                                 |
|                  | 10—11   | 7.30pm "Alison" school musical                                 |
|                  | 16      | Major Assembly to present Awards to Yr7-Y10 Semester 1 courses |
|                  | 21-25   | Trial School Certificate                                       |
| <b>October</b>   | 28-2/10 | Yr 11 Exams  |
|                  | 2       | Last day Term 3  |
|                  | 19      | Term 4 commences   |
|                  |         |  |

## From The Principal



We have had some outstanding achievements over the past 2 weeks with our Year 10 debating team defeating Murwillumbah High School to become North Coast champions and Molly O'Grady selected to represent the North Coast Region at state level. The Schools Athletics team competing at the North Coast event came second to Kingscliff high school. This is outstanding for a school of our size and is a credit to the team and organising staff. Taleigha Gillin and Clare Maloney were age champions with Clare break-

ing the 17-19 triple jump distance 11.09metres.

The school is in the process of having a major face lift with painters working on outside and inside locations. This is being funded by the Federal Government. There may be some disruptions in the way of room changes over the next few weeks.

This week we have had 3 more electronic white boards installed in the school. This is part of our plan to provide the best technology to support the role out of laptops and to enhance student engagement in their learning. We are currently planning the next step in the professional development support for teachers with the aim of further enhancing teacher's ability to deliver the curriculum with the assistance of the technology available to them.

I am concerned with the increase of students bringing energy drinks to school. The school canteen has imple-

mented the healthy schools canteen policy and provides a full range of food products for students' needs. There are students who purchase on the way to school or bring from home energy drinks for their consumption during the day. My understanding is that these drinks contain high amounts of sugar and caffeine which can have a detrimental affect on a person's health and behaviour if consumed to excess. If, as parents we are aware of this and have a concern, we are in a better position to support our children to develop healthy habits that will assist them to reach their full potential.

*Paul Holding*  
PRINCIPAL

### **APPLYING TO UNI ...ITS CRUNCH TIME ..APPLICATIONS CLOSE SEPT 30**

Next Tuesday August 25 Mrs Porter-Burns will hold a parent information evening in the Library. It will go from 6pm to 7pm -prior to the P&C meeting . Parents of Yr 12 students who would like to have a better understanding of the processes and schemes surrounding applying to University are invited to attend. If possible you should bring your student's UAC guide. Yr 11 parents are also welcome but you should be aware that details may change for your student by next year. Please ring the office on 6568 1066 to let them know you will be coming.

C Porter Burns  
Careers

# New School Leaving Age

Information for parents and secondary school students



As of January 2010, New South Wales will have a new school leaving age, meaning students will complete Year 10 and then have a number of options in which to participate until at least age 17.

From 1943 until 2009 it has been compulsory for students in NSW to attend school until the age of 15. In line with other states, NSW has now passed legislation to change the years of compulsory schooling.

There is a great deal of Australian and international evidence which demonstrates a high correlation between students' level of education and their prospects in life.

The research shows that early school leavers are two and a half times more likely to be unemployed, earn lower wages and have poorer quality of life outcomes.

The purpose of the new legislation, therefore, is to ensure that all young people have the best possible chances in life.

Under the new arrangements, once students have completed Year 10 there are a number of options from which to choose.

You can stay at school and continue into Year 11. You can choose to do an apprenticeship or a traineeship. You can study vocational courses at TAFE. You can do a course in higher education. You can do other approved education or training. You can be in employment, as long as it is full-time, paid work. You can also do a combination of a number of these.

If you are in Year 10 or below you need to start thinking about the best pathway for you.

**Discuss your options with your parents, principal, careers adviser, year adviser or teachers.**

## What's New?

1. From 2010, all NSW students must complete Year 10.
2. After Year 10 and until the age of 17 students must be:
  - a. in school, or registered for home schooling OR
  - b. in approved education or training OR
  - c. in full-time, paid employment (average 25 hours/week) OR
  - d. in a combination of these
3. This applies to students who complete Year 10 in 2009 and to all subsequent years.

More information  
[www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)





## CANTEEN ROSTER

### August and September

Mon. 24 S Compton, Welsh, H Mason  
Tues. 25 J Ward  
Wed. 26 C Templeton, R Flarrey  
Thurs. 27 J Martin, J Beggs  
Fri. 28 B Zivkovich

Mon. 31 S Compton, Helper Needed  
Tues. 1 M Brunson, J Lavender  
Wed. 2 K Mulvihill, R Mulvihill  
Thurs. 3 D Jackson, J Martin  
Fri. 4 C Hopkins, A Booker

Mon. 7 S Compton, A Pope

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

## MARLINS SWIMMING CLUB

Swimming club time trials every Wednesday commencing 5<sup>th</sup> August 2009 starting 5.30pm at the Nambucca Aquatic & Fitness Centre.

