



MACKSVILLE HIGH SCHOOL

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Newsletter

"QUALITY FACILITIES AND RESOURCES ARE PROVIDED"

Term: 4 No: 2

Issued: October 29 2010

IMPORTANT DATES

VET WORKPLACEMENT UPDATE.....



Year 11 Construction students Cameron Jordan and Jake McGann both assisted National Buildplan Site Managers, Ron Gleeson and Laurie Macourt with a range of jobs onsite, whilst completing Work Placements for their Construction course.

Cameron and Jake worked with the Buildplan team on site of the Language Centre at the school. Despite much longer working days, than school hours, Cameron and Jake enjoyed their placements and said they learned many new skills. Jordan said "I have been able to understand the construction process and organization which is required for large scale projects – it was great experience".



Helen Mower, Workplace Co-ordinator, with North Coast Youth Career Connections said that "Cameron and Jake benefited from the work placements with Buildplan.

Both students were given invaluable insights into the construction industry – both travelled to other building sites as well". NCYCC would like to thank all at National Buildplan for their commitment to assisting Macksville High School students with on-the-job training.

VET students who have commenced Yr 12 studies this term will be able to complete their **Year 12 work placement** during **Weeks 9 & 10** (6-17 December). Information regarding the Work Placement Week will be provided to students soon. Please do not hesitate to contact Mrs. Heywood, VET Coordinator if you have any queries regarding work placement arrangements - please call the school on 0265 681 066.

November

- 2 HSC Visual Art Marking
- 2 14'S Cricket—TBA
- 3 Boys Cricket Zone Trials—TBA
- 8—9 School Certificate exams—Stadium**
- 10 Girls' cricket zone trials—TBA
- 10—12 Year 7 and Year 8 exams—Stadium**
- 11.....School Cert.—ICT exam—computer rooms**
- 12 NCCHS Surf Lifesaving—Woolgoolga
- 15—26 Yr10 Swim & Survive—MHS pool
- 15—19 Year 9 Yearly Exams—Stadium**
- 16—17 NCCHS Boys Cricket—Grafton
- 18 Yr11—HSC/BOS Info Day—Hall
- 19 RYDA Driver Awareness—Mks Show Ground
- 19 Yr11 Dive—SWR
- 22—23 SRC Youth Leaders Day—Sydney
- 23 Surf Rescue Certificate—Scotts Head
- 23 Essential Secondary Science**
- **Assessment—Year 8**
- 23 Year 6—7 Parent Evening—6pm**
- 23 P&C Meeting—Library at 6.30pm**
- 25 Personal Learning Programs
- 25—26 Year 12 Qld. Uni—Queensland
- 26—28 Dorrigo Show - MHS Cattle Team

December

- 29—Dec.3... Year 10 Excursion—Queensland
- 7 Year 6 Orientation Day
- 7 Year 10 Formal
- 10.....Year 7, 8 & 9Gold Award Day - Wet & Wild, Qld.
- 14 Presentation Evening—7pm in Stadium**
- 16—17 Term 4 SDD (Student Free)

STOP PRESS



Cattle Team wins North Coast Nationals—at the Lismore show recently. What a wonderful achievement for our team—bringing home first prize—an Angus Heifer.

Congratulations to all those involved and to Mr Terry Argent for his continued hard work.

From The Principal

This week I have had the great pleasure to acknowledge the achievements of many of our students and staff.

- The art staff organised a display of their students' work for parents. To see the range of outstanding work was inspiring.
- The Cattle Team come home from Lismore having taken out the school section of the North Coast National Cattle Show. They competed against schools from Southern Queensland, North West and Eastern NSW. Students: Jessie Weaver, Bree Kohlhase, Isaac Ryffel, Aaron Ryfal, Kelsey Watts and Hayden De Jonge were by all reports outstanding.
- On Wednesday Captains Caitlin Baines and Kyle Buckley showed our North Coast Regional Director, Peter Haigh, around the school. Mr Haigh visited a range of activities and spoke to students and staff about current issues in education. He was very complimentary about our students and school.

The review of the school merit system is continuing with productive discussion at this week's parent teacher evening. The next step for me is to provide the Student Representative Council (SRC) members with the opportunity to have their input. Reminder that students and parents can have their individual say by contacting me or emailing comments to

Macksville-h.school@det.nsw.edu.au.

I have also instigated a review of the SRC. The reason behind this is to ensure that as wide as possible representation is made, their work and views further enhances our school and how junior representation may be included.

If you haven't already can I encourage you to provide the office with an email address to enable news letters to be emailed to you, your friends and family. Also please take the time to check out our school web site. www.macksville-h.schools.nsw.edu.au It contains news, photos of students, timetables, assessment booklets, exam timetables, policy and much more.

