



# Macksville High School

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## Newsletter

Term: 1 No: 1

Weeks 1 & 2 Issued: February 5 2010

### SPECIAL AWARD WINNERS 2009

Macksville High School Presentation Day held on Tuesday December 15<sup>th</sup> 2009 was a special occasion recognising students who received special awards and excelled academically throughout the year.

See list of Macksville High School Sponsors— Page 3



Above: Dux of Macksville High School 2008 **Laura Spear**, receiving her award from Principal Macksville High School Paul Holding



Above: **Tulsa Daley** receiving her ADF Yr 12 Leadership and Teamwork Award from Luke Hartsuyker

### SPECIAL AWARD WINNERS

At right—back row:

**Jessica Langham**—Caltex All Rounder, Uni of NSW Academic, Senior Sports-woman Awards

**Tulsa Daley**—Andrew Stoner All Rounder, ADF Yr 12 Leadership and Teamwork

**Clare Maloney**—Stewardship Memorial, NSW North Coast Blue - Athletics

**James Bagnell**—Sarzotti Scholarship  
**Sean Brien** MHS 1996 Reunion Committee Scholarship

**Martin Gleeson**—Bev Berry Memorial Award

**Rachel Dawe**—Uni of Newcastle Yr 11 Excellence Award

front row -

**Laura Spear**—Dux 2008

**Kellie Langham**—Food Technology Encouragement, Most Valued Girls Team member  
Elise Bankier Uni of Newcastle Highly Commended Award for Chemistry

**Kathleen Freeman**—Bob Leese Junior Photography Award



### IMPORTANT DATES

#### February

- 18 ..... Yr/10 Immunization in Hall
- 23 ..... Yr7 Fun Day at Yarrahapinni
- 23 ..... P & C Meeting in Library 6.30pm
- 25-26 ..... School Photos in Hall—9.30am

#### March

- 3 ..... OH&S training
- 8-12 ..... Yr11 Marine Dive Group 1—SWR
- 9-10 ..... HSC Geog. field trip Nymboida
- 11 ..... Uni.Road Show—Y11 & Y12 - Library

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## From The Principal



It's great to see our students back at school full of enthusiasm for the year ahead. Our new year 7 have hit the ground running with reports from their teachers that the classes have been great and the students showing an excitement for the work at hand. We are hearing many stories from last years year 12 students—getting organised to start university in the coming weeks, underway in jobs and moving away with the excitement of new experiences and working life. I hope the Christmas holidays were a happy time for all of our families in the Macksville High School community.

We have a number of new staff this year including Joshua Webb (Head Teacher HSIE), David King (HSIE), Michael Howard (Science), Larissa Atkinson (TAS), Jeff Mills (Mathematics) and Helen Black (PDHPE). The students have already made them feel very welcome.

Macksville High school has this year been included in the Fed-

eral Government's National Partnership program. This involves a substantial amount of money with the requirement that we target identified areas of need following an extensive situation analysis in term 4 last year. Mr. Goodman is the coordinator of the program with a focus on improving our student's literacy, numeracy, attendance and engagement. There will be a full briefing at our next P&C meeting and parents can log onto the Macksville High school website to see our 2010 school plan. The first initiative getting underway is the identification of 30 year 9 students who need extra support in Numeracy and providing them with a QuickSmart program.

There has been a lot of media attention recently about the "myschool" web site. I encourage you to log on and have a look. While there follow the link to the Macksville High School website to find out more about our school, consider the whole school experience, what we are currently doing and what we offer that develops the individual as a person. The academic achievements, sporting

success, facilities, excursions, HSC achievements—the list is exhausting. At Macksville High School we have over the years endeavoured to provide a range of information about the school and your children via student reports, NAPLAN reports, parent teacher evenings, Annual School Report, P&C meetings, media releases etc. We will continue to provide this information and work with families for the best possible outcome for their children. Please contact me if you would like to discuss this further.

Finally I would like it to be known that there are no Macksville High School approved over seas excursions this year. In the past there has been an organised holiday to Indonesian and Bali. This has not in the past and will not in the foreseeable future receive DET or Macksville High school excursion approval.

*Paul Holding*  
PRINCIPAL

## YEAR 10 WORK EXPERIENCE

The first opportunity for yr 10 students to do some Work Experience will be between March 29 and April 1 (leading up to Easter). Students will receive paperwork and preparation during weeks 2 & 3 and they will need to organize themselves quickly to get it back by the due date of Friday February 26. Please make sure you read all the material... but please encourage your student to make their own contact.

