



Macksville High School

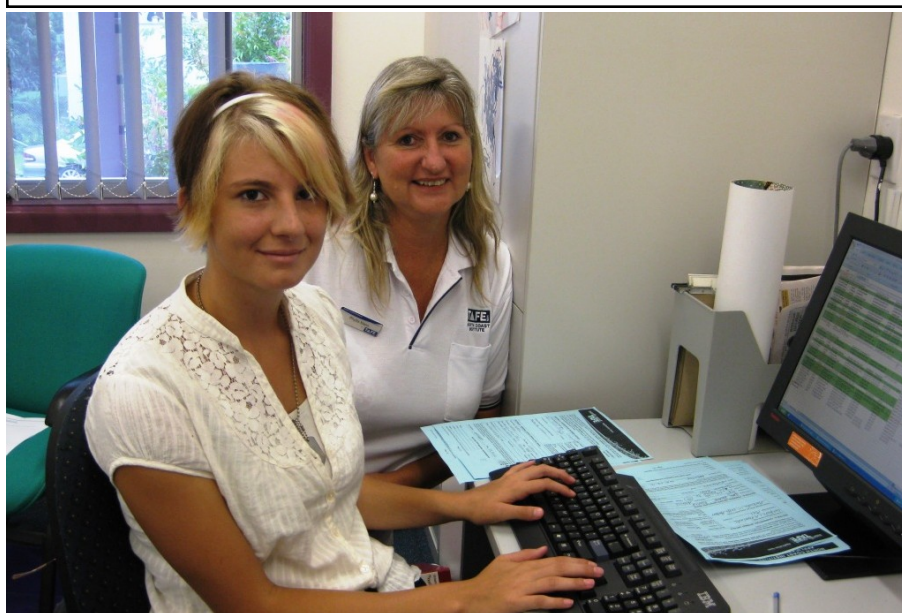
PO Box 611, 40 Boundary Street, Macksville NSW 2447 Ph: (02) 6568 1066 Fax: (02) 6568 2802
Email: Macksville-h.school@det.nsw.edu.au Website: www.macksville-h.schools.nsw.edu.au

Newsletter

Term: 1 No: 3

Covering Weeks 5 & 6 Issued: March 5 2010

CAREERS CONNECT @ TAFE!



(Temeliah is in photo with Phyllis Mann, Campus Manager)
Photo taken by Helen Mower NCYCC



Year 12 Business Services, Construction, Hospitality and Metal & Engineering students have been at work places connecting with local businesses.

Tameliah Forrest is on work placement at the North Coast Institute of TAFE's Macksville Campus.

Tameliah has been assisting with data entry for student enrolments and Campus Manager, Phyllis Mann has been

very pleased with Tameliah's computer skills and assistance with this task.

Thank you to: TAFE, Macksville Radiators & Mower Centre, Ngurrula Aboriginal Corporation, Macksville ExServices Club, National Aust. Bank, Richardson & Wrench, Lee's Stuarts Point Chinese Restaurant, Star Hotel, Yarra Steel Frames and Midcoast Trucks

Well done Year 12 and many thanks to the host employers participating ~ without your assistance, work placements could not happen.

More information about the work placement program is available from Helen Mower, Program Coordinator, **North Coast Youth Career Connections** – at the school on 0265681066.

Photo & story by Helen Mower

IMPORTANT DATES

March

- 8-11 Yr11 Marine Dive Group 1—SWR
- 9-10 HSC Geog. field trip—Nymboida
- 9 Zone Rugby League (TBA)
- 10 Zone Girls Soccer—Port Macquarie
- 11 Uni.Road Show—Y11 & Y12 - Library
- 11 Zone Boys Soccer—Port Macquarie
- 12 NCCHS 15 yrs Touch—Goonellabah
- 12 Yr12 Marine—surfing—Scotts Head
- 15 **Parent Teacher meeting—**
- **Yrs 8, 10 & 12—4pm in Stadium**
- 16 Yr11 Legal Studies—Court House
- 17 NCCHS B & G Basketball—Yamba
- 19 Surf Rescue Cert.(PASS) - Scotts Hd

