



MACKSVILLE HIGH SCHOOL

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Newsletter

"EVERY ONE FEELS SAFE AND SECURITY"

Term: 4 No: 1

Issued: October 15 2010

IMPORTANT DATES

- Oct. 18** HSC Exams continue
19 2.05pm Fretwork—Hall
20—23 North Coast Nationals—(Ag) at Lismore
20 Swim/Survive Screening—Mks Pool
21 Yr 8—Essential Secondary Science
..... Assessment online practical pilot at MHS
26 **P & C meeting—6.30pm in Library**
26 Yr11 Sthn. Cross Uni Sen. Students Day
28 10am—Women's Health
- Nov. 2** HSC Visual Art Marking
3 Boys Cricket Zone Trials—TBA
8—9 **School Certificate exams—Stadium**
10 Girls' cricket zone trials—TBA
10—12 **Yr7 and 8 exams—Stadium**
11 **School Cert.—ICT exam—computer rooms**
12 NCCHS Surf Lifesaving—Woolgoolga
12 Personal Learning Programs
15—19 **Yr9 Yearly Exams—Stadium**
15—26 9am—Yr10 Swim & Survive MHS pool
16—17 NCCHS Boys Cricket—Grafton

FOOD TECHNOLOGY—FLIPPING BURGER

The kitchen was a hive of activity at school with Year 8 boys and girls cooking up a storm making delicious tropical hamburgers, topped off with tomato, beetroot and pineapple. As part of their Healthier Homemade Food Choices program students participate in lessons that teach them the basics so they can produce healthy, quality meals for themselves and their family. The boys liked the cooking but when it came to the washing up, they weren't so keen. Throughout the term the boys and girls go up against each other for the title of chef of the week with a cook off planned for the end of term.



BE POSITIVE for PETE—BLOOD DONATION DAY—MHS STUDENTS SAVE 112 LIVES



A skateboarding accident claimed the life of Peter Argent in September 2008. A local teenager from the Nambucca Valley, Peter was a former School Captain of Macksville High School and was passionate about donating blood and helping others.

In his honour Macksville Hospital opened the Peter Argent Memorial Blood Collection Rooms. Last Friday, 40 teachers and students from Macksville High School rallied together to donate blood. The Australian Red Cross Blood Service travelled from Coffs Harbour for the day. The nurses and volunteers did a wonderful job looking after some nervous customers. Some students spent almost the entire day waiting in line to donate; the commitment they showed was admirable and made everyone very proud. It was great to hear from the nurses that MHS teachers do a wonderful job ensuring their students are aware of the importance of being a regular blood donor. They commented on how well prepared the students were for the day, being well hydrated and having a clear understanding what was involved. A big thank you goes out to everyone who participated.

If you would like to make a donation please call the Red Cross Blood Service on 131495 to make an appointment. Don't forget, 1 in 3 people will need blood - "Every time you donate you could save 3 lives" - only 1 in 30 people donate blood.

From The Principal

Today the HSC exams commence for 2010. It's a time when we need to be aware of the pressure many of our students are under. Study routines, time to relax and healthy habits are the basis from which the exams can be undertaken with confidence to do as well as possible. Students should make every effort to attend an exam even when something happens that makes this difficult. An illness/ misadventure application can be submitted which if successful, allows for the student's school assessed mark to be used if necessary. Evidence such as a Doctor's certificate is necessary with any application. The most important thing is to keep me informed immediately a concern arises.

I had the pleasure today to attend the Nambucca and Bellingen Shires' reception for Order of Australia recipients. Attending were a range of distinguished guests including our new Captains Kyle Buckley, John Rowe & Tayla Chapman. It was great to hear about the achievements of the award recipients. Many present commented on their delight to meet our students and how well they represented our school.

I would like to thank the many parents who are supporting us in our efforts to have our students in full school uniform. Now that the warmer weather is on its way it is much easier. It's great to see the uniform being worn with pride by students. We have introduced random checks to support roll call monitoring and require students who are out of uniform to have a note for the day from their parent.

Next Tuesday is our next P&C meeting. One item I will bring to the meeting is the current review underway in regard to the school merit program. I am keen to hear from parents your thoughts about what is working and what needs improvement. I will have a draft proposal there for discussion. If you are unable to attend the meeting, I am happy to take a call or you can email me on Macksville-h.school@det.nsw.edu.au.

