



# Macksville High School

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## Newsletter

Term: 2 No: 3

Issued: May 21 2010

### AUSTRIAN EXCHANGE STUDENT



**Request for Host Families** Macksville Rotary have approached Macksville High School to seek expressions of interest to host a student from Austria who will be attending Macksville High from August 2010 until July 2011.

Johannes Bernklau has just turned 16 and is currently in the 10<sup>th</sup> grade, he lives in the small village of Aigen which has a population of 2,500.

Johannes' favourite hobbies are skiing, reading books and trekking, he loves to read fantasy books and thrillers, like "Eragon", "The Lord of the Rings" or "The Da Vinci Code".

After military service which is compulsory in Austria, Johannes would like to go to university and study, medicine or economics.

We are looking for 3 to 4 placements with families that last 3 or 4 months each.

If you would like to know more about hosting a Rotary Exchange Student and would consider having Johannes join your family please don't hesitate to contact the Schools, Community Liaison Officer, Lynette Howle on • telephone 02 65681 066 • mobile 0433 421919 •

Email: [lynette.howle@det.nsw.edu.au](mailto:lynette.howle@det.nsw.edu.au) for more details.

### SRC (School Representative Council) REPORT

The SRC students have started the term off in full swing, with many things going on. The SRC has made some donations to the music faculty so that they can purchase much needed equipment.

We are currently running a raffle to raise money for World Vision. Tickets are 50 cents each or three for one dollar with a great chocolate hamper to be won at our next

School Assembly.

We also have a school social planned week 10, to coincide with the visiting students from Indonesia. From next week SRC students will be making some sports equipment available for students use during lunch times. The sports equipment will be free to all students as long as they display a responsible attitude and return it by the end of lunch.

### IMPORTANT DATES

#### MAY

25 .....Woolies on-line recruiting info after noon for Yrs 9, 10, 11 & 12

25 .....P & C Meeting—6.30pm—Library

27 .....Yr9/10 Debating—MHS

28 .....NCCHS Squash—Yamba

28 .....Africa Alive (1hr) —Hall

31—Jun 4.....Yr 9/10 Half Yrly exams—Stadium

#### JUNE

2 .....School Athletics—Macksville 1/2 day

3 .....School Athletics—Macksville

4 .....Yr11 Marine 2—Nam. River M'ville

7 .....Defence Forces presentation—

.....Library for Yr9—Yr12

7—10 .....Yr11 Dive—SWR

7—11 .....Yrs 7/8 Half Yrly exams—Stadium

8 .....formal Assembly 10.30—Stadium

9 .....Green Card Yr9/10—Tech.Draw.room

10—11 .....Yr10 Geog.Excursion—Scotts Head

11 .....NC Cross Country—TBA

11 .....Ausbiota w'shop—Yr11—C H

16 .....Yr10 into Yr11 student info after noon—Stadium at 1.30pm

16 .....Yr10 into Yr11 parent evening—Stadium at 6.30pm

16 .....Country Cup Rugby League—CH

18 .....Zone School Athletics—NH

18 .....Yr11 Marine 2—Nam. River M'ville

22 .....P & C Meeting—6.30pm—Library

22 .....Zone boys softball—Kempsey

22—27 .....Bi Annual Tangerang Visit—MHS

22 .....Christian School—P3 Yr9; P4 Yr10;

.....P5 Yr7, P6 Yr8—Stadium

23 .....Country Cup finals—TBA

23 .....15's netball—Port Macquarie

24 .....Yr10 subject selection interviews

.....for students together with parents

25 .....Alt. Zone School athletics—NH

30 .....NCCHS lawn bowls—Tweed Hds.

30 .....Museum of Human Disease on tour

#### JULY

1 .....Uni Excursion Yr 12—Newcastle

2 .....Last day Term 2

19 .....School Dev'ment Day—student free

20 .....All students attend school

## From The Principal



.....The Macksville High School community is also very proud of Alina's efforts and would like to congratulate her on this achievement.....

