



Macksville High School

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Newsletter

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MACKSVILLE HIGH SCHOOL SOCIAL



Thursday night Macksville High students came together for an evening of fun and dancing to help year 7 students' transition into High School life. With a "Circus" theme and over 260 students attending on the night, Macksville High School was transformed into a display of spectacular colour and costumes. It was great to see so many students socialising and having fun.

The social was organised by SRC students who once again demonstrated their ability for organisation and self motivation. All proceeds from the social will contribute towards SRC projects such as the Year 12 students' renovations of the common room, acquiring a billboard for notices and sponsorship of leadership training courses.

The SRC would like to extend a Big Thank You to all the volunteers both teachers and parents for volunteering their time, supporting the students and making the event safe and enjoyable for all. We would also like to thank the Beehive Take-away for supplying the disco lights and off course Ryan the DJ whose music was 'epic'.



IMPORTANT DATES

MARCH

- 22—Apr 1Yr12 Half Yearly Exams in Stadium
- 23P& C Meeting—6.30pm in Library
- 24Zone Netball (TBA)
- 25Yr9 Parent Info. night for laptops—
.....6pm—7pm in School Hall
- 25Yr11 Bio Field trip to Way Way
- 29-30.....CHS Swimming (TBA)
- 29—April 1.....Yr 10 Work Experience Mks district
- 29Yrs 7, 9 & 11—Parent Teaching
.....meeting 4pm in Stadium

APRIL

- 1Last day Term 1
- 19Staff Development Day—pupil free
- 20Term 3 begins—students return
- 21Country Cup—Rugby League CH
- 22Zone Lawn Bowls (TBA)
- 23Zone Touch Opens—Wauchope
- 27– 29Yr12 Advance Dive—SW Rocks
- 27– 28.....Greater North'n Rugby L.—Kempsey
- 27P&C Meeting—6.30pm in Library
- 30NCCHS Netball—Tweed Heads

MAY

- 1NCCHS 15's touch—Newcastle Uni
- 3Zone Squash—Kempsey
- 5MHS Cross Country—Macksville

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From The Principal



Paul Holding
PRINCIPAL

It is a busy time at school. Year 12 half yearly exams commence next week, monitoring week is finalised resulting in letters going out to parents informing them of the progress their child has made so far this year and parent teacher evenings underway. We have been holding tutorial lessons for students in the Library after school on Tuesdays. Students have been taking advantage of receiving one on one support for assessment tasks and preparing for their exams. Students will be informed and information will be available in the newsletters during the year as we expand this service.

We are currently reviewing our student mobile phone policy. The executive team have developed a draft policy that will be presented to the Student Representative Council, P&C and staff for feedback and implementation as soon as possible. The purpose is to ensure current practice is aligned with policy and the school community understand their responsibilities in regard to the safe and effective use of mobile phones during school time.

It is time again when I need to ask parents to consider the colder weather and the appropriate jumpers for our students. Plain maroon for years 7 to 10 and bottle green years 11 & 12. Remember that we have available on request student assistance funds to help with the purchase of school uniform items, equipment, course fees and part excursion costs.

We have been focusing on the use by students of inappropriate language at school what is the appropriate way to speak and act. I would ask that you support us with this. It is important students understand their responsibilities in a school setting and how they speak when they are angry. On many occasions student concerns are made much more difficult to resolve due to the unacceptable language they use or by the aggressive manner in which they speak.

Next Tuesday night is our P&C Annual General Meeting. It would be great to have a large number of parents attend to hear about the P&C activities over the last 12 months and support the new committee. At the general meeting, following the AGM, as part of my report I will be presenting the mobile phone policy for feedback and reporting on National Partnership progress.

TOUCH

On Friday the 26th of February Macksville High competed in the Lower North Coast 15 years and under Touch Football Trials held at Bowraville. A team of both boys and girls attended the event with each squad performing at an outstanding level. The girls went through their games undefeated and finished the day as equal champions only to be unfairly eliminated due to a for and against count back. Considering many of the girls had not played this sport under competition conditions this was a huge effort and can be attributed to their enthusiasm and all-round natural ability.

The boy's team was glistening with talent and they certainly lived up to expectations, finishing outright champions. Although they started slowly with a narrow loss to arch rivals Bowraville, they soon found their rhythm and began to dismantle opposing teams with lethal precision. Every Macksville player had a taste of the try scoring feast on offer and showed great resistance to any un-sportsmanlike behaviour sometimes exhibited by opponents upset at the towelling they were receiving.

