



# MACKSVILLE HIGH SCHOOL

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## Newsletter

**"QUALITY FACILITIES AND RESOURCES ARE PROVIDED"**

**Term: 3 No: 4**

**Issued: September 10 2010**

### IMPORTANT DATES

#### **13—14 .... Yr10 Trial School Cert. in Stadium**

13..... Zone AGM—Kempsey

15..... HSC Music Marking

#### **16—23 .... Yr11 Yearly Exams**

16..... Yr7 Immunisation—Hall

17..... Yr 7 Sport Day—Kempsey

17..... Be Positive for Pete—Blood Donation Day

..... MHS Hospital

20..... Yr9/10 PASS Excursion—Big Banana

20..... Yr8 Aboriginal Artists in Residence-MHS

#### **23..... Yr12 Formal Assembly**

23..... Yr12 Formal Dinner—6.30pm Mks RSL

24..... Last day Term 3

25-26 ..... Nimbin Show—Ag cattle team

**Oct. 11..... Term 4 begins—all students  
attend school**

### From The Principal

This week we have, as a community, mourned the loss of our colleague, teacher and friend Tony Waters. It was particularly difficult on Thursday when, at his funeral, we joined with his family to celebrate his life. I have during the week been involved in many conversations around the school with students and teachers about Tony and the positive influence he had had on their lives. His commitment to and enjoyment in teaching, the marine studies excursions, his relationship with his students and his sense of humour were the focus and exemplified who Tony was.

A teacher shared with me a conversation she had with a student this week. He told her "I was the person who defaced the boat" he knew that Tony knew.... and he knew that Tony forgave him each time he had a dig. The section of the boat referred to is mounted on the wall outside of Tony's Marine Studies classroom.

Our hearts go out to his family. He was unforgettable and lives on in the hearts of all of us.

*Paul Holding, Principal*

### Indonesian Musical Instruments & visit from St Patricks Year 6 students



Students enjoyed learning to play Gamelan – Indonesian brass percussion instruments last week. Judy, Shelley & Made Dennis taught students how to play all the instruments. They are members of the Byron Bay Alliance which enables artists to visit the North Coast Schools each year.

We are fortunate to have a really large new Language Centre and on this occasion students from St Patrick Primary School visited us to participate in this workshop.

The kids thoroughly enjoyed playing the instruments and the sound was really good even though a bit loud.

It's such a great program that we can learn about Indonesian music from visiting artists and share it with other local primary schools.

Lee Gilliland



## CHILD STUDIES 1 UPDATE with LIZ O'SULLIVAN



Brooke, Renee, Lydia, Shannon & Briana.



Shannon, Briana, Lydia & Mrs O'Sullivan



Brooke (at right) shows off her "baby"

The students in the Child Studies 1 class have been rather busy of late. As part of their studies they became instant "mums" through the "Maybe Baby Program". Each student took a computerised baby doll home from Friday afternoon to Monday morning. During this time the "babies" were programmed to cry, to be fed, to be rocked, to be changed and to be burped. They recorded how many times the babies were attended to and whether they were mishandled, held the wrong way, or missed attending to their needs. We had quite a few girls who received 100% proper care results. Some of their comments written in their final evaluations are as follows:

*"didn't cry during the day ... cried all night !"* ; *"it was good for it to be annoying so young people think twice"*; *"it did make me sleep deprived and angry .... I do not want to have children for another 7 years !"*; *"it would cry for no reason"* *"really annoying, got no sleep, he was a pain in the neck ... was so glad to get rid of him !"*; *"I didn't need to worry about it getting sick"*; *"it was a good experience to have the baby to learn how to look after a real baby"*; *"I hated it during the night but during the day it wasn't too bad but only because it was sooo cute. I would not take it again and I would not get a real baby..... if I had it one more night I would have thrown it out the window!"*; *"I enjoyed having my baby"*; *"my baby was quite good at the football on Saturday and Sunday. My family also enjoyed having it in the house"*; *"it was fun. I loved it."*; *"it cried too much ... I just wanted to sleep !"*

We visited the Maternity unit at Macksville Hospital to learn about the birthing facilities recently. Veronica, Head of Midwifery, spoke to the students about the various ways babies can be delivered and answered all their questions. She showed them a model of a woman's pelvis and demonstrated the delivery process using her own soft-bodied doll. She spoke of the intensity of labour and the joy of childbirth.