Paul Holding, Principal

CHILD STUDIES WITH MRS O'SULLIVAN



Dr Vivien Tedeski came to visit our class recently. She answered questions related to both childbirth and sexual health. The girls were most responsive and asked many relevant questions.

One of our past Macksville High students, Sarah McPherson, accompanied Vivien as she is presently attached to her practice in Bowraville. Sarah is in her third year of Medicine at New South Wales University.

YEAR 6 TRANSITION PROGRAM



From left to right: Jade Collits, Michael Lavery & Jasmine Stanton getting into their science experiment

Students from Eungai Primary & St Patricks Primary Schools visited Macksville High School recently to begin their transition program into high school. Students participated in a science lesson becoming familiar with the class room environment.

The lesson included a test tube experiment of an acid and carbonate reaction, measuring forces with a spring balance and observing microbes.

It was extremely beneficial for everyone involved to spent time with MHS teachers and to start to build friendships that will ease the anxious time that is starting high school. Eungai Principal, Mr Tony Buckley, and St Patricks Sports Coordinator, Mr Tony Kokegei accompanied their students for the visited. Mr Buckley said his students loved the visit and felt more comfortable with their attitude towards starting high school turning from fear to excitement.



YEAR 7 IMMUNISATION DAY



Brave boys getting the shots

Year 7 students received their immunisation shots last week. They had their 2nd Hepatitis B shot, 3rd Human Papillomavirus (garadasil) and Chickenpox (varicella). Some students also had their booster shot for Diphtheria, Tetanus and Whooping Cough (acellular pertussis).

As both boys and girls lined up to receive their injections the hall was not the most popular room in school, even though there were still plenty of brave faces.



The Area Health Service Nurses did a fabulous job of reassuring those that were anxious. Mrs Mendham and Janette were wonderful cracking jokes, holding hands and keeping the 80 or so kids in order who were involved on the day.

STAFF MEMBER PROFILE

LORRAINE DONOVAN—ABORIGINAL EDUCATION OFFICER (AEO)



Macksville High School (MHS) would like to welcome our new Aboriginal Education Officer (AEO). Lorraine was born in Macksville and went to school at Macksville High. After school she moved to Sydney where she worked at Film Australia in an administration role and also for the Ngura Hostel for women.

She moved to Newcastle before returning to the Nambucca Valley where she worked at the Nambucca Heads Primary School as a Teachers Aide working with children from Kinder to Year 2. The position of AEO became vacant at MHS and was recently advertised; Lorraine was the successful candidate and has been appointed a full time position.

Lorraine loves working with the Aboriginal kids and is looking forward to encouraging them to finish high school to the best of their abilities, go on to university, have a successful career and realise their dreams.



REDUCE RISK - INCREASE STUDENT KNOWLEDGE
www.rrisk.com.au

Newsletter 1

Young People and Risk Taking

Risk-taking in adolescence is not only normal, it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. Thrill seeking, speeding, the desire to impress one's friends, feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers. As a result they are over represented in every category of risk taking resulting in injury and trauma.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North Coast of NSW. RRISK is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

This year over 4000 students from 50 high schools from Tweed Heads to Port Macquarie have been registered to attend one of 8 RRISK Seminars to be held in:

Tweed Heads:	Tweed Heads Civic Centre on 11 and 12 November
Lismore:	Southern Cross University on 17, 18 and 19 November
Coffs Harbour:	Southern Cross University on 23 and 24 November
Port Macquarie:	Panthers Auditorium on 30 November

Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. RRISK was identified as the first and only program to have resulted in a 44% reduction in road crashes for participants. An earlier comprehensive evaluation conducted between 2002-2005 found an increase in protective behaviour and a decrease in risk taking for those students who attended the seminars.

Look for information about the RRISK Program including all the evaluation reports at our website www.rrisk.com.au and in this newsletter over the coming weeks.

CANTEEN ROSTER

OCTOBER

Monday	18	S Compton, R Aitken
Tuesday	19	H Jaeger, C Osgood
Wednesday	20	Helpers Needed
Thursday	21	J Martin, D Jackson
Friday	22	G Welsh

Monday	25	R Aitken
Tuesday	26	J Ward
Wednesday	27	Helpers Needed
Thursday	28	J Beggs
Friday	29	G Welsh

NOVEMBER

Monday Nov.	1	S Compton, A Pope
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Please contact Ros on 6568 1066 if you can help at the canteen.