NAPLAN testing for years 7 & 9 went off well last week. As a result of the last minute decision to lift the Moratorium, staff put in extra time to make sure it was seamless as possible for our students. The information received from the testing will be invaluable in helping us plan for next year and target students who need individual support to ensure their growth is positive. We as a community will need to remain vigilant in regards to how this individual student diagnostic test may be used to compare schools in the future.

I received recently a letter from Little Athletics NSW informing me that Alina Tape participated in the

ASICS Australia Little Athletics Championships. At the championships she not only competed in the 400m & 1500m walk, finishing 1<sup>st</sup> and 10<sup>th</sup> respectively she was commended for her behaviour and attitude making her an excellent ambassador for New South Wales. The Macksville High School community is also very proud of Alina's efforts and would like to congratulate her on this achievement.

Last week our Open Boys' Rugby League team travelled to Kempsey to play Kempsey High School in the CHS knockout. They won convincingly and as reported by their coach, Michael Smith played the game with great spirit. Un-

fortunately after the game had been completed a number of spectators approached several of our players and instigated an argument that resulted in violence. Teachers and other members of the public intervened and our team left the area. Our students were OK. On receiving this report I immediately contacted the Police and the Principal of Kempsey High. I will continue to support the police as they require. I have included in the newsletter an open letter from the Principal of Kempsey High School to our school community.

**Paul Holding**  
**PRINCIPAL**

## WORKPLACE REALITY for WORK PLACEMENT



From left to right: Mrs O'Sullivan, Mark Werner and Lynette Howle

Hospitality students in Year 11 recently attended the "Workplace Reality for Work Placement" session organised by Helen Mower, **North Coast Youth Career Connections**. The students and Hospitality teachers, Mrs Orman and Mrs O'Sullivan were joined by guest speakers, Lynette Howle and Mark Werner.

Lynette is MHS's Community Liaison Officer and Mark is MHS's Aboriginal Liaison Officer. Lynette provided students with an insight into her employment at the Holiday Inn Crown Plaza at Terrigal as Restaurant Supervisor. Lynette's advice to students was based on 5 principles: Listen, Speak clearly, Reliability, Enthusiasm and SMILE! Lynette also said it was important to remain calm in high pressure situations – don't forget to take some deep breaths!

Mark, has an extensive Employment Service background and has experience delivering the Safe Food Handling course across NSW. He emphasised the need to be aware of cross contamination of food, and the risk to pregnant women and the elderly – being most at risk. Mark's tips included – make the most of opportunities, and take advantage of work trials – a good way to find out more about your career options.



## DJARAN SMITH QUALIFIED for NATIONAL SWIMMING TITLES



Photo at left: Djaran Smith



Photo At right:: from left to right: Sharni and Alina Tape

Djaran Smith, Sharni Tape, and Alina Tape represented Macksville High last week at the NSW All Schools Carnival at Homebush. This is a carnival which pits the best from all three school systems – public, Catholic and independent schools.

Djaran collected a swag of medals finishing with gold, 3 silvers, and a bronze. He is now the State champion in the 50m breaststroke. Djaran's silver medals were achieved in the 200 IM, 100 and 200 breast, and a bronze in the 100 back. Djaran has been named in the NSW All Schools team, and will travel to Brisbane in June for the National School Sport Swimming Titles. We wish him all the best of luck.

Sharni also had a successful meet bagging a bronze medal in the 50m back, and finishing 4<sup>th</sup> in the 50 and 100 freestyle. Alina contested 3 events and finished with a PB in the 50 fly, and in the top 6 for 50 back and 100 free.

Well done to all three of our champion swimmers.

## KELLIE LANGHAM MAKES NORTH COAST FOOTBALL TEAM



Year 10 student, Kellie Langham has been selected to play in the North Coast Girls' Football team. Kellie will play left midfielder in this team.