All new and existing club members welcome. Ph: 6568 1225 for information

## "10KM YARRAHAPINNI MOUNTAIN WALK"

Warrell Creek Hall Committee of Management is holding a walk-a-thon.

Students, teachers, families and friends are invited to participate on Sunday September 27.

The walk-a-thon has been organized as a fundraiser, where participants can nominate their chosen charity. Sponsorship forms and flyers are available at the school office.

## HEALTHY SNACKING

In between-meal snacks are important for children to help support healthy growth and development. Because they have small stomachs, they require small amounts of food, more frequently, to meet nutritional needs. Choosing healthy snacks for your child is therefore very important.

Choose snacks based on fruit and vegetables, reduced fat dairy foods and whole grains to improve the overall quality of their diet. Try to avoid snacks that are high in added sugar, saturated fat and/or salt, as they are generally low in nutrients and provide excess kilojoules.

### SOME HEALTHY SNACK IDEAS:

- Fresh and frozen fruit pieces;
- Rice crackers or corn cakes with low fat Philly cream cheese;
- Reduced fat cheese on wholegrain crackers;
- Reduced fat fruit yoghurt
- Reduced fat custard with fresh fruit;
- Baked beans on rice cakes;
- Fruit pikelets or scones; toasted English muffin;
- Fruit muffins.

# Notices

## VIKINGS FUTSAL ASSOCIATION

(5-a-side Indoor Soccer)  
Sign On's for the 2009/2010 Futsal Season

### Macksville Futsal

**When:** Saturday August 29

**Where:** Macksville High School Recreation Centre, Park Street Macksville

**Time:** 10am to 2pm

For more information please contact Ashley Collins Phone: 0458 201 132  
Email: ashleyc@vikingsfutsal.com  
Website: www.vikingsfutsal.com.au

## BOWRAVILLE CRICKET CLUB 2009-2010 20/20 CRICKET SEASON STARTING SOON

Get active, have a go and improve your skills in a friendly environment. All new players will be made welcome. Training dates to be confirmed.

Please enquire and register by contacting Ron Gleeson Phone 6569 3373 or Rex Hart Phone 6564 7291

**STUARTS POINT LITTLE ATHLETICS** Registration will be Wednesday August 26 at Buzz Brazel Oval Scotts Head from 4pm and Friday August 28 at Joe Donovan Oval Stuarts Point from 4pm. A training night for anyone interested in trying out will be held on Friday September 4 at Stuarts Point from 4.30pm and the first competition night will begin on Friday September 11 from 4.30pm. The cost of registration is \$50 per athlete. Enquiries please contact Carol Templeton on 6564 7043.

## FAMILY FUN AND FITNESS LITTLE ATHLETICS & SENIOR CLUB

Nambucca District Little Athletics is getting ready for another exciting season. Registrations will be taken on Friday 28<sup>th</sup> August and Friday 4<sup>th</sup> September at 4.30pm till 5.30pm. The season will commence on the new time Friday 11th September at 4.45pm at E.J. Biffin Playing Fields, Fred Brain Ave, Newville.

Proof of age is required for new registrations. Club night starting times has now changed to 4.45pm

So bring your parents, running shoes and a drink bottle and come along and join in the fun on Friday evenings.

We also having a hurdle drive so if any business would like to buy a hurdle and their name will go on the hurdle

In conjunction with Nambucca District Little Athletics, Nambucca Senior Club will be holding registrations on the same days from 4.30pm. The kids love to see their parents "have a go" and its good for the parents to show the kids "we aren't past it!"

Enquires Trevor Keast 0411502552

**BLUEBERRY PANCAKES** (an easy snack suggestion that kids can make at home)

|                    |                           |
|--------------------|---------------------------|
| 3/4 c flour        | 1 tbs sugar               |
| 1tsp Baking powder | 1/2 tsp salt              |
| 1tbs Margarine     | 1 egg                     |
| 3/4 c milk         | 1/2 c blueberries, washed |

Extra margarine or canola spray (for cooking)

1. Sift together flour, sugar, baking powder & salt, set aside.
2. Melt margarine in a small saucepan. Crack the egg into a medium-size bowl & add the milk & melted margarine.
3. Whisk until well combined.
4. Combine the flour mixture & egg mixtures & whisk until blended together.
5. Gently stir through the blueberries
6. Grease or spray non stick pan & heat until bubbling.
7. Place dessert spoons of mixture in pan & cook on medium heat until small bubbles appear on top. Flip with a spatula once golden & cook for a further few minutes until pancakes are light brown on the other side. Remove pancakes & enjoy hot or cold! Serves 2

*Nutrition tips.... Compiled by Port Macquarie Community Health Centre*