



MACKSVILLE HIGH SCHOOL

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Newsletter

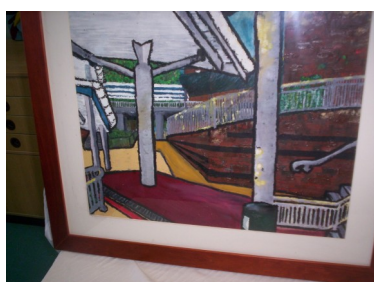
"QUALITY FACILITIES AND RESOURCES ARE PROVIDED"

Term: 4 No: 3

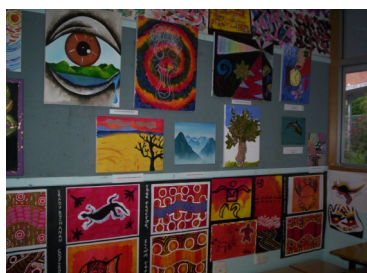
Issued: November 12 2010

IMPORTANT DATES

ART EXHIBITION



RHIANNON MCAULIFFE - HSC
BODY OF WORK (DETAIL)



YEAR 10 - RAYLEE HARVEY, LEE
FISHBURN AND DESLEY WITTE
'FOUND OBJECT SCULPTURE'

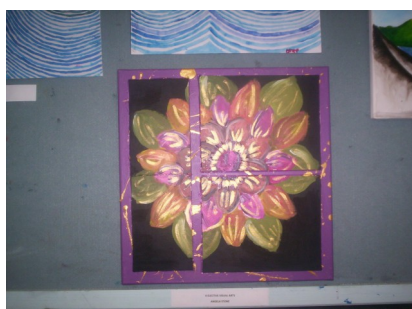


CARINA SOLECKHAM HSC BODY
OF WORK

On the 26th of October Macksville High School had its first Art Exhibition for 2010. The works on display ranged from Year 8 Calligraphy, Graffiti Art, Landscape Art, 3-D Masks, Tie-dyes with silk screen printed images and Aboriginal paintings. Year 9 & 10 works were based on 'The Beach' using a range of mediums including oil pastel, water colour, ink, lead and colour pencil drawings, collages, photography and charcoal images. Year 10 works included 'Found Object Sculptures' which was an assessment task where students had to gather into groups and only using objects that they could find create a sculpture. Students found this quite interesting and utilized everything from sticks, crayons, tiles, clay, seeds and even money!

Year 12 Major Works were by:
RHIANNON MCAULIFFE, CARINA
SOLECKHAM, ELISE BANKIER
AARON BURTON,
JASMINE CARROLL

A big congratulations to all students
for their excellent work created
through out the year.



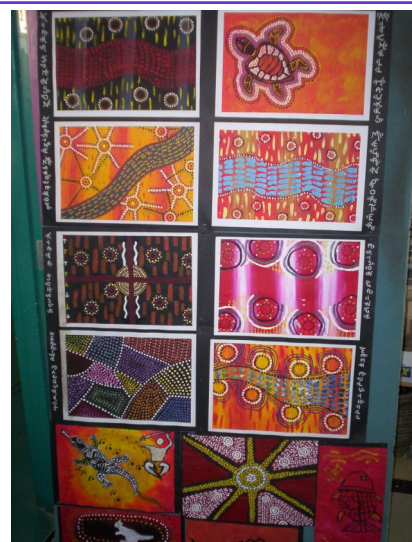
YEAR 10 ANGELA STONE
'FOUND OBJECTS SCULPTURE'

November

- 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 & 9 Gold Award Day - Wet & Wild, Qld.
- 14 Presentation Evening—7pm in Stadium**
- 16—17 Term 4 SDD (Student Free)



YEAR 8 – ABORIGINAL PAINTINGS

From The Principal

The Higher School Certificate (HSC) and School Certificate have ended again for another year. I hope everyone involved have found their exams a positive challenge. We now wait for results. To all of the parents who have walked on egg shells and survived the mood swings and panic attacks, well done you are deserving of a well earned rest. I look forward to hearing about the exciting new challenges ahead for our students leaving us. For those returning, the School Certificate will give excellent feedback about how you are going at school, what level of senior subject should be undertaken or where improvements need to occur. As teachers we use the results to form our teaching for the next group of students coming through.

Congratulations to HSC students Sarah Romruen and Tori Sullivan and their teacher Wendy Morrison. They have been nominated for possible inclusion in Callback. Callback is a selection of exemplary HSC Dance performances and projects held in a Sydney venue in February each year.

This week I had the pleasure of meeting with Year 9 and 11 SRC students to discuss and review our merit policy. Their acknowledgement of the complexity of the policy and vision displayed was most helpful. Key points from the meeting included the need to acknowledge student achievement, consistency, staff participation and student self involvement which have been helpful in making several improvements to the proposed policy and in providing feedback to teachers about their involvement in delivery.