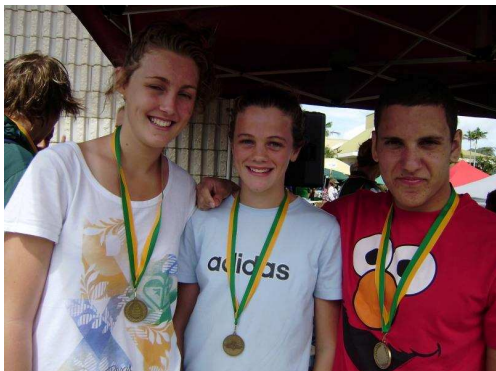
Overall five Macksville players gained selection in the Lower North Coast squad, they were; Latunya Donovan, Nyomi Widders, Joe McKay, Chris Buckley and Bill Hennessey. The behaviour of the students was outstanding and a good day was had by all. Special thanks go to Mr Joyce for kindly agreeing to drive the community bus and transport everyone to and from the venue.

GIRLS TOUCH AREA CHAMPIONSHIPS

Macksville High 15 Years and Under Girls competed at the Lower North Coast Touch Trials and Championships. The girls competition consisted of 8 teams from Port Macquarie to Bowraville. Macksville was undefeated for the day – winning 3 games and drawing 1. Both Macksville and West Port were named equal champions however the title of Champion went to West Port on a “for and against” countback.

Latunya Donovan and Nyomi Widders made the Lower North Coast Team that will travel to Goonellabah for the North Coast Championships. Narla Ballangarry was named as a reserve. Congratulations to all players – a great team result. Well done!

MACKSVILLE HIGH'S SWIMMING SUCCESS



AT NORTH COAST CARNIVAL - Djaran Smith named 'swimmer of the meet'!

Banora Point proved to be a lucky pool for Macksville High Students. A number of students were successful in qualifying for the CHS State Swimming titles to be held at Homebush later in the term.

Djaran Smith had a wonderful day, being awarded the 'Tim Mullens Memorial Trophy' for the outstanding swimmer of the meet. Djaran, in the 17 Boys, smashed the 200IM record, slashing 5 seconds off the previous record, held by Olympian Sam Brodie. Djaran also established new records in the 100m fly and breaststroke. Djaran also had wins in the backstroke, 100 free, and 50 free.



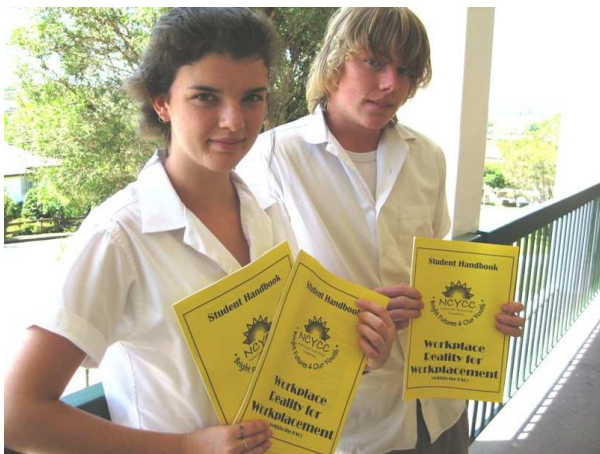
Alina Tape also had an outstanding day winning every event she contested, and was awarded 13 girls age champion. Alina will be swimming in the 13 girls 50 free, 100 free, 200 free, 400 free, backstroke, butterfly, and 200IM.

Our 16 girls also had a successful day. Sharni Tape was named age champion after winning the 50 free, 100 free, 200 IM, butterfly, backstroke, and finishing 2nd in the 200free. Jessica Howe will also compete at Homebush after winning her breaststroke, and placing 2nd in the 200IM, and 3rd in the fly. Tamara Gallop also has earned swims with her 2nd place in the backstroke and 3rd in the breaststroke. These 3 girls, along with Alina will also contest the Medley Relay at Sydney. Beau Tape performed well in many events, and will swim at Sydney in the 15 boy's backstroke, which he won, and also the 50 free, 100 free, butterfly. Kate Shaw in the 13 Girls will also contest the 50 freestyle at State. Well done, Kate.

A number of our relays have also been successful in progressing to Sydney. The 13 girls' team swam their heart out and won by a good 20m. This team comprised of Ruby Porter, Kelly Taylor, Sophie Atkins and Kate Shaw. Along with the girls medley relay, the boys medley relay consisting of Joel Brunson, Ben Mulvihill, Beau Tape and Djaran Smith will also swim in Sydney after finishing 2nd. The same four boys will also contest the 17 boys relay. Our 12 girls relay narrowly missed selection, finishing 5th. This team was made up of Tori Spear, Sophie Wood, Maddi Mason and Caitlin Brown. The Knockout relay also had the best result for many years, finishing a strong second behind Kingscliff. Brad Wood and Braydan Johnson joined the other swimmers to make up this team of our twelve fastest swimmers. The Boys All Age relay also tried hard against a very strong field. Jack Ireland, Michael Fowler and Kade Spear were members of this team. We would also like to congratulate Tim Worthing on his first swim at a North Coast carnival. Sophie Atkins, Caitlin Brown, Tori Spear, Britt Atkins, Jack Ireland, Joel Brunson and Ben Mulvihill all swam well in their individual events and some were unlucky to just miss automatic selection for the CHS carnival.