Over the years local employers have been very generous and supportive of our junior students. However, the resources of many employers have been stretched by the many request for placements from senior school students and a wide range of community groups like TAFE, Universities, employment support agencies and other training providers. Some employers have chosen to focus on one sector and others have requested that applications come through the Careers Advisers rather than direct contact.

There will be separate meetings for students wishing to go to local Veterinary practices and the hospitals. There is additional paperwork and protocols involved. Work experience should have a vocational aim. That is, it's about tasting a job, or having something relevant on a resume.

For example— I want a part time job in this place; I want to do this job in the future and I want to see if I like it

The following are all direct quotes ... if you are wondering why they are not good motives ... give me a call

"I want a week off school .... I'll be able to buurrrrrn up those motors"

"I want to spend some time with my aunty/ friend"

"I want to get a free haircut/makeup/sample"

"There are celebrities there ..... I looove that magazine"

"Airports are such exciting places ..."

.....*Celestine Porter-Burns Careers Adviser 6568 1066*

# 2009 PRESENTATION DAY SPONSORS

## Major Sponsors

Macksville High School P & C Association  
Australian Defence Force  
McIlwain Family bequest  
Sarzotti Family Bequest  
The MHS Reunion 1996 Committee  
University of Newcastle  
University of NSW

## Additional Sponsors

Anglican Parish Macksville  
Boscar Waste Pty Ltd  
Bridge Café  
Carpet Court Macksville  
CK Cycles and Skate  
Elwood Upholstery  
Ezy Kleen  
360° Financial Vision Accountants  
GR Lock, Solicitor Macksville  
Hooykaas Lawry Valjan Chartered Accountants  
Macksville district Ex-Services Club  
Macksville Lions Club  
Macksville View Club  
Megasave Bargains  
N and S Miles  
Nambucca guardian News  
Nambucca River Co-Operative  
Nambucca River Tourist Park  
Nambucca Shire Council  
Nambucca Valley bluelight  
National Australia Bank Limited  
Returned and Services League of Australia (NSW)  
Rotary Club of Macksville  
Steep Family  
Tinks of Macksville  
Trimbles Furniture One  
Townsend's Retrivation  
Webbs Petroleum

## Notices

### OH&S TRAINING ( Greencard)

We will be doing an accredited Workcover OH&S basic induction course in the school on Wednesday March 3. It is delivered by an accredited provider and costs \$95 (\$120 -160 in the community) green permission notes are available from Celestine Porter-Burns. Forms are to be returned to and signed by Ms Porter-Burns than handed into front office with the money by Feb17.

ANY student who wants to do Work Experience related to the construction industry MUST have one .

\*\*\*\*\*Don't miss out: If you want to participate in the Express Coach Builders recruitment program you MUST organize a work experience through Macksville High School in Term 1 or 2. ....it may be too late at the end of the year!!!!!! You will need to do the above Workcover course .... See Ms Porter-Burns or Mr Ally

### STUARTS POINT AND DISTRICT LITTLE ATHLETICS

Little Athletics has started the second half of the season. There are only 8 weeks to go so don't give up now. Warm up starts at 4.30pm and events start at 5pm.

We would love to see you there!!!

### PLAYER REGO FOR NAMBUCCA STRIKERS

Football (a.k.a. soccer) player registration for Nambucca Strikers is on Saturday 6th & 13th February at Nambucca Plaza 8.30am to 1pm & also on Tuesday 23rd February at Nambucca Leagues and Sports Club 7—8pm.



Pre-season training for Men, 17s, Women & 35+ players is at Coronation Park on Mondays in February starting 6pm. Registration before 26th February to be sure you get in a team!

### MACKSVILLE SOCCER CLUB

Registration days are on Saturday 6th/13th and 20th of February from 9am to 12midday at the North Macksville Playing Fields. Discounts to fees apply on these dates only. For more information please call Andrew Moran on 0427264155 or email macksvillesc@gmail.com

### for.....SCHOOL PARENTS

Helping Mums and Dads with school life

.....online information

- \* how to talk to your child about sex
- \* recipes for allergy-free lunches
- \* new opportunities at high school
- \* parents supporting their teenagers through the HSC
- \* the emotional help you need when you need it
- \* how to get your children in free to museums and galleries

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

### BOWRAVILLE JUNIOR GOLFERS

A reminder to Bowraville Junior Golfers that there will be no Junior Golf for the next 2 weeks 7<sup>th</sup> & 14<sup>th</sup> of February.