Our School Captains and Mr Goodman represented the school at the Macksville RSL Remembrance Day ceremony.

It is important that as a community we remember the sacrifices made by many individuals and their families for us in the past and still are presently making around the world.



Paul Holding, Principal

STAFF MEMBER PROFILE

Jenny Pett – Indonesian Language Teacher

Jenny is originally from Victoria but studied for her Bachelor of Arts at the Sir Charles Darwin University in the Northern Territory where she focused on history, languages and cultural studies. Whilst at university she taught swimming lessons and found that she had a really good rapport with the teenagers, this ultimately lead to a career in teaching.

Following her family who live in Coffs Harbour, Jenny found the Nambucca Valley and fell in love with the area. Starting next year Jenny will be MHS replacement language teacher for 2011 whilst Mrs Gilliland is on leave. If you see Jenny about please make her feel welcome.



LONG TERM ROTARY-YOUTH EXCHANGE

ARE YOU READY

- To form international friendships
- Learn a new language
- Experience a new culture
- Gain a fresh understanding of yourself and others
- Act as an ambassador for your country

ACT NOW

- Applications close 30th March 2011 for departure January 2012
- www.rotary9650.org.au (links YEP, YEPPER)
- Contact Chairman Keith Glover 0268221088, Secretary John Sawyer 0268421081, 0448130630
- yepd9650@bigpond.com.au or your local Rotary Club
- * Or Mrs Howle, Community Liaison Officer, MHS for more info.



Dance Beyond Barriers Performance

A very unique dance troupe Dance Beyond Barriers recently performed at Macksville High School the brainchild of Casey Keed who is currently studying Year 12 at Erindale College in Canberra, Casey recently began the dance company with the help of her mother, Tanya Keed. Casey has been dancing all her life, but has been really committed for the last 3 years. Casey and Tanya created Dance Beyond Barriers after a performance Casey developed herself focussing upon 'Domestic Violence'. The idea came after Casey expressed an interest in educating others on key topics through dance. Casey and Dance Beyond Barriers aim is to focus on creating awareness about real-life issues such as domestic violence, sexual abuse, drug and alcohol misuse and more through dance, and the company is touring NSW all through November 2010.

The vision for the troupe is to help people through dance and song and to show there are better ways to express yourself, they hope to inspire young people and to deter youth from bad habits such as drugs and alcohol.

Everyone who attended thought the performance was cool and were really into the performance and the message it was sending. Some students even got up for a dance off against the troupe which brought the house down, they loved it.



Casey centre with the Dance Beyond Barriers troupe



Eddie Carbury showing off his moves.

POSITIVE PARENTING PAGE Reading your Student's Report

School reports can mean anxious times for parents and students. Kids of all ages take their cues from their parents so your reaction to their school report can affect the way they see themselves as learners and as people.

When you open the school report do you look for strengths or weaknesses first? The challenge is to focus on strengths rather than focus purely on areas that need improving. Take into account your child's effort and attitude to learning. If the report indicates that effort is below standard then you and your child or young person have something to work on. If your child is putting in the required effort then you can't ask any more than that regardless of the grading.

Broaden your focus away from academic performance to form a picture of how your child is progressing as an individual in a social setting

The skills of independence and cooperation are highly rated by employers these days so don't dismiss these as unimportant. Discuss the report with your son or daughter talking about their strengths first before looking at areas needing improvement. Ask for their opinion about how they performed and discuss their concerns. After reports are read and discussed celebrate your children's efforts with a special activity or treat. In this way you will recognize progress and remind them that holidays are just around the corner when they can forget about assessment, tests and reports for a while.

Vitamins for parents

Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind.

1. Are your expectations for your son or daughter in line with their abilities?
2. Do you hold the belief that children learn at different rates?
3. Are you willing to safeguard your child's self-esteem rather than deflate it?

Bright Idea

Short-term goals for learning

Many children, especially boys respond favourably to short-term goals. General requests such as 'improve that spelling' or 'spend more time practicing...' are often lost on young learners. It is more effective to keep children and young people focused on short-term objectives such as getting a certain weekly score in spelling or practicing for a concert that is coming up. Teach them how to set daily or weekly goals in many areas of their lives and then remind them to check if they reached them.

Reaching a short-term goal is a tremendous motivator for anyone? Having reached a goal then it is important to reset and refocus on another goal.

Wise and Witty Words

"Insanity is hereditary. We get it from our children"... *Unknown*



familiesnsw
supporting families to raise children



At Parent Line we are committed to helping families develop richer, more rewarding relationships and create safer, more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.