Well done to all our swimmers, and good luck to those going onto the State titles later this term. Also at this time it would be remiss to not acknowledge the time and effort put into preparing these students by local coaches Tanya Freeman and Mark Cummings. A big thank you to both of you.

WORKPLACE REALITY—INFORMATION for VET STUDENTS



.....Year 11 Hospitality Students – Vanessa Williams and Josh Kinnear.....

Year 11 students undertaking VET courses in Business Services, Construction, Hospitality, Metal & Engineering and Sport Coaching will be undertaking Work Placement during Term 2. The date for work placement set down by the school is Week 7 (31 May – 4 June). Students must complete 35 hrs on the job for course requirements.

Students will have the opportunity to participate in "work readiness" sessions and North Coast Youth Career Connections (NCYCC), Coordinator, Helen Mower will be distributing information booklets to students during these sessions.

Students will receive information regarding their placements from VET Teachers in Term 2.

If parents have any questions regarding the Work Placement Program, please call the school and speak to Helen Mower, or Mrs Heywood on 0265 681 066.



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



PFAFF 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 Ph: 02 6568 1066

NOTICE from BUSWAYS

In recent weeks we have had a number of phone calls from enquiring parents regarding travel to and from school on our buses. There have been several issues, however the problem which concerns most including Busways, is the number of students requesting to be let off their bus at differing stops, or wanting to catch a different bus than is normal. This is usually without the knowledge of parents or school and has at times resulted in some worrying events.

Students are designated to a particular bus according to their home address. Drivers are supplied with a list of names relevant to his/her bus and a roll is marked on a daily basis—this attempts to ensure all children who board a school bus actually arrive at school and home as expected. However, situations do arise when some 'determined' students want to travel to friends or perhaps go to the shops and will not abide with the driver's instructions. In such situations drivers invariably radio our office to contact parents but this is not possible in all cases.

We are currently placing signage in all our school buses informing students that permission notes, signed by parent or carer, must be given to the driver if they want to leave the bus contrary to their usual set down or travel on different bus altogether. Eg. Medical, staying at friends, visiting grandparents etc.

NV RADIO—2NVR



INVITATION

2NVR 105.9fm Music & Arts Festival Saturday June 2010 9am—10pm Tewinga Hall

We're turning sweet 18 on the 5th June and we're celebrating by bringing together all our wonderful local musicians, artists, local producers and community organisations in the valley – is that YOU !!

The festival is also a perfect opportunity to introduce the community to the new Tewinga location where the radio will be moving towards the end of the year. The event will help raise funds to make the move. We need money to set up our new station with modern offices and studios, decked out with the latest technical equipment, recording and interview facilities for the community. Tewinga has spacious grounds begging for regular music, art and community activities. The new premises are a positive for the station and community. It will enable 2NVR to expand, grow and become a more prominent communication hub of the Nambucca Valley. It's central to Bowraville, Macksville and Nambucca and will have an open door policy for all to visit and be part of their local community radio which is the voice of the people for the people.

There will be no admission charge for visitors, yet 2NVR will be asking for donations to help fund the move. A raffle is also being organised with wonderful prizes and will be drawn on the day, so please watch out for that and be in it to win it. Please seriously consider your involvement in this enriching community festival as we need your support to make it a fun and successful day. Please contact Kaz Selbie on the below number or email today for more information and to secure your place. Hope to hear from you soon. Keep smiling, singing, playing. Kaz Selbie 2NVR Music & Art Festival Coordinator Mob: 0419 218800 Email: kselbie@bigpond.net.au

YOUTH FEST 2010



YOUTH FEST is back bigger and better in 2010!

Sunday April 11, 2010 – 10am to 4pm.

Nambucca Valley Youth Service Centre is proud to present YOUTHFEST 2010 funded by MIIMI Aboriginal Corporation under a Better Future grant.

Taking place at the Nambucca Skate Park, the event will kick off this years Youth Week activities. It is a family friendly alcohol and drug free skate and music event with local DJ's providing the tunes. It also sponsored by the

Nambucca Valley Youth Services Centre's Party Smarty Anti-Binge Drinking Project.

