



MACKSVILLE HIGH SCHOOL

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Newsletter

"EVERY ONE FEELS SAFE AND SECURE"

Term: 1 No: 3

Issued: March 4 2011

CAITLIN BAINES REGION FINAL WINNER—"THE LIONS YOUTH OF THE YEAR QUEST"



Graeme Whan presenting the overall Regional finals certificate



Macksville High School Captain, Caitlin Baines representing the Macksville Lions Club has won the Regional Finals of the "Lions Youth of the Year Quest" for

2011. Caitlin not only took out the public speaking award but also was the overall winner to go onto the next level. She will now attend the District Finals to be held on the 12 March at the Glen Innes Golf Club. The Quest is a prestigious event for young people between the ages of 16 and 19, providing an opportunity to gain public speaking skills and experience an interview situation.

Contestants are required to answer two impromptu questions and speak on the subject for two minutes, participate in an interview with Judges and finally deliver a five minute prepared speech. This year's Regional Final entries were students from Nambucca Heads, Melville, Dorrigo High Schools and the Kempsey Adventist School.

The National winner receives a trip to the UK to a Lions Youth Exchange camp and \$1000 spending money. The Public Speaking winner will go to a Lions Youth Exchange camp in Rotorua New Zealand and \$500 spending money. Macksville High School is very proud of Caitlin and wishes her all the best at the upcoming District finals.



Jan Reibel presenting the Public Speaking certificate.

IMPORTANT DATES

Please note sport dates are listed separately

March

- 7—8 Yr7 Activity Day—Yarrahapinni
- 7 Yr7 & Yr12 Parent/Teacher night
- 8—9 Yr12 Geog. Nymboida Excurs.
- 14 –17 Yr11 Marine Dive
- 17 CSIRO Gene Technology
- 21 Yr 7 (ony) Parents Info. night
- 22 P&C—AGM Meeting-6.30pm-Library
- 24 *bach to the future*-music perform.
- 25 Youthfest—Macksville
- 28 School Photos—Hall
- 31—April 8 Yr12 Exams
- 31 School Photos catch-up 9:00am

April

- 4—8 Yr10 Work Experience
- 8 Last Day Term 1
- 26 Anzac Day—Public Holiday
- 27 Staff Development Day-pupil free
- 28 Term 2 begins—students return

SPORT DATES

- March 7 15yrs & Open Rugby, Zone—B'ville
- 10 NC Swim. (back-up date 15/3).. Banora Pt.
- 11 Area—15yrs Girls & Boys Touch—CH
- 14 Rugby Union—Zone—PM
- 15 Area back-up date for swim.—Banora Pt.
- 17 Zone—Girls Football—PM
- 18 Zone—Boys Football—PM
- 18 LNC Open Boys Football—PM
- 21 Area—Basketball—Girls & Boys—CH
- 23 Area—Rugby —Open & 15yrs-Ballina
- 29 Zone Squash—Kempsey
- 30 Area—Rugby Union FNC?
- April 1 Area—Football-Boys & Girls-Yamba

From The Principal



.....The Tuesday afternoon tutorial centre has commenced. Please encourage your children to participate regularly.....

It was very upsetting to return to school this year to find the air-conditioners on B and C blocks were vandalised. It has taken some time to get to a point where the repair work can be done. Unfortunately new units are required and the contractor has informed me that it's likely to be the last week in March before installation work can go ahead. I reminded students today to sit in the shade during breaks on hot days and take water to class to prevent dehydration.

This year we have introduced a new merit system following extensive evaluation and consultation within the school community. The feed back about the previous system included criticism of students who deserve acknowledgement missing out, staff participation and a difficult tracking process. The new system is based on the Macksville Public School system with all students on Gold on arrival at Macksville High School. Students can then progress up the merit levels and participate in gold activities. However students who misbehave will have conse-

quences including withdrawal from Gold level. Wearing of uniform and attendance has also been linked. I have attached the relevant pages from the Welfare and Discipline policy (see pages 6 & 7 of this newsletter) for you to read in detail and posted the full document on the school website. There is an education program underway which includes Year 7 students and new students to the school being issued with the policy document.