Next normal competition will be 21 February.

This Sunday (7<sup>th</sup>) though, the Macksville Sea Eagles are conducting a social golf day (3 person ambrose) at the Bowraville Recreation Club commencing 9:00am with juniors welcome to play at a cost of \$2.

Junior Golfers are also reminded that anyone that has played in any of the Bowraville Junior Golf competitions over the past 2 years are able to participate in the Club's junior golf championships that will be held over the 2 Sundays 7<sup>th</sup> & 14<sup>th</sup> March.

### CANTEEN ROSTER FEBRUARY

Mon. 8	S Compton, J Welsh
Tues.	M Laverty, M Mason
Wed. 10	V Ostic, K Cavanagh
Thurs. 11	J Martin, C Templeton
Fri. 12	G Welsh, B Zivkovich

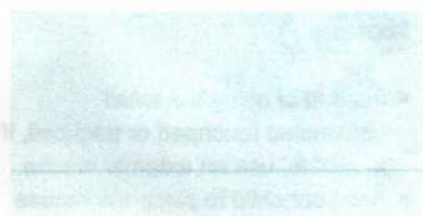
Mon. 15	S Compton, Helpers Needed
Tues. 16	Helpers Needed
Wed. 17	Helpers Needed
Thurs. 18	J Martin, D Jackson
Fri. 19	G Welsh, A Booker

Mon. 22	S Compton, J Welsh
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Please contact Ros at the Canteen if you can help on 6568 1453



# A parent's guide to spinal health and laptop safety



Laptops are a useful educational tool if used for appropriate periods and attention is given to their proper use. This factsheet outlines some key considerations in the safe use of laptops.

Research conducted has shown that back and neck pain may be a significant problem amongst children and young people. It is believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers.

As the spine is growing and developing it is vitally important to address spinal health issues for a number of reasons. Firstly, to prevent spinal stress and dysfunction that causes pain, which may affect study and participation in sport and recreation. Secondly, to develop good techniques for spinal health that will carry through into adulthood.

## Spinal health

Parents and carers play a vital role in nurturing children's health. Suggestions on how to encourage your child to take care of their spine include:

- Purchase a backpack as their school bag. Many schools now have backpacks as part of their uniform – check with your child's school about the regulation bag.

- Encourage your child to be organised in terms of packing their school bag – ensure they are only carrying what they need.
- In general, any load a young person carries should not exceed 10% of their body weight. When your child is carrying a heavy load, it is important that they pack the heavier items so that they will be nearer to their back and ensure that the load is kept close to their spine. It is also important that children wear their backpack over both shoulders and if possible, have a pack with a waist strap that when fastened, helps to keep the load in place.
- If your child spends time studying and/or using a computer at home, it is important for them to have an appropriate chair and that they sit correctly when using the computer.
- Encourage your child to be physically active. Physical activity is particularly important when young people are studying for major exams and are spending long periods of time sitting and reading, etc.

- Encourage your child to take regular breaks and stretch or walk around.
- Be a positive role model for your child. When you carry loads on a family outing, choose a backpack. The same applies when you are sitting and using a computer.

## Recommended practices for using laptops

To reduce the risk of injury, laptops must be used correctly. Get your child into good habits before the aching starts as neck, shoulder and back problems build up over time. Some simple solutions include:

### Chair

- Adjust the height of your child's chair to use the keyboard and mouse. If their feet cannot be placed flat on the floor, use a footrest. This encourages good posture, enables proper sitting height, avoids pressure placed on the back of the thigh and promotes circulation.
- Help your child adopt a good sitting posture with lower back support.



# A parent's guide to spinal health and laptop safety

## Mouse

- Instead of using the small constricted touchpad or trackball, if available, use an external mouse.
- Ask your child to place the mouse on the side of the hand that is most comfortable. This places the arms in a neutral and relaxed position and prevents overreaching and twisting of the shoulder, arm and wrist.

## Keyboard

- Use an external keyboard if available.
- Remind your child to not pound the keys. With laptops, the touch is often lighter and the keyboard bed is shallow.
- Position the keyboard so their forearms are parallel to their thighs when their feet are flat on the floor. This helps maintain blood flow in the hands and arms and decreases muscle strain and tension.