QUEENSLAND EXCURSION

Yr 10 Queensland Excursion is now closed. Parents and students should expect a permission note shortly—outlining more details including what to bring.

The final total of the excursion needs to be paid before November 12. Payments can be made with cash/cheque or eftpos at the office between 8.30am and 3.30pm.

RUGBY LEAGUE 7'S carnival which was cancelled back in March will now not go ahead. Cash refunds will be given back to students.

SCHOOL FEES

Accounts for school fees were posted home earlier this year. Thank you to those parents/guardians who have paid their student's subject fees. Some fees are still outstanding. Course contributions are applied to assist faculties recover the cost of consumables that students use during the course of their study. It would be appreciated if subject fees are paid as soon as possible. If you have difficulty in paying subject fees Student Assistance is available.

Students can pay for items or school fees at the front office before school, recess or lunch time. Money will not be receipted during class time. Payment may be made by cash, cheque or eftpos.

STUDENT ASSISTANCE

Assistance is available for parents and students with uniform and equipment costs, course contributions and excursion costs. We only receive limited funds and the school endeavours to assist as many families as possible. If you require assistance, please contact the School's office. Parents/guardians will be informed of the assistance provided.

SCHOOL MAGAZINE & SCHOOL NEWSLETTERS

The 2009 School Magazine and Newsletters are available for viewing or downloading from the school website: www.macksville-h.schools.nsw.edu.au

Notices

2011 Netball

Representative Selection

Girls if you're interested in becoming a Representative Netball Player for the NVNA come and try out at our selections. The Dates and times are
12 & 13 yrs—November 6;
14 & 15 yrs—November 7;
17s, 21s & Opens—November 20 & 21.
Commencing at 9.30am-11am—
Break 1pm—3pm

**The next Macksville HS
P&C meeting will be
held on Tuesday
October 26
at 6.30pm
in the
School Library
All welcome to attend**

YEAR 9 STUDENTS —

NSW Premier's Student Volunteering Awards Program –
Introduction and Computer Login Demonstration.

When: Tuesday 19 October (period 4 12.00 – 12.50 pm)

Where: Library

Presenter: Jill Eddington, North Coast Regional Volunteering Coordinator.

STUARTS POINT PLAYERS You may be starting to look for a venue for your Christmas staff night out. The Stuarts Point Players are performing Theatre Restaurant at Stuarts Point, Gladstone and Kempsey in late November and early December. Stuarts Point Primary School P&C and Smithtown Primary School P&C are providing the catering as a fund raiser for their schools as are the Kempsey Anglican Church Ladies Guild.

Theatre Restaurant Musical Comedy "Rome Sweet Rome!"

Dinner & Show \$30 (Concession \$25, Children \$15)

Stuarts Point Community Hall—Friday November 19 & Saturday November 20 (tickets available from Sharen's Hair Studio)

Gladstone Community Hall—Friday November 26 & Saturday November 27

(tickets from Cascade Garden Centre) Matinee—show only—Sunday November 28

Kempsey Anglican Church Hall—Friday December 3 & Saturday December 4 (tickets from Wonderland Framing) Bookings essential.

LAPTOP USERS

USB 8Gig only \$18.00 (usually around \$50).

Needed for backing up laptops which is vitally important to avoid data loss.

See Deslie (TSO) with name and money.
(Also available to anyone)

The Macksville—Scotts Head Nippers new season will start this Sunday 17th of October at 9.15am at Scotts Head beach. If you would like to register for the Junior membership and a parent must be a member \$25 this would help with a punctual start at 9.15am. Please meet at the club house for instructions on where to go for beach activities. More info please call David Brunson (6568 2530)

Open your door to an international exchange student and expand your knowledge of other countries, cultures, languages and cuisines! **World Education Program (WEP)** is looking for volunteer host families for international students arriving in February 2011. Our students from Italy, Chile and The Netherlands are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

More Information contact:

Nikki Medwell

Inbound Exchange Administrator

Toll Free: 1300 884 733

Email: wep@wep.org.au