Paul Holding, Principal

STAFF MEMBER PROFILE

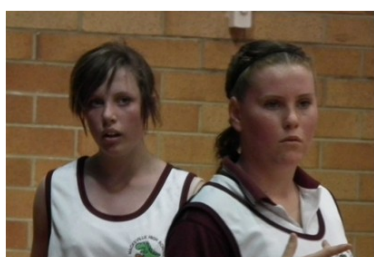
Mr Jeff Mills (BSc/BEd) – Mathematics



Jeff grew up in South West Rocks and went to Melville High in Kempsey. He was an apprentice electrician before taking on a job with the Kempsey Shire Council in the horticultural department. He soon discovered he was looking for a career that would provide more purpose and as he enjoyed working with people, he decided to become a school teacher.

He studied at the University of NSW and completed a Bachelor of Science/Education with a major in Maths. He moved back to the area and straight out of uni was able to secure a teaching position at MHS in the Mathematics department. He loves the location, the demographics of the people and the escape from city. Jeff also masquerades as the school's resident DJ and is very popular amongst the students.

C.H.S. U/15's BASKETBALL



Towards the end of term 3, the boys and girls junior basketball teams travelled to Port Macquarie for the Lower North Coast trials.

Both teams were extremely "green" when it came to competition basketball, so there was much to be learnt from a day such as this.

The boys' team was the first to take the court, almost immediately after their arrival, and was quickly on the back foot. The opposition was a well drilled and experienced outfit from Melville and even played together outside of school. This kind of disciplined and organised attack and defense gave the Macksville boys a bit of a shock at first and saw them trailing by 20 points early in the first half. However we managed to regroup and play

more like a team and at one stage kept Melville scoreless for some 15 minutes. From this point in the game we pretty much went hoop for hoop but in the end Melville were too good, running out winners 62 – 46, a great effort considering our inexperience.

In the second game against West Port, our boys showed no mercy for their opponents. Macksville put on a clinical display of champagne B-ball, throwing the ball around and scoring at will, keeping West Port scoreless for most of the game. At the final buzzer the boys had trounced them, 76-2. Unfortunately this was not enough to get into the final with only the two undefeated teams on the day getting to play a third game and as a result the selectors overlooked our team when forming the Lower North Coast squad.

Despite the disappointment of the before mentioned, all the Macksville boys should be commended for an outstanding performance. The experience was invaluable for all players and it should be noted that we only conceded four fouls on the day which is an indication of our natural instinct for fair play. Well done boys, your coach and your school are very proud of you. The team was: Matthew Cormac, Jack Rae, Jordan Sheather, Kade Spear, Chris Buckley, Beau Tape, Charlie Porter, and Chris Williams.

With the girls, being new to the sport, they entered the competition with some doubt in their ability. However on the day they played with true team spirit and proved themselves a credit to the school. They had a win against Kempsey High School which moved them up the ladder to play Melville High School. Unfortunately years of experience on the other team saw Macksville defeated at the end of the game.

However the win was for the game, as the girls voiced their enthusiasm to play basketball again. With their understanding of team sport and a willingness to practise the new drills needed, we have a potential contender in next year's competition. Well done and congratulations girls!

The team on the day: Jacinta Harmer, Jade Lowden, Angelica Marquardt, Frankie McKay, Anna Mills, Emma Mulvihill, Keely Salter, Raina Schmidt. Absent but present at training and wishing they were there: Jasmine Marquardt and Jade Proctor.

It was very difficult to choose a Most Valuable Player, as all girls were keen to make their contribution, but I split it between Keely and Angie for their tenacity on court.

Thanks to the girls for giving me the pleasure of training them. Special thanks go to parents for transport and Mrs Sheather for the photographs.

.....Michael Smith

Newsletter 2**Adolescent Drinking Behaviour**

Young people aged 16-24 report the heaviest drinking patterns in Australian society. In NSW 26.6% of males and 17% of females in this age group are classified as 'high risk' drinkers (NSW Population Health Survey 2008). High risk drinking was defined as those who have daily 11 or more drinks if male and 7 or more drinks if female..

Paul Dillon from Drug and Alcohol Research and Training Australia (who is the keynote speaker at the north coast RRISK Seminars) said more young people drink "to get out of it, to get wasted" and that "Australia is one of the few countries where binge drinking is acceptable".

Some young people drink to intoxication when they socialise and are less likely than adults to be concerned about the negative consequences of heavy drinking. Young people are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. Parents and carers are often so concerned about the risks associated with illicit drug use that they forget that alcohol is the substance most likely to be the potential source of harm.

Under age drinking is becoming an ever increasing concern. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life.

Who supplies alcohol to young people?