The Tuesday afternoon tutorial centre has commenced. Please encourage your children to participate regularly. There are teachers in attendance, who are focussing on mathematics at the moment and students are working together in a supportive environment. You will need to arrange transport home for your children but from the many positive reports I received last year it is well worth it.

Paul Holding, Principal

STUDENT ASSISTANCE and SCHOOL FEES

STUDENT ASSISTANCE

Student Assistance is available again this year to assist parents and students with uniform and equipment costs, course contributions and excursion costs. We do receive only limited funds and we endeavour to assist as many families as possible. If you require assistance, please contact the School's office. Parents/guardians will be informed of the assistance provided.

INVOICES FOR SUBJECT CONTRIBUTIONS will be posted out soon. Subject Contributions are applied to assist faculties recover the cost of consumables that students use during the course of their study.

VOLUNTARY CONTRIBUTIONS

Voluntary contributions enhance the schools educational and sporting programs and are greatly appreciated. Please note: *These contributions are voluntary and payment is a matter for decision by parents/guardians.*

CONTACT DETAILS CHANGED?

Please make sure that you inform the school if you have changed any of your telephone numbers including your work, home and mobile numbers. You also need to advise of your new address if you have moved.

The school is introducing an electronic attendance program where we can send a text message when your son or daughter is absent.

It is vital that we have your correct information for emergencies and our new attendance program.

“DONT FORGET YEARS 7 & 12”

The next **Parent Teacher Interview night**
will be held this **Monday 7 March, 4.00pm – 6.00pm - MHS Stadium**

“BOOKINGS CLOSE 3.00PM – 7 MARCH”

Book School Interviews Online

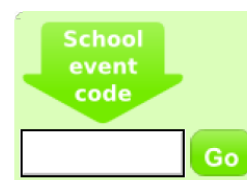
Parents...

Booking interviews is as easy as 1 - 2 - 3:

Please go to www.schoolinterviews.com.au or following the link through our schools website - www.macksville-h.schools.nsw.edu.au.

ENTER TO SCHOOL EVENT CODE: **P6Q3K**

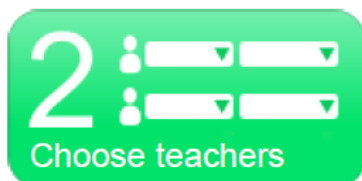
THEN



A green box containing a white arrow pointing down with the text "School event code" inside it. Below the arrow is a white rectangular input field. To the right of the input field is a green button with the word "Go" in white.

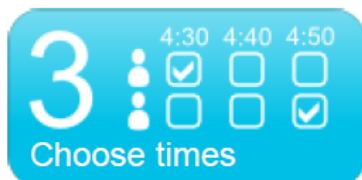


First enter your name, your student's name(s), and your email address.



On the next page, pick the teachers you want to meet.

First select the subject or year, then choose from the list of teachers.



Then you'll see a timetable showing when your chosen teachers are available. Simply click on the times that suit you.

When you have finished, your interview timetable will be emailed to you.
And if something comes up, you can return to the site and change your interviews whenever you want.

**If you require assistance or are unable to book online,
please do not hesitate to contact the office to make your bookings – 02-65681066.**

SMART RUGBY TRAINERS



Bruce Frame, Australian Rugby Union Development Manager, North Coast Region visited our school for a training session recently. Smart Rugby Training



gives staff and students accreditation and training in safe rugby practices, focusing on core strength, training exercises, safe warm up/warm downs – safety in contact and proper technique. Those

who completed the training are then recognised by the ARU as Smart Rugby Trainers and are proficient and can coach and assist at school boy/girl level. This was great for our students who enjoyed the training and were looking forward to getting out there and teaching the new skills they had learnt.



MACKSVILLE HS TRIUMPHS AT THE ZONE SWIMMING CARNIVAL

Lower North Coast Zone Champions by Larissa Atkins

On February 16, 38 Macksville High students travelled to Kempsey for the Zone swimming carnival. Macksville High School finished with 838 points on the day 158 points ahead of second place, Melville High School. All students swam exceptionally well and 35 were rewarded with the opportunity to be on zone team to compete at the North Coast Championships on March 10 at Banora Point.