Issues in Parenting Adolescents

One third of parents who call our counselling team talk to us about issues to do with adolescent children. Raising adolescents is a particularly challenging parenting stage. Young people want more independence and can become less connected with their parents and family. They tend to have more focus on their peers and developing their own identity.

In 2009 the top 5 reasons that parents of adolescents called our service were:

1. Managing challenging behaviours (e.g. refusal to cooperate in the family, aggressive and disrespectful behaviour, internet use issues, social networking concerns, gaming issues, peer relationships, going out)
2. Parent-child relationships (challenges and difficulties in finding a way to have a connection, arguments)
3. Running away from home
4. Violent behaviour of child (towards parents)
5. Study and educational Issues (e.g. school refusal, HSC, difficulties with relationships at school, bullying).

During adolescence the brain is developing in unique ways and for a period of time, the frontal lobe is "under construction". This means that skills like problem solving, empathy and emotional regulation are affected for a period of time.

To add to this, parents may be caring for ageing family members, may be managing their own developmental issues and many times managing busy working lives. It is also around this time that parents start to have less contact with other parents. The school, sporting and community connections are not as strong and parents can feel isolated, alone in carrying a multitude of concerns for their child's wellbeing and future. On top of this, the parenting strategies that worked before often seem to no longer work!

It can be a volatile and challenging time in the family. The opportunities for connection, real conversation and closeness are less obvious and do not come around as often as with younger children.

At Parent Line we firmly believe that there is always a possibility that things can change and that relationships can improve. Our philosophy is that if something isn't working, let's try something different. Our aim is to focus on today's issue in a way that works on a better relationship with your child tomorrow.

The highly qualified and experienced Parent Line counselling team are available 24 hours a day for the cost of a local call (charges may apply to mobile phones) and are happy to talk through the issues that you are experiencing with your adolescent.

Call us at Parent Line **1300 1300 52**, 24 hours a day, 7 days a week or log onto our website for more parenting information www.parentline.org.au

Written by Tarja Malone, Manager of Parent Line NSW email info@parentline.org.au

CANTEEN ROSTER

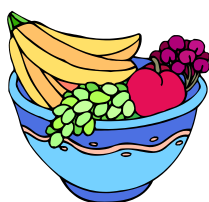
November

Monday	15	S.Compton, R Atkins
Tuesday	16	C Osgood H Jager
Wednesday	17	Helper Needed
Thursday	18	J Martin D Jackson
Friday	19	G Welsh

Monday	22	S.Compton Helper Needed
Tuesday	23	J Ward Helper Needed
Wednesday	24	Helper Needed
Thursday	25	J Beggs
Friday	26	G Welsh

Monday	29	S.Compton R Atkins
Tuesday	30	Helper Needed

Please contact Ros on 6568 1066 if you can help at the canteen.



Address and Contact Changes

Please ensure your address, phone and emergency contact details are up to date. Please contact the front office if there are any changes.



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 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

The 2009 MHS School Magazine and past and present Newsletters are available for viewing or downloading from the school website:

www.macksville-h.schools.nsw.edu.au

ABSENT NOTICES

If your child has been absent from school please ensure that you send in a letter of explanation on your child's return otherwise the absence is recorded as 'unexplained'.



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

REMINDER TO PARENTS

If you know that your student has an appointment during the day, please send a note in with him/her in the morning. 'Passouts' are placed in a box at the front office and are usually available to students to collect at Recess.

Following this procedure reduces time spent in organizing a passout.

Every application must include: Student name and surname, Year group, Roll group, Parent / Guardian contact details, Reason for pass, Departure time and Returning time if applicable. It must be signed and dated. Applications are to be left at the front office before 9am, where they will be dealt with during roll call.

Passes will be available for collection at recess. Late applications will not be accepted at the front office after roll call. They must be handed to one of the Deputies for approval. Thank you for your co-operation.

Newsletters

Reminder—newsletters are given to students in roll call every second Friday. The Newsletter can also be emailed to you if you give your email address to the front office.



Under 19s Goannas Wanted

DOES the game of rugby appeal to you? Would you like to try something new? Then the Bowraville Goannas want you!

About to enter their fifth year in Mid North Coast Rugby since rejoining the competition in 2007, this proud club will for the **first time run an under 19s side in 2011**. As such the club is seeking **new players aged 16 years** and up to join the Goannas ahead of the upcoming season.

The club hopes to run two teams in the Mid North Coast rugby competition next season, a reserve grade outfit and an under 19s side.

Interested players are welcome to come along to the Bowra Hotel, Bowraville, on November 20 for a meet and greet. A barbecue lunch is planned from 3pm. The club's annual general meeting will follow and interested persons are invited to attend. All positions will be vacated.

The club is also seeking coaches and trainers to help out with the running of the reserve grade and under 19s sides.

Applications can be emailed to lukekirsty@gmail.com by no later than November 19.