Following on from the success of the 2009 event, the day will feature skate demos and competitions for all skill levels with some wicked prizes provided by sponsors. Food and market stalls to satisfy the munchies and a jumping castle will keep the younger ones entertained as well. A graffiti demonstration will culminate in another art piece to grace the Youth Service walls.

In addition to the entertainment, a number of community service organisations will have a presence on the day offering career and lifestyle support and cultural content. Some of these are: Party Smarty, Muurrbay Aboriginal Language and Culture Co-operative, Miimi Aboriginal Corporation, NORTEC, ACET & NGURRALA and a Mobile Youth Café with food and drinks catered for by local youth in training.

Food and market stalls interested in having a stall on the day are asked to contact Peter Lea on 6569 7777. For further information about the event: please contact Toby Frost via email – valleyskaters@gmail.com .

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.

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.ewt.com.au>

Notices

CANTEEN ROSTER

MARCH

Monday 22	S Compton, J Welsh
Tuesday 23	J Ward, Helpers Needed
Wednesday 24	Helpers Needed
Thursday 25	J Martin, J Beggs
Friday 26	G Welsh, Helpers Needed
Monday 29	S Compton, Helpers Needed
Tuesday 30	Helpers Needed
Wednesday 31	Helpers Needed

APRIL

Thursday April 1	J Martin, D Jackson
Monday 19	Development Day
Tuesday 20	H Jaeger, C Osgood
Wednesday 21	Helpers Needed
Thursday 22	J Martin, J Beggs
Friday 23	G Welsh, Helpers Needed

Please phone Ros on 6568 1453 if you can help at the canteen.

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

LAST CHANCE FOR SOCCER REGISTRATIONS

Macksville Soccer Early Kick and Information Session this Saturday March 20 from 9-10am.

Club photo 9.20am. Bring your old boots for the boot swap. Not registered yet? Come along and see what's involved. Further information call David George 65690159

Scotts Head Junior Sports Club AGM 7.00pm Wednesday 31 March 2010 Scotts Head Bowling & Recreation Club

The **2009 School Magazine** is available for viewing or downloading from the school website:

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

ROTARY INTERNATIONAL District 9650

Long Term 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 March 30 for departure June 2011; www.rotary9650.org.au (links YEP, YEPPER)
Contact Chairman Keith Glover 02 6822 1088, Secretary John Sawyer 02 6842 1081 or your local rotary club; Principal has more information

REMINDER TO YEAR 9 PARENTS/GUARDIANS

Parent Information Night for laptops will be held on Thursday March 25—6pm—7pm in School Hall. Enquiries to Deslie on 6568 1066 at the school.

Snowgum Australia has recently launched The Scouts Shop, providing parents and group leaders an easy and safe way to purchase Scouts gear. To celebrate the launch, we are offering Macksville High School a \$50 Snowgum Gift Card when you include a mention of **The Scouts Shop**, a brief description and the URL www.thescoutsshop.com.au in your newsletter.

You can use the Gift Card for a prize in your fundraising activities or student achievement award. To claim your Gift Card, simply email a copy of your newsletter along with your name and school's address to customer.service@thescoutsshop.com.au

We have a limited number of Snowgum Gift Cards available so this offer is limited to the first 50 schools to respond. ***Hurry, offer ends 31 March 2010!**

"MY SPACE" PARENTING, TECHNOLOGY AND ADOLESCENTS

Parent Line counsellors often discuss with parents, their concerns about what their children are doing on line. Nearly 50% of Australian children access the internet after school and use it 2 – 6 days a week and 25% use it every day. On average children spend 7.9 hours per fortnight playing online games. (NSW Govt Factsheet "Game over! Knowing when to stop", 2009) So how can parents influence what their adolescent children are doing on line? Educate yourself about their on line activity. Join one of the social networking sites and see what really happens (it's might not be as scary as you think!), learn about the games they play, talk to others about technology. Be curious and interested when you talk to your children about technology and how what it means in their lives. Try to have the computer in a public space so that there is a transparency about their on line activity. Discuss the issues that concern you in a real way. Instead of being critical of technology, discuss what is concerning you about it (e.g. their safety, lack of sleep etc) Keep track of how your child is going in other areas of their life (school, interests, friends (not on line!), routines – e.g. eating, sleeping etc) and make an assessment about whether their on line activity is impacting these areas. If you are concerned or think that your child might be addicted to on line activity, contact a professional for help.

For the cost of a local call, Parent Line's professional counsellors are available 24 hours a day to talk through any of your parenting concerns on 1300 1300 52 or visit our website www.parentline.org.au

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.