It was a day of many highlights and the performance of the Mixed 600 Metre Freestyle Knockout Relay displayed the depth of swimming talent at Macksville High. The team that consists of the six fastest boys and girls, finished around 100m and 1 minute and 25 seconds ahead of their nearest competitor in this event. Following this, Macksville went on to win the open boys and open girls 200m medley relays, the 17+ girls and boys 200m freestyle relays and the 14 year old girls 200m freestyle relay. The boys and girls all age 300m freestyle relays finished in second place as did the 12, 14 and 16 year old boys 200m freestyle relays.

There were many fabulous individual performances on the day but none better than that of 14 years zone age champion Alina Tape who won 7 out of 7 individual events and set new records in the 50m freestyle and the 12-14 years individual medley. Older sister Sharni was the 17-19 years champion; she competed in and won 6 individual events setting new records in the 50m and 100m freestyle. As always Djaran Smith powered through the water comfortably winning all six of his individual events and taking out the 17-19 years champion. 16 years champion was Beau Tape who was also in great form, winning 5 individual events. Tannah Bradshaw was the 13 years champion and he had an excellent day doing some personal best times and winning all 5 of his individual events.

Thanks to all the family and friends who transported students to the event and helped cheer our team to victory on the day. A really big thank you to parent helper Gary Smith who spent the day timekeeping. As always the excellent coaching of our students was evident and a special thank you to both Mark Cummings and his team of coaches at Macksville Aquatic Centre and Tania Freeman and her team of coaches at Nambucca Indoor Pool.

SCHOOL PHOTOS

School Photos will be taken on Monday March 28. Payment envelopes will be distributed in Roll groups on Monday March 7. These are to be returned, with payment enclosed, and given to the photographers on the photo day. Students who wish to have family photos and/or friends group photos need to see Ms Smith in the library prior to the day to make arrangements for these.

YEAR 7 (ONLY) PARENTS INFORMATION NIGHT

On Monday March 21 commencing at 6pm—7pm there will be an *Information Night for Year 7* parents to be held in the School Library. There will be an opportunity to ask questions and hear about upcoming programs, also the chance to get to know other parents in your year group. We look forward to seeing you on the night.

REGULAR SCHOOL ATTENDANCE

It is a legal requirement that children between the ages of six and seventeen attend a registered place of instruction on each day it is provided. While sickness or family leave can be unavoidable it is important to encourage regular attendance as this has a positive effect on learning.

When your child is absent it is a requirement that the parent/caregiver provide an explanation for the absence within 7 days. This explanation can be by way of a note or a telephone call or person to person (parent/ caregiver to teacher). The explanation must give a justifiable reason for the absence.

Home School Liaison Officers often come to schools to monitor class rolls and identify students who are having problems with school attendance. It is their role to support families, children and schools where there are issues of poor attendance.

As a school, we wish to provide a sound education for all our students. Regular school attendance allows us to give continuous and uninterrupted learning that your child requires.

Grant GoughAttendance



OPEN ZONE BASKETBALLS

On Monday 28/2, the Boys and Girls Open Basketball teams went to Port Macquarie for the Zone Day. To start, the girl's team went up against an experienced Port Macquarie side and were unfortunately defeated. The highlight was Emily Craven's 3-point basket on the buzzer.

In their Round 1 game the boys took on Wauchope. After a slow start, Macksville settled in, piled on the points and took victory. The next boys' game against Port Macquarie was a nail-biter with Macksville missing out by two points. The coach puts this down to lack of offensive rebounds and some dodgy ref decisions.

At the end of the day, Djaran Smith, Eddie Carbury and Baau Tape were selected for the Zone Rep team, travelling to Coffs Harbour later this month.

Ms Hoffman and Mr Coia would like to commend all the players who trained hard beforehand, and supported each other on the day. They would also like to thank the parent drivers without whom, these trips would not happen.

....David Coia

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 counsellors 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

NOTICES

CANTEEN ROSTER

March

Monday	7	S Compton, A Pope
Tuesday	8	Helper Needed M. Lavery
Wednesday	9	Helper Needed
Thursday	10	C Templeton
Friday	11	G Welsh
Monday	14	S Compton, J Welsh
Tuesday	15	H Jaeger, C Osgood
Wednesday	16	Helpers Needed
Thursday	17	D Jackson, J Martin
Friday	18	G Welsh

If you can help at the canteen please Phone Ros on 6568 1453 or the High School on 6568 1066.