22—Apr 1..... Yr12 Half Yearly Exams in Stadium

- 23 NCCHS gold—Yamba
- 24 NCCHS Rugby League—Grafton
- 24 Zone Netball (TBA)
- 26 NCCHS B&G Football—Byron Bay
- 29-30 CHS Swimming (TBA)
- 29—April 1 Yr 10 Work Experience Mks district
- 29 **Parent Teaching meeting—4pm**
- **Yrs 7, 9 & Yr11—in Stadium**
- 30 CHS Swimming (TBA)
- 31 NCCHS Rugby (TBA)

APRIL

- 1 **Last day Term 1**
- 19 **Staff Development Day pupil free**
- 20 **Term 3 begins—students return**
- 23 Zone Touch Opens—Wauchope

INSIDE THIS ISSUE

* Careers Connect @ TAFE	1
* From the Principal	2
* Yr11 Hospitality with Mrs O'Sullivan	2
* Tax File Numbers	3
* OH & S (greencard)	3
* Work Experience	3
* Zone Swimming Champions 2010	3
* Sewing Machines for Sale by Tender	4
* Year 7 Yarrahapinni Fun Day	5
* Year 7 Cooking with Mrs O'Sullivan	5
* Notices	6

From The Principal



.....The Director General of Education Mr Michael Coutts-Trotter will be visiting our school in the afternoon on Wednesday 10th March.....

The Director General of Education Mr Michael Coutts-Trotter will be visiting our school in the afternoon on Wednesday 10th March. It will be an opportunity for him to meet our Captains, hear about the great things happening at our school and have a tour of our facilities. We are looking forward to the opportunity to show-off our great facilities.

I would like to take this opportunity to remind parents that students do not have school health cover when participating in school based activities. If a student is injured at school or when on a school organised activity our public health cover or parent's personal health insurance covers the cost. Beyond this parents are required to submit a financial claim to the Department of Education for consideration. It is important to know this when implementing a health plan following an injury.

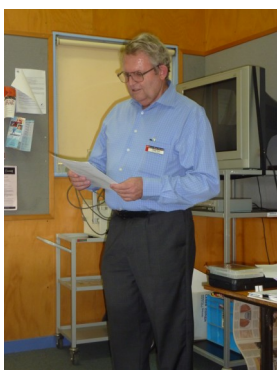
This week I had it brought to my attention that a student lost her wallet from her school bag left outside a classroom. This does happen and we continually remind students not to bring valuables to school.

There are times when this is unavoidable for a variety of reasons. Something of value could be a key to the house. The problem is that there are practical rooms where it becomes an OH&S issue if school bags are taken inside. Lockers are not possible with cost and space for over 600 students a problem. The options are to leave valuable items at the office on arrival for safe keeping or to ask the class teacher if the item or school bag can be placed in a safe place for the lesson.

Over the next few weeks we will be making our students aware of the evacuation and lock down procedures. There will be practice drills to ensure we are all able to respond appropriately if an emergency does occur. I would appreciate it if you could talk to your children about the importance of acting sensibly at times such as this to assist with our efforts to keep our school a safe place.

Paul Holding
PRINCIPAL

YEAR 11 HOSPITALITY WITH MRS O'SULLIVAN



Mr Phil Gallspoke to the students about Workplace Hygiene Procedures and other related issues within the Food Industry.....

Year 11 Hospitality class were fortunate to have Mr Phil Gall, an Environmental Health Officer with the Nambucca Shire Council, visit us this week.

He spoke to the students about Workplace Hygiene Procedures and other related issues within the Food Industry. Students gleaned an insight into the work done by an Environmental Health Officer and the areas in which they work ... everything from cemeteries to cafes and canteens. They heard about cases where infestations of vermin had led to notices, court proceedings and ultimately hefty fines for some food outlets.

Cross-contamination was another area of discussion. Being aware of how this can occur, such as poor hygiene and poor storage techniques, will assist students in being able to avoid such things arising. Covering infected cuts, not frequenting a food outlet when you have a cold or other infectious ailment will also reduce outbreaks of food-poisoning and the spread of disease amongst employees and customers.



.....Mr Phil Gall talks to Year 11 Hospitality students.....