Parents are the most common suppliers of alcohol with 28% of males and 29.5% of females under the legal drinking age of 18 reporting that they obtained alcohol from their parents; 21.6% of males and 23.4% of females reporting that they obtained it from friends and 21% of males and 25% of females asked someone to buy it for them. (NSW School Students Health Behaviours, 2008)

Parents and carers need to consider the wisdom of supplying alcohol to their underage adolescents. They can help young people to make safer decisions by discussing risks and safety strategies, particularly when celebrations are occurring. Parents should keep up with what is happening in the lives of the young people in their care and take positive steps to prevent them or others from drinking and driving.

School based courses (Personal Development, Health and Physical Education) and the RRISK seminars also help students make informed safer choices.

Look for information about the RRISK Program and risk taking at our website

www.rrisk.com.au

CANTEEN ROSTER

November

Monday	1	S Compton, A Pope
Tuesday	2	R Wood
Wednesday	3	M Mason
Thursday	4	D Jackson, J Martin
Friday	5	G Welsh, Helper Needed

Monday	8	S Compton, J Welsh
Tuesday	9	M Lavery
Wednesday	10	Helper Needed
Thursday	11	C Templeton
Friday	12	G Welsh, Helper Needed

Monday	15	S Compton, R Aitken
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Please contact Ros on 6568 1066 if you can help at the canteen.

SOUTHERN CROSS CULTURAL

exchange is seeking volunteer host families for selected international exchange students from European countries, the U.S.A. and Japan, arriving early February.

Ask S.C.C.E. for their "Matching Booklet"

Enquiries 1800 500 501 or
 scceaust@scce.com.au or
 www.scce.com.au

YOUTH DRIVER AWARENESS

The RYDA Program is a road safety education program aimed at reducing death and injury amongst young people on Australian roads. RYDA is a community-based initiative of Rotary Clubs, partnering those organisations in our community that have a responsibility for, or interest in, road safety for youth.

The Rotary Clubs of Nambucca Heads and Macksville are once more planning to bring a the RYDA day to the Year 10 students of the valley in Term 4. This has been a worthwhile activity for over 100 students in recent years and this year is set down for Friday November 19, at the Macksville Showgrounds. *See Important Dates front page*

20 YEARS VOLUNTARY SERVICE

You're invited ...to celebrate Miss Barbara's 20 years voluntary service at Nambucca Heads Preschool. Calling all past and present students, parents, staff members and committee members. Bellwood Park on Saturday November 20th from 10am onwards. Sausage Sizzle will be provided.

The 2009 MHS School Magazine
 and past and present Newsletters
 are available for viewing or down
 loading 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 November 23
 at
 6.30pm
 in the School Library
 All welcome to attend**

SOUTHERN CROSS UNIVERSITY update.....

Rising Stars Scholarship criteria for 2011 can now be viewed at www.scu.edu.au/scholarships, under the Rising Stars menu. Of particular note are new scholarships for 2011 for visual and performing arts; the Bellingen Shire Creative Arts Scholarship and the Friends of the northern Rivers Community Gallery Scholarship and a new Indigenous Scholarship, the Peter and Janet Lee Indigenous Education Scholarship. All enquiries can be made by phoning the Scholarships Office on 02 6620 3006 or 02 6620 3313.

SIGN UP FOR TOUCH

Touch football at EJ Biffin Playing Fields are still signing up Juniors at 5pm and Senior players starting at 6pm on Monday nights. Come and play and stay fit and meet new friends. Trial games are being played while teams are getting sorted out. Males and females are very welcome as it's a mixed competition. We are only a very small committee and we are after help to run the night. The club is after former players to help out. Fees are \$40 per senior player for whole season and \$25 for Juniors. Team forms are available at Registration or ring Trevor Keast on 0411502552

URUNGA TENNIS ACADEMY. Open Day Sunday 31st October from 10am till 12 at Urunga tennis Courts. It will have our Group Tennis Coaching Programs, Hot Shots and our Multi Sports Program Kanga Kidz. There is also a free BBQ and prize giveaways. Further enquires to Allan Pade on 66527694 or 0419655437.

IT'S NOT OK TO STAY AWAY

Too many students across Australia and at our school are missing their best chance to do well in life because they are allowed to miss days of their education. Some students are allowed to stay home for an ever increasing number of excuses including:

- a day off for their birthday
- a day off because relatives are visiting
- a day off to be with parents at home
- a day off to look after younger brothers and sisters
- a day off to go shopping

Students should only miss school for genuine illness or for serious domestic reasons. All absences must be explained within 7 days or earlier is even better.

Talk to the Principal or class teacher or AEO etc if you have trouble getting your child to school.

After love and care the **most important thing** that we as parents can give our kids is an **EDUCATION**. Every day a child is away, they are losing a learning experience. Over time missing school leaves big gaps in their learning. They become more keen to spend less and less time at school and they influence younger brothers and sisters. Allowing your child to stay home becomes the easy way out. If you require support in saying No to your child on their attendance or any other issue please contact someone at the school. We can work together to make a difference to your child's future.

Be on time, Be at school That's the rule!