Each student received a pamphlet that emphasises the importance of being healthy and prepared for pregnancy, as the first trimester is critical to the development of the baby. The avoidance of drugs, cigarettes and alcohol were of primary concern. A healthy diet was also extremely important for mother and baby throughout the pregnancy.



### NVEST!!

#### Nambucca Valley Education, Skills & Trades Event

North Coast Institute of TAFE & North Coast Youth Career Connections  
in partnership with Nambucca Shire Council & Nambucca Vehicle Body Manufacturing Cluster  
Invite you to an information evening on Wednesday, 15 September, 2010 at  
Nambucca Shire Council Chambers, Princess Street, Macksville at 6.30 – 7.30 pm.



**PLEASE NOTE THIS EVENT HAS BEEN POSTPONED**  
**A NEW DATE IS TO BE ADVISED—SORRY FOR THE INCONVENIENCE**



## YEAR 11 FOOD & BEVERAGE with LIZ O'SULLIVAN



Most students have completed their 35hrs of mandatory work placement this year. We would like to thank all businesses who were able to take one of our students. Without their support we would be unable to meet the requirements of the course. Preparing food and drinks for customers is vital for our students. Many have gained skills in serving, preparing and clearing tables as well as waiting and cleaning too.

Recently they made kangaroo pastry parcels served on a bed of baby spinach and skewers of strawberries and marshmallows served with a coffee cream dipping sauce. Brad particularly enjoyed the skewers.

On the 10<sup>th</sup> September some of the students will be preparing and serving finger food and mock-tails at a staff function prior to the musical which will be held in the school hall.

Below are a few other delicacies our students have produced this year.



Sushi



Ratatouille



Stirfry chicken & noodles



Curry Puffs

## COMMONWEALTH MATHEMATICS COMPETITION

Macksville High School recently participated in the Commonwealth Mathletics Competition, 3835 Schools took part in the online, live competition MHS came 9<sup>th</sup> overall in Australia. A brilliant effort from all those who participated, this year the top mathematics classes from Year 7 to Year 10 entered with students thoroughly enjoying the challenge. The competition ran over two days from the 31 August to 1 September, over the (48 hours) students were able to log onto the mathletics website and compete live with other mathletes from all over Australia and for each question answered correctly they scored them 1 point.



**DAY 1 – Curriculum challenge** – this involved students answering questions from their year group syllabus. This is divided into concepts and tests, each comprising of practise activities.

**DAY 2 – LIVE mathletics** – this involved students playing against others in real time mental arithmetics challenges. Each game ends after 60 seconds and 1 point per correct question is awarded.

A special mention must be given to the students who made the hall of fame of the top 100 mathletes in Australia over the two day competition: Jake Armes came 42<sup>nd</sup>, Rachel Perkinson 65<sup>th</sup>, Karly Wells 95<sup>th</sup>.

The TOP mathletes from Macksville High School and the points they scored since registration:

**YEAR 9** Rachel Perkinson 10 798; Sara Muller 4950

**YEAR 7** Angelica Maquardt 5390; Reanna Grace 4289; Dawson Dennison 4486; Max Hoysted 5748; Peter Minisini 5950; Bradley Rolleston 6027; Ellie Scafidi 6509; Jacob Simpson 4533; Tori Spear 811; Karly Wells 8550; Sophie Wood 11 260

**YEAR 10** Jake Armes 11050; Dean Ellis 5900; Tayla Peatey 6277

## MY LAPTOP RULES!



### A Guide for Students

The laptop has been given to you as a tool for learning. Use it for that. While doing so, here are some important rules for keeping yourself safe and being a good digital citizen. Most of them come from the *Laptop User Charter* you signed when you were given your laptop as well as from other sources.

#### Information on

- Digital Safety
- Looking after your laptop
- Stolen Laptop
- Breaches of Security—Cybercrime
- Privacy and Confidentiality
- Cyber Bullying—No way

For more information go to:

[http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/digsafety\\_citizenship/index.htm](http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/digsafety_citizenship/index.htm) or logon to the Macksville High School Website: [www.macksville-h.schools.nsw.edu.au](http://www.macksville-h.schools.nsw.edu.au)

## STAFF MEMBER PROFILE



### Michael Smith - Teacher Industrial Arts/Metal work

Michael grew up locally in Urunga and began work with a trade as a Fitter Machinist. He caught the teaching bug and attended Southern Cross University at Coffs Harbour and completed his Bachelor Technology Education.