## Monitor

- Centre the monitor in front of your child at a comfortable viewing distance from the screen. This places the body in a neutral position.
- Position the laptop to minimise reflective glare from overhead, windows or surrounding light sources.
- Adjust the screen so that the top is at your child's eye level. This will reduce the need to bend their head

forward and encourage the use of their eyes, instead of their neck, to adjust the line of vision.

- Clean the screen regularly; dust on the screen can make it difficult to read and increase eye strain.

## Work area

- Never place a laptop on your child's lap. It is hot, uncomfortable and potentially dangerous to their health.
- Ensure adequate space is available and other regularly used equipment is within their reach.
- If available, use a document holder and place it in front or next to the monitor. This prevents neck and eye strain.
- Create a surface that allows for the following body positioning while typing and using a mouse:
  - Shoulders relaxed
  - Upper arms hanging by sides
  - Right angle at the elbow
  - Forearms, wrists and hands in alignment—no bent wrists
  - Fingers resting lightly on keys.
- Ensure your child changes position occasionally; sitting in one position for an extended period of time can interfere with circulation.

## Take breaks

- Encourage your child to incorporate breaks every 20–30 minutes to rest eyes, stretch hands, muscles and joints; and to break up repetition and static postures.

## Transporting the laptop

- When your child is carrying a laptop:
  - Select a laptop bag designed to hold only the laptop and associated cords. Larger bags have a tendency to fill up with other items, making for a heavier load.
  - Use a bag with a padded shoulder strap and switch the laptop bag from shoulder to shoulder to relieve the weight.
  - Newer laptops are small enough to fit in backpacks so can be carried on the back and both shoulders, distributing the weight.
  - Use a laptop bag with wheels or a wheeled luggage cart.
- When placing the laptop in a vehicle (or putting it down anywhere), set the weight down close to the body. Avoid reaching across a car seat or deep into the trunk while holding the weight of the laptop.
- Eliminate the need to carry a laptop by using portable media storage (memory stick, flash cards).

## Further information

Spinal health and young people  
<http://www.chw.edu.au/parents/kidshealth/spinal/>



# Safe laptop use for students

Laptops are a useful educational tool if used for appropriate periods and attention is given to their proper use. This factsheet outlines some key considerations in the safe use of laptops.

NEW SOUTH WALES  
DEPARTMENT  
OF EDUCATION  
AND TRAINING



## Fact Sheet

### Take breaks

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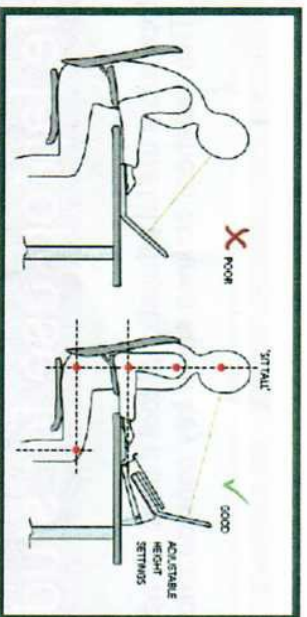
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### Spinal health

To ensure you are able to take part in the things you enjoy, it is important to take care of your back. Tips to help keep your back healthy:

- A backpack carried over both shoulders is the best choice for carrying a load to ensure the weight is evenly distributed. It is recommended that you have a pack with a waist strap — securing a waist strap will help to keep the load in place.
- Pack your backpack so that the heavier objects are placed nearer to your back, with the lighter objects towards the outside.
- Make sure your backpack fits properly. When you sit down with your pack on, it should not extend higher than your shoulders.
- When lifting your backpack, face it, bend at the knees and lift the pack with both hands while straightening your legs. Place the straps over your shoulders one at a time.
- Only carry items that are necessary. If you have a locker, use this to help lighten the load you have to carry during the day.
- When carrying a heavy load over a long distance, take regular breaks to avoid fatigue. Fatigue increases the risk of injury.
- If you sit for long periods of time, ensure that your bottom touches the back of the seat. Take regular breaks when you've been sitting for a long time, briefly move around and/or stretch every hour or so.
- Try to do as much physical activity as possible. When you participate in vigorous activities such as swimming, jogging, etc, ensure that you warm up and stretch before and after.
- If you participate in contact sports, it is important that your neck and spinal muscles are in good condition to help prevent injuries. Regular fitness and skill training are essential in reducing the incidence of injury.



### Further information

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## Fact Sheet

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#### Chair

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- Adopt a good sitting posture with lower back support.

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- Instead of using the small constricted touchpad or trackball, you may choose to use an external mouse (if available).
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