This is Kellie's first time at being selected in the North Coast team and she is very excited about going to Nowra to contest the CHS State finals. We wish Kellie all the best, and are confident that she will be an excellent ambassador for our school in this team.

## IT'S ALL HAPPENING AT MACKSVILLE HIGH



A very busy time is being had at Macksville High School recently, with the construction of a new roof of B Block, a new front gate to be installed, painting, ongoing maintenance and the construction of the new language centre which is almost complete. It is exciting times at high school.

All students have been made aware of the need to be vigilant whilst moving around the school and to be careful and courteous to the many workers on the school grounds whilst work is being completed. Please see pictures of the progress:

Top left: Scaffolding for A Block's new roof going up



Left and right: The new Language Centre



## LETTER RECEIVED from KEMPSEY HIGH SCHOOL—MAY 12 2010

Mr Paul Holding  
Principal  
Macksville High School  
Boundary Street  
Macksville NSW 2447

Dear Paul

### **Apology to Students, Staff and Parents of Macksville High**

I write this with a sense of deep regret and disgust about the incident where students from this school and spectators assaulted students from Macksville High School following the football match held at Verge Street Oval, Kempsey on Tuesday 11th May 2010.

I apologise to them for having to endure this disgraceful incident. I am ashamed of the behaviour displayed by my students which will have long lasting implications. I also apologise to you and your staff for having to spend time in the follow up to this incident.

I have identified some students involved and taken action against them. I will fully assist in the prosecution of the non-students that were involved.

Mick Eller  
Principal  
12th May 2010

## MHS SUCCESSFUL IN CANCER COUNCIL GRANT



Macksville High School made great use of its Cancer Council Sun Smart Shade cover recently at its Annual Cross Country event.

Through the Parents & Citizens' association the school applied for and was successful in receiving a grant for a sun smart shade cover through a Cancer Council initiative worth \$3,000. The shade will make a big difference in providing shelter for students and teachers in all outdoor events to be held in the future with the next major event being the Athletics Carnival to be held on the 2<sup>nd</sup> & 3<sup>rd</sup> of June.

*At left:* Macksville High School, Annual Cross Country Marshalls hard at work recording results under its Cancer Council Sun Smart Shade

## YR 9 2010 DIGITAL EDUCATION REVOLUTION

### **FACT SHEET**

- *Question:* Can I get a new laptop?
- *Question:* How safe is student data on the laptops?
- *Question:* What do I do if my laptop is stolen, lost or damaged?
- *Question:* What if it happens in school holidays?

These questions and others are answered along with important information regarding **Resources for teaching Cyber Safety** on the school's website  
[www.macksville-h.schools.nsw.edu.au](http://www.macksville-h.schools.nsw.edu.au)

## CANTEEN ROSTER

### MAY

Monday 24 S Compton, Helpers Needed  
 Tuesday 25 J Ward, C Osgood  
 Wednesday 26 Helpers Needed  
 Thursday 27 J Beggs, Helpers Needed  
 Friday 28 G Welsh, Helpers Needed  
 Monday 31 S Compton, Helpers Needed

### JUNE

Tuesday June 1 R Wood, Helpers Needed  
 Wednesday 2 Helpers Needed  
 Thursday 3 D Jackson, J Martin  
 Friday 4 G Welsh, A Booker

Monday 7 S Compton, Helpers Needed

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

## STUDENT EXCHANGE

In June-July 2010 Student Exchange Australia New Zealand will welcome a new group of international exchange students to Australia. Our new arrivals will live with a host family attend school for 3, 5 or 10 months. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student. More details phone 1300 135 331

## FOR TENDER:

Gestetner Printer Risograph Model No RP3100AW  
 Purchased in 2003  
 No longer used by the school (original cost \$11150.00 ex gst)  
 Needs new parts (drum body, screen and 2 blades) approx cost \$800-\$1000.  
 Tenders should include name, address and tender price and be forwarded to:  
 Lea Hall  
 Macksville High School  
 PO Box 611  
 MACKSVILLE NSW 2447

The next **Macksville HS P&C** meeting will be held on Tuesday May 25 at 6.30pm in the school library..... all welcome to attend.