He has gone on to have a teaching career that has included Bellingen, Dorrigo and now Macksville High Schools. Michael loves the sporting nature of our school and the lasting relationships he has built with students and teachers.

**The next Macksville HS  
P&C meeting will be  
held on  
Tuesday October 26  
at 6.30pm in the  
School Library  
All welcome**



## INVITATION—ALL WELCOME

There will be a public display of the Year 12 IT Wood and D&T projects from 3.30pm until 4.30pm Monday 13 September 2010 in the front room of the stadium.

Please come and view the wonderful array of projects completed by our HSC Students for 2010.



## Put up your hand to help your children's school canteen

- We have a hard core of reliable and hard working volunteers including grandmothers and volunteers whose kids have left school and these people should be recognized by the community for their valuable work BUT we need more. These people are literally worth thousands of dollars to the school as the profits from the canteen that they make possible, create tens of thousands of dollars for equipment and support for students' activities, eg excursions.
- The problem is we are down on canteen volunteers and even if you can attend just one day a year it will mean a real contribution of dollars to the school (i.e. wages saved) and your child or grandchild or niece or nephew's education.
- Would you like to help your child's / grandchild / niece or nephew's school and your community?

**THEN VOLUNTEER NOW  
TO HELP IN YOUR CHILDREN'S SCHOOL CANTEEN**



**DESPERATELY NEEDED**

**FREE LUNCH, NO EXPERIENCE NECESSARY**

- Monies raised from the canteen go to buy text books for your children's education, equipment for the school; it pays for the hall of fame in the foyer and lots, lots more.
- Meet a wonderful group of women and men who volunteer. It's a fun day and you get to meet new people, gain skills and have something extra to put on your résumé.
- Do you have time even once a month, once a term or perhaps a flexi day each term, any assistance is valuable to our children's School?

**IF YOU CAN HELP WITH YOUR CHILD'S EDUCATION, THEN PLEASE TELEPHONE**

*Ros Field, Canteen Supervisor on 6568 1453 or 6568 1066*



**Macksville High School P&C Association**





## CANTEEN ROSTER

### SEPTEMBER

Mon.	13	J Welsh, R Aitken
Tues.	14	M Lavery, Helpers Needed
Wed.	15	Helpers Needed
Thurs.	16	D Jackson, J Martin
Fri.	17	G Welsh

Mon.	20	R Aitken, Helpers Needed
Tues.	21	H Jaeger, C Osgood
Wed.	22	Helpers Needed
Thurs.	23	J Beggs
Fri.	24	G Welsh

Mon.	11	S Compton, J Welsh, R Aitken
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### "Macksville Ex-services Junior

**Cricket Club** will be holding their Registration days for the 2010/11 season at Donnelly -Welsh Playing fields, Dudley St, Macksville on Wed 15th Sept 3.30pm to 5pm, Sat 18th Sept 9am- 11am & Wed 22nd Sept 3.30pm to 5pm.

We will be running Milo In2cricket for Under 10's & Competition Cricket for grades Under 12,14, & 16.

All boys & girls welcome.

Contact Thom Mann, In2cricket Co-ordinator on 0417497001 or Todd Bartlett, - Club President on 0419631835

**Touch Football** is starting after the school holidays. Registration is on before the holidays Monday 13 September and the Monday 20 September at 6pm at EJ Biffin Playing Fields. Nambucca Heads.

It is the intention of Nambucca Heads TA to create a junior competition, however, assistance from parents will be required to enable Nambucca Heads TA establish a competition for the many talented juniors in the area.

We are only a very small committee and we are after help to run the night. The club is after former players to help out. Fees are \$40 per senior player for whole season and \$25 for Juniors. All fees must be paid by 20 September so we can do a draw to start after the school holidays. The season will commence 11th October & Grand Final night will be 4th April, 2011.

Form a team and stay fit and sharpen your skills

We are after businesses to put a team in. We will be having trial games on the sign up nights.