TAX FILE NUMBERS

Macksville High School will be processing applications for a TAX FILE number during the three weeks beginning **April 19**. A mail out to all Yr 9 families will arrive in the next few days containing a booklet and permission slip. If you would like your child in another year group to apply for one, and have me do the ID check, please have your student collect a blue form from the Careers office this week. **It is not possible for me to do them again until Term 4.**

The ATO is very particular about the forms being correct, so please help by filling out all the details in very clear hand writing. **It is essential that birth certificate details are supplied.** Please check that you have one for your student. You may need to apply for a new one and this can take some weeks.

I provide the ID verification by checking against the school records. If you have moved, or changed any other details, please make sure that our office is notified ASAP.

Please also note that **Tax File Numbers are NEVER sent to the school.** If you have any questions, please call me on 6568 1066. Thank you. Celestine Porter-Burns - Careers Adviser

COMPLETED FORMS SHOULD BE RETURNED TO THE FRONT OFFICE NO LATER THAN April 23 2010

OH & S (greencard)

The first of the Work cover accredited OH&S course was successfully completed on Wednesday March 3. Priority was given to those students who needed it for their Work Experience.

Seventeen Year 10 and 11 students successfully completed this course on Wednesday. They now have a certificate that allows them to go onto a building site for work.

There will be a second course early in term 2 and there are still a few spaces left. If you would like your student from Yr 9 to Yr 12 to do the course they need to get a permission note from Mrs Porter-Burns and pay \$95 to the front office by April 1.

Any questions? call Celestine Porter-Burns on 6568 1066

YEAR 10 WORK EXPERIENCE

Work Experience for Yr 10 is on March 29—April 1. Those students who have not yet organised a placement need to have their forms in by March 12 at the latest.

Mrs Porter-Burns is happy to help and can be contacted at the school on 6568 1066

ZONE SWIMMING CHAMPIONS 2010

Macksville High is the zone swimming champions for the fifth year in a row. In a great display from our swimmers we had 5 swimmers named age champions – Djaran Smith, Joel Brunson, Sharni Tape, Beau Tape and Alina Tape. Kate Shaw and Jessica Howe were runner ups in both their age groups.

Our swimmers also made a significant mark on the zone records with 13 being broken on the day. Djaran now holds every 17 boys record except for the 200 free. This is a remarkable achievement, as some of these records have been set by current Olympic swimmers.

Sharni Tape set records in the 16 girls 100 free, 100 back, 50 free and IM events, and also went under the old record mark for the 200 free. Jessica Howe also established a new record in the 16 girls 100 breast, and went under the old record mark in the 200 free, 50 free and IM. Tamara Gallop also went under the old record time in the 50 free.

We have a substantial team travelling to Banora Point for the North Coast Carnival on the 3rd March. This team includes Britt Atkins, Sophie Atkins, Caitlin Brown, Joel Brunson, Michael Fowler, Tamara Gallop, Jessica Howe, Jack Ireland, Brayden Johnson, Maddison Mason, Ben Mulvihill, Ruby Porter, Ellie Scafidi, Kate Shaw, Djaran Smith, Kade Spear, Tori Spear, Alina Tape, Beau Tape, Sharni Tape, Brad Wood, Sophie Wood, and Tim Worthing. Our swimmers will contest 50 individual events and 7 relays.

Good luck to our swim team at Banora Point. Hopefully we will be seeing a lot of our students progress onto the CHS Championships at Homebush at the end of the term.

Lynda Shrubbs

Sewing Machines For Sale by Tender

Elna Air Electronic TSP

- Good condition, stitches smoothly
- Most attachments included
- Great first machine
- 14 built-in stitches
- No-turn buttonhole
- Retractable free-arm
- Made in Switzerland



Husqvarna—Viking Freesia 425

- Excellent condition, as new
- All accessories included
- 30 stitches including 2 buttonholes
- Permanent memory for programs
- 25 needle positions
- Easy threading and bobbin winding
- Carrying case
- Made in Sweden



PEAFF Creative 7550

- Top quality electronic sewing machine
- Built in Dual Feed for difficult fabrics
- Low bobbin thread sensor
- Needle up/down function
- 199 built in stitches including embroidery
- 30 maxi stitches up to 6cm wide
- 5 alphabet styles
- 9 different buttonholes
- Creative Designer to design own patterns
- German built