## WORLD EDUCATION PROGRAM AUSTRALIA

Exchange students in need of volunteer host families. Expand your knowledge of other countries, cultures, languages and cuisines and consider opening your door to an international exchange student.

WEP is looking for Volunteer Host Families for International Students arriving in July 2010. Information pack is available by phoning Nikki Medwell on 03 9598 4733 or email: nikkimedwell@wep.org.au.

# Notices

## PEOPLE TO PEOPLE 2010

### Scotts Head Families needed

Every year the Scotts Head Community Group and Scotts Head School P & C host a group of American students travelling to Australia. This year the group is from Kansas and the students are in Junior High (age 11-14). We need to billet 43 students and 4 teachers and we would very much like you to open your homes and billet 2 students for 2 nights, on Thursday 24 and Friday 25 June. The students arrive Thursday evening (usually about 5pm) and you give them dinner on that night and breakfast next morning. They do organised activities in the morning, including an option of a surf lesson, and have lunch provided at the Scotts Head PS and talk to our school students about Kansas and learn some more about Australia.

Friday night is a BBQ and Disco night at the Scotts Head Surf Club for all students and the host families. The students leave by bus early Saturday morning to continue their journey to Sydney—so for the hosts it's 2 nights accommodation with 1 dinner and 2 breakfasts. Please join in and show these visitors our local hospitality. You can get more information from Jan Simmons (6569 7117) or Karen Wodring (6569 7353)

## SCHOOL FEES

Thank you to parents/guardians for paying school fees on time. Subject fees can be paid off during the year.

Students can pay for items at the front office before school, recess or lunch time. Money will not be receipted during class time. Payment may be made by cash, cheque or Eftpos.

## OFFICE DUTY

Students in Yr7 have started their turn of Office Duty. This role is very important and helps enormously with getting messages around the school to students and teachers.

The students learn where all the rooms are and who the teachers are and it is part of the community of school that we aim for students to feel a part of. Students do office duty twice a year, at most 2 periods at a time.

## SEPARATION IS A DIFFICULT TIME FOR EVERYONE IN THE FAMILY

A decision to separate is one of the hardest choices you may ever make, and it has consequences for everyone in your family. Both you and your children may feel confused about what is happening, and be unsettled about the impact of such change.

Separation can evoke strong feelings for everyone—you, your partner, your children, and even extended family members like grandparents, aunts and uncles. Your family is undergoing significant change—separation usually means that the family is dividing, and that one parent will be leaving the household.

With change comes emotion. You may feel sad or lonely, angry, guilty, or like you have failed in some way. Many parents have experiences of depression and anxiety. In fact, you may feel all these emotions at different times.

It is important to remember that your child also has strong feelings. They may feel grief, shock, insecurity and worry whether the remaining parent will leave them as well. Some may feel that they are to blame for the situation, while others may feel angry.

As a parent it's important to understand that your children are also going through a distressing time, and to do what you can to reduce the impact on them. Here are some basic tips to assist with that:

- ⇒ Prepare children as best you can. Give them a simple explanation of why you are separating
- ⇒ Let your children know that both parents love them very much.
- ⇒ Remind children that it is not their fault—it is a decision that you as parents are making about your relationship.
- ⇒ Focus on the positives. Give lots of love and attention. Try to avoid conflict in front of your children's environment and routine.
- ⇒ Acknowledge how your children are feeling, and that these feelings are okay.

For more information on separation or any parenting issue, call our professional counselors for the cost of a local call from a land line, 24 hours a day, 7 days a week on 1300 130 052 or read our information sheets on separation on [www.parentline.org.au](http://www.parentline.org.au)