TAX FILE NUMBERS

A reminder that Tax File Number notes should be returned to the front office as soon as possible.

SOUTHERN CROSS CULTURAL EXCHANGE

Southern Cross Cultural Exchange is seeking volunteer host families to host international exchange students arriving in July 2011 for a stay of one or two semesters.

Host an international high school student in July through Southern Cross Cultural Exchange.

Carefully selected students will arrive in July for one or two semesters from Europe, Scandinavia and Japan. They will attend school, are fully insured and have their own spending money. Call S.C.C.E. Now on 1800 500 501, email scceaust@scce.com.au or visit website www.scce.com.au

MACKSVILLE SOCCER CLUB

North Macksville Playing Fields

2011 Registration fees are:

6&7 years \$110.00

8&9 years \$115.00

10 years \$135.00; 11 years \$150.00; 12-15 years \$170.00; 16-18 years third division \$220.00

New players of all ages are welcome.

BECOME A WEP HOST FAMILY

A Place to call home World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to one of our international students arriving in July 2011. Our students from Italy, France, Belgium, The Netherlands, Sweden, Finland, Norway, Japan, Brazil and Chile are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

Contact WEP—Nikki Medwell, on 1300884 733, email: wep@wep.org or visit www.wep.org.au

GENEROUS REWARD offered for any information leading to the recovery of a black, soft leather briefcase containing an apple laptop and accessories. Went missing on Friday February 25 from B Block. Phone 65681066.

MACKSVILLE HIGH SCHOOL P & C ASSOCIATION

Annual General Meeting

6.30 pm

Tuesday 22 March 2011

*commencing at the conclusion
of the General Meeting*

MHS School Library

Interested parents are invited to attend

**ALL POSITIONS
WILL BECOME VACANT**

**YOUR CHILDREN NEED YOU TO
LOOK OUT FOR THEIR EDUCATION**

*Need more information — telephone
the outgoing Secretary on 65647095*

YOUTH WEEK 2011 'OWN IT' - LOCAL TALENT NEEDED

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

Nambucca Shire Council's Youth Development Officer is looking for musicians to play on Saturday April 2 in a Music night for Youth Week 2011.

The event will be at Macksville HS Stadium, 7.30-10.30pm. Please contact the Youth Development Officer at Nambucca Shire Council on 6568 0254 if you are interested in performing.

PHOTOGRAPHY/ART/LITERATURE COMPETITION

As part of Youth Week 2011, Nambucca Shire Council's Youth Development Officer will be hosting the above competition for local youth aged 12-25 years. The theme is 'Own It'. Categories are as follows: *Photography*: b & w or colour. Mail as photo or as a JPEG, TIF or PDF file on disk, or email. *Art* entries: Min. size 30cmx30cm— max. 90cmx60cm. Art in any format— paint, pencil, charcoal, etc. Please have them ready to hang. Sculptures, no larger than 30cmx60cm and be easily moved.

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

Entries should include your name, age, address & phone number and can be submitted by mail, Nambucca Shire council PO Box 177 Mks; OR drop into Council Chambers, 44 Princess St. Mks. OR email:

Vicki.fernance@nambucca.nsw.gov.au

Competition closes Friday March 25. Enquiries to Youth Development Officer 6568 0254

2011 NETBALL SEASON KICKS OFF

Registration days

RIVERS REGO DAY March 3 from 3:30-5:30 AT Marion Woods Netball Courts, Willis St. Macksville

BEACHES REGO March 5 from 9:00—12:00 at Nambucca Plaza

NVNA Registration March 19 from 10:00-1:00 at Marion Woods Netball Courts, Wallace St. Macksville

REGISTRATION FEES

Senior 18 and over 95.00

Junior 11-17 85.00

Net Set go 45.00

Non-Players 35.00 (coaches, committee members, umpires etc.)

Family discount of \$5.00 per player. Saturday comp for all players from Netta to 17 years.