Tenders due by 3pm Friday April 23, 2010

Deliver to Macksville High School Office in sealed envelope containing:

Your name

Contact details

Machine details

Tendered price

Enquiries to Marg Orman, Home Economics

2010—YEAR 7 YARRAHAPINNI FUN DAY



At left: Nicole Welsh & Brooke Chapman



Above: Allison Beggs, Mikaela Bartlett, Brooke Chapman, Tildy Sutton-Ballard, Abbie Rofe, Nicole Welsh, Mandisa Bonett, Alex Salloum, Ellie Scafidi, Reanna Grace & Year Advisor – K. Hardingham

On the 23rd of February two bus loads of excited year 7 students headed to the Yarrahapinni Youth Adventist Centre for a day full of fun and activities. We split up into three groups and participated in beach activities, an un-natural trail walk and the ever popular waterslide.

Mr Stacey did very well in the extreme heat, umpiring numerous cricket matches on the beach. We noticed there a few year 7 students who could give Phil Hughes a run for his money.

Ms Eagan, Mrs Conway, Mrs Orman and Mr Driver were excellent as always and I think ended up the only groups who didn't get lost on the un-natural trail walk. Sorry group B!

The BBQ lunch was well needed after the activities, thanks to Mrs Bateman for cutting the onions!

A big thank you to the Yarrahapinni Adventist Youth Centre for having us, they were very welcoming and ensured we had a great time.

Also a thank you to all the Teachers, School Learning Support Officers, Mrs Muddle, Ms Baker and Mr Holding for sharing the day with us. We hope everyone enjoyed themselves and look forward to our 'Gold' trip.

Students - Make sure you get in all your merits to the Art/Music staffroom. Keep up the Great Effort!

Year Adviser - Miss Hardingham

YEAR 7 COOKING WITH MRS O'SULLIVAN



...Their knowledge of health and hygiene in the kitchen is constantly being enhanced.....

The students are working towards the production of a calendar which will highlight the products they have made during their cooking classes.

This activity enhances their computer skills and incorporates their practical work at the same time. Recently they made a beautiful fruit salad served with ice-cream. Unfortunately, their Gala Day clashed with their last practical class so they will have to wait a while to make their pizzas which will then be followed by choc chip muffins!

Their knowledge of health and hygiene in the kitchen is constantly being enhanced and they are all working well as team members. Keep up the great work !



CANTEEN ROSTER

MARCH

Monday 8 S Compton, Helpers Needed
Tuesday 9 M Lavery, Helpers Needed
Wednesday 10 V Ostic, K Cavanagh
Thursday 11 J Martin, C Templeton
Friday 12 G Welsh, Helpers Needed

Monday 15 S Compton, Helpers Needed
Tuesday 16 H Jaeger, C Osgood
Wednesday 17 Helpers Needed
Thursday 18 J Martin, D Jackson
Friday 19 G Welsh, A Booker

Monday 22 S Compton, Helpers Needed

WANTED—a few hours of your time

As always the canteen is in desperate need of volunteers. There's no pressure and full instructions are provided along with morning tea and lunch. Once a term or once a week, we would appreciate any time you have to offer.

If you would like to come in for a couple of hours just to see what we do please call
Ros on 6568 1453

MACKSVILLE HIGH SCHOOL

P AND C ASSOCIATION

ANNUAL GENERAL MEETING

All interested parents are invited to attend on
TUESDAY MARCH 23
commencing 6.30pm in the MHS Library
All positions will become vacant - need more
information ring
Dianne on 6564 7095

BOWRA TIGERS REGO/ GOLF DAY

SUNDAY, MARCH 7

BOWRA REC CLUB - 4 MAN AMBROSE
10am tee off. Free golf for those footy players
signing up on the day, others \$10.00. Rego for
season - \$75.00 1st player; \$140.00 2 players;
\$195.00 3 players
New players must have a birth certificate to
play—come along and have a hit and become a
Bowra Tiger

Macksville & district Poultry Club Inc.