### BICYCLE NSW

Is coming to Coffs Harbour.

Free Event for participants o the NRMA Gold Medal Challenge!

Wednesday September 29 at Picnic area next to the War Memorial Pool. Start Time: 10am Distance 27km—finish at same location. A great activity for the next school holidays!

Register for free at [bicyclensw.org.au](http://bicyclensw.org.au) or phone (02) 9704 0853.

(Info also at front office)

## Notices

**NAMBUCCA HEADS NIPPERS—JSLSC** The Nambucca Heads JSLSC is holding a "Parents Information Night" on the 15<sup>th</sup> Sept. @ 6.30pm at Nambucca Surf Club prior to the commencement of the season. Registration and pool proficiency days will be held on 18<sup>th</sup> and 19<sup>th</sup> Sept 2.00-3.00 pm at the Nambucca Indoor Pool. Registration and ocean proficiencies will be held at Main Beach Nambucca on 25<sup>th</sup> & 26<sup>th</sup> Sept at 0930. (Bring goggles, swimmers and towels)

Any queries contact Jim McCullagh 65 687-244

**The Macksville Scott's Head Nippers** season is starting soon.

REGISTRATION DAYS:

1ST - Sunday 19/09/10 at Scott's Head Surf Club, 9.30 – 11 am,  
2nd – Sunday 26/09/10 at Scott's Head Surf Club, 9.30 – 11am – Open Day for inquiries, come and have a look at what Nippers has to offer! 3rd – Sunday 10/10/10 and Proficiency Swim at Macksville Pool – 10am– 12pm

Our first Nippers day is on 17th October 2010 starting at 9:15 am.

One parent must become a member (ID required) \$25.

Junior membership \$40 including a sunsafe Club shirt. For any additional information please call David Brunsdon (02) 6568 2530

**KIDS KIDS KIDS at the FAIR** Village Fair @ Comboyne on 19 September is definitely catering better for the kids this year! Not only do kids under 18 get free entry but we have loads of attractions especially for kids big and small.

The star feature is an eight metre high climbing wall that costs \$5 per climb. Between 1:00 and 2:00 the fastest climber wins 10 tickets to Paint Skirmish. You can also bring your bike or borrow one of ours to have a go on the specially constructed kids' mountain bike riding track.

If you want a bit of a rest from all the action and you've finished checking out the ice cream and lolly stalls, try painting a 4B3 canvas for a great prize or just for your own entertainment or check out the endangered wildlife interactive display or watch the clowns. In the past the fair has been mainly for mums and dads and grandparents – but now we are hoping to see lots of our young people enjoying the day as well.

More about the fair at [www.comboynevillagefair.com](http://www.comboynevillagefair.com)

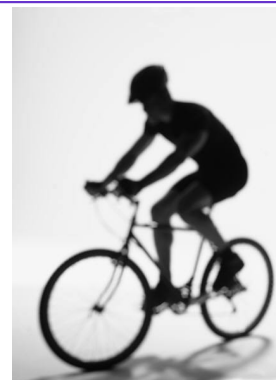
### NSW BIKE WEEK BCU COFFS COAST CYCLE CHALLENGE—Sunday September 19

The Coffs City Rotary, together with BCU and the RTA would like to invite all bike riders to join us in the inaugural BCU Coffs Coast Cycle Challenge. The net proceeds of the event will be donated to charity. The challenge is a 75km ride starting and finishing at the Coffs Harbour Jetty.

For details on event start times and registration, see website [www.coffscostcyclechallenge.com.au](http://www.coffscostcyclechallenge.com.au)

[www.bcu.com.au](http://www.bcu.com.au)

[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)



75km

50km

75km  
Team  
relay  
3x25km

Tandem  
Recumbent  
& Similar

### NAMBUCCA VALLEY LANDCARE—SPRING TREE FAIR

**Where:** Bowraville Race Track, Rodeo Drive

**When:** Saturday October 9 7.30am to 1.30pm

**FREE ENTRY:** If you have plants or produce to sell and would like a stall contact: Nambucca Valley Landcare PO Box 239, 72 High Street, Bowraville, 2449 Phone 6564 7838 or [tryan@nvlandcare.org.au](mailto:tryan@nvlandcare.org.au)