MHS MERIT AWARD SYSTEM

A positive reward system is used at Macksville High School to reward and motivate students. Students will be expected to keep their own portfolio of achievements and present it when required. The following awards may be achieved:

GOLD Level
School & Community Service Awards
Well Done Awards
Bronze Awards
Diamond Award
Macksville High School Medal

Gold Level

All students in our school are expected to cooperate with staff and other students to achieve work to the best of their ability. As such, **everyone starts on Gold Level**. Gold means you are a cooperative student who is contributing positively to school life. You are eligible to participate in Gold activities which include:

- End of term Gold activity;
- School Socials;
- Spectate at sporting events; and
- Reward and nominated encouragement activities.

If you demonstrate a high standard of work or improvement, you can apply for a Diamond Award and Macksville High School Medal as recognition of this.

Students who are placed on discipline Level 3 will be eligible to participate in representative teams and activities when Level 3 requirements are completed but will not be invited to participate in Gold activities for 10 weeks or at the Deputy Principal's discretion.

Students who are not eligible to attend activities can appeal to the Principal by providing evidence to support why inclusion should be approved.

Regardless of what level a student is on the supervising teachers, in consultation with the Principal, may deem students ineligible to attend a reward activity.

What are School Service Awards?

School community service is an important part of the Macksville High School experience. Students may be asked or volunteer to participate in a variety of school activities such as Clean up Australia, coaching teams, peer support, assisting in the Swim and Survive program, reading or writing for students during examinations, SRC support etc. Student's representative achievements at or above North Coast level can also be achieved by this award. The organizing teacher will issue an award at the time of involvement.

"Well Done" Award

These are to be used to acknowledge and encourage students who submit work to best of their ability, are helpful, comply with school or class rules, represent the school, and/or perform in a manner the teacher considers as worthy of acknowledgement.

Students place the "Well Done" in the barrel at the Deputy Principal's office for a weekly draw of prizes at the assembly.

Bronze Awards

Class awards are given to individual students at any time by teachers for:

- on time all the time;
- working to the best of their ability over an extended time;
- consistently having the appropriate equipment;
- consistent positive work ethic;
- achievement as a team member that deserves recognition; and
- treating others with respect.

Diamond Level Awards

To be eligible for a Diamond Level, students must:

- remain on Gold Level for Terms 1-3;
- receive four Bronze Awards from four different subjects or supporting evidence from previous school;
- achieve at least one School and Community Service Award, represent the school as a team member, represent the school in an official capacity or provide evidence of volunteer's work from the general community;
- achieve 90% attendance rate or higher. Explained absences will be included. Students who have individual learning plans and who meet their attendance targets will also be eligible;
- have their nomination supported by the Head Teacher supervisor of their roll class for consistently adhering to the School Uniform Policy. Approved conscientious objectors will be exempt; and
- have the nomination supported by the Year Adviser.

To be considered for this award students are required to present a folio of evidence to the Year Adviser late in Term 3. Diamond Award certificates will be presented at a Formal Assembly at the start of Term 4.

Benefit to recipients:

- Diamond excursion in Term 4 for students who reach this level.
- Recorded on your Semester 2 report.
- Access to the Macksville High School Medal.

Review of Diamond Ineligibility

Students may have their eligibility for Diamond Level reinstated by the Principal if they provide the following to the Year Adviser prior to Week 7 of Term 3:

- Deputy Principal's reference that includes a statement that indicates no behaviour Level 2 or higher for the previous 10 weeks.
- Roll Class Head Teacher support indicating consistent compliance with the Uniform Policy.
- 90% attendance. Explained absences are included.

Macksville High School Medal

The Macksville High School Medal is presented to students who meet the following criteria:-

Compulsory Criteria

- Three Diamond awards. New students must have evidence of an exemplary record from their previous school;
- Three staff nominations;
- Year Adviser recommendation; and
- Deputy Principal recommendation.

In the year of application:

- achieve 90% attendance. Explained absences will be included and conscientious objectors considered via application.
- have the nomination supported by the Head Teacher Supervisor of their roll class for consistently adhering to the School Uniform Policy.

Benefit to recipients:

- Medal presented by the Principal at a formal assembly in recognition of the outstanding achievement;
- Certificate for your resume;
- Parents invited to the presentation assembly;
- Recorded on your school report to the effect that you have received a Macksville High School Medal;
- Business discount scheme voucher;
- Recognition in a school newsletter.

Implementation of Transition Phase

Students who have received recognition from the previous merit system will be granted access to Diamond Award and the Macksville High School Medal during the transition period.