Macksville & District Poultry Club Inc. meets at
7pm on the last Tuesday of each month at the
Poultry Shed, Macksville Showground, Rodeo
Drive Macksville
Feel free to bring along a bird or two & any ques-
tions you have...light refreshments are available
at the meeting Membership Adult \$10.00—Junior
\$2.00 (16yrs & Under)
More info phone Bec Dorling 6568 3221 or
0401 500 840

Nambucca Valley Netball Association Registration Day

NVNA are holding their registration day on Satur-
day 13th March
10.00am – 1pm at Beehive Café Macksville.
Everyone who registers and pays on the day will
go into the draw to win their rego payment back.
Whole teams can be nominated or if anyone is
looking for a team we will do our best to find you
one. Come and meet new people and have fun
playing the great game of netball.
Enquires Judi Woodland 65689248, Robyn
Madely 65699359

Notices

EWI EDUCATIONAL WORLD TRAVEL

A SHORT TERM CULTURAL EXCHANGE TO USA

Organised by *EWI Travel* and facilitated by Nambucca Heads HS. We currently have positions available for any student 14 years or older to accompany us on the next trip departing in January 2011 summer holidays.

A typical cultural exchange of 20 days includes the following:

- 10 day stay with an American Host Family—host brother/sister with similar interests—attend school with them for 2 days and spend weekends exploring the city
- Return economy airfares, Hotel Accommodation (quad share) incl. breakfast
- Entry fees to Disneyland, Knott's Berry Farm and Universal Studios
- Three days sightseeing during hosting period includes coaches & admissions

Hosting proves young Australians with a great awareness of the differences between our cultures. Additionally, of particular importance is the educational benefit gained from attending school classes with the host students and becoming involved in class activities on a first hand basis.

The Program is invaluable in providing students with a greater sense of responsibility, self reliance and self esteem. Travellers return with an increased awareness of the importance of working cohesively in a team environment.

For more information please contact: Naomi Ryde (Music Teacher, Nambucca Heads HS) 6568 6777 or email: Naomi.ryde@det.nsw.edu.au. Web: <http://www.ewi.com.au>

Letter received from Peter & Lyn Maloney

6/12/09

Dear President & P & C Members

As Clare completes her final year at Macksville High School, we'd like to take the opportunity to say thankyou for all your support of Clare and her two older brothers, Joel & Ben, during their happy years at MHS

For us this completes 12 years of involvement with MHS and it's P & C and we feel fortunate to have had our three kids educated at such a terrific school.

Kind regards, Peter & Lyn Maloney

YOUTH WEEK 2010—'LIVE IT NOW'

BATTLE OF THE BANDS

Are you in a Hip Hop, Metal, Alternative, Grunge, Rock or any sort of band? Are you aged between 12-25?

The Youth Services team at Nambucca Shire Council are looking for bands to play in a Battle of the Bands competition for Youth Week 2010. The event will be at

GRANTS HALL BOWRAVILLE, 7.30—10.30PM SATURDAY APRIL 17

More info. from Youth Development Officer at Nambucca Shire Council on 6568 0254

PHOTOGRAPHY/ART/LITERATURE COMPETITION

Are you a keen artist, photographer or writer (poetry or short stories) and want to showcase your talent?

The Nambucca Shire Council's Youth Services Team will be hosting a photography/art/literature competition for local youth 12-25 years old. The Theme is **'Live It Now'**.

Be as creative as you want—just as long as *'Live It Now'* is represented in some way.
Photography: Black & white or colour. Mail as photo or as a JPEG, TIF or PDF file on disk, or email.

Artworks: Should be minimum size 30cmx30cm— maximum size 90cmx60cm. Art can be in any format (eg. Paint, pencil, charcoal, etc.) you like. Please have them ready to hang.

Literature: Should be no longer than 1 A4 page—can be in the form of poetry or short story.

Entries should include your name, age, address and phone number and can be submitted in any of the following ways: Mail: Nambucca Shire Council—PO Box 177 Macksville NSW 2447

OR drop into Council Chambers, 44 Princess Street Macksville
OR

Email: vicki.fernance@nambucca.nsw.gov.au

The Competition opens on February 22 and closes on Friday April 2 2010

The entries will be displayed throughout youth week at the Macksville Library. Winners will be announced on Wednesday April 14. To make further enquiries please contact the Youth Development Officer at Nambucca Shire Council on 6568 0254.