



MACKSVILLE HIGH SCHOOL

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NEWSLETTER

Term: 2 No: 1

Issued: May 13 2011

"STUDENTS SEE THAT THEIR LEARNING MATTERS IN A CURRICULUM THAT IS MEANINGFUL AND RELEVANT"

IMPORTANT DATES

May

16-17	SRC Formal Meet.Training
17	SMH Pub. Speaking - Nam. HS
19	Kempsey Science Challenge
20	Premier/s Debat. Challenge
20-21	Ag. - Bellingen Show
23-30	Yr11 exams - Stadium
24	P & C Meeting - 6.30pm Library
24	Yr7 -10 Computer skills Comp
23-24	Yr12 Advanced Dive - SWR
30	Armidale Students into Teacher's Conference
30	3.30pm Yr8 & Yr10 Parent/Teacher night - in stadium

June

3	Infants drama perf. - MHS hall
6-10	Yr9 &10 Exams - stadium
14-17	Yrs 7 & 8 exams in stadium

SPORT DATES

May

17	NSWCHS girls football - PM
18	Zone Cross Country - Kendall
18	U13&U15 Cntry Cup - CH
18	NSWCHS Rugby - Hawkesbury
20	Area Netball - Yamba
20	Opens & Buckley Shield - MHS
25	Coast to Country Cup - Port M.
27	Area-Open Touch - Kingscliff
30	NSWCHS Rug. League-Toronto

June

1-2	Athletics Carnival - MHS
3	Area - Squash - Kempsey
6-7	NSWCHS - Lawn Bowls - Warila

Please notify staff in the school office (6568 1066) of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

YR 7 YARRAHAPINNI REPORT

The Year 7 students had a wonderful two days exploring the Youth Centre at Yarrahapinni on Thursday 31st March and Friday 1st April.

The activities included Sand Modelling on the beach, Bush Walking and identifying unnatural phenomena within the environment, Waterslides and the Flying Fox. "Getting To Know You" sessions enabled students to learn more about each other. The "Senior Challenge Obstacle Course" included balancing on wires, logs and wooden platforms, traversing over murky lagoons on suspension bridges made of wires and rope, crawling under barbed wire through the mud, climbing a suspension ladder and through a tyre as well as a rock climbing wall.

Despite a heavy downfall of rain and some hail on the Thursday, the enthusiasm and excitement remained evident on everyone's faces. Mark Werner did a great job explaining how the tides and rips affect swimmers at the beach. He discussed the natural erosion along the sand dunes and the types of wildlife found in and along the beachfront. Mention of a resident great white shark swimming regularly nearby certainly gained the attention of everyone!

Thank you to all staff who assisted me and to the students who were so well behaved. We will have a year meeting to view many more Yarrahapinni photos in Term 2.

Year 7 Adviser: Mrs Liz O'Sullivan





Terrific Start to Term 2

Term 2 is well underway and the colder mornings have arrived. It is important that you send your kids off to school in uniform that includes the plain maroon or green jumpers. The uniform has been well supported this year and there is student assistance for those who may need some financial assistance.

I would like to take this opportunity to welcome Kelli Dykes our new Head Teacher English. Kelli has transferred from Dorriggo High School following the merit selection process. She is highly qualified, very well respected and experienced in a range of schools within NSW. I have invited her to our next P&C meeting to meet our parents.

A new timetable has been implemented this week. This has been necessary following a reduction in anticipated student enrolments during Term 1. There have been some changes in class teachers and a slight reduction in a few Year 12 teaching periods. The changes have been unavoidable and we have done the best we can to reduce the impact on students and teachers.

This week we have been very busy with NAPLAN testing for Year's 7 & 9. The students have been cooperative and applied themselves to the full range of tests. Thanks to Mrs Orman and her team of staff who have administered the exams. The results we receive are very useful in helping us target individual students for further assistance and reviewing our programs and their delivery.

Congratulations to Terry Argent and the school Cattle Team for their success at the recent Macksville Show.

Paul Holding
Principal

“To be a Scientist”

Dr Cathy Foley, Scientist and Chief at CSIRO of Materials Science and Engineering Division visited Macksville High School (MHS) to talk to students about her personal journey to becoming a scientist and the exciting opportunities that a career in this industry can bring.

Students came from Bellingen, Bowraville and Nambucca Heads High Schools to hear the presentation where Dr Foley spoke about her story in becoming one of the country's leading scientists. Initially intending to be a science teacher she soon discovered this wasn't her passion and that she really wanted to be an experimental scientist. Whilst completing her PhD at Macquarie University her thesis was on indium nitride thin films; this research led to the production of what is called white LED's (the really bright light you can now get in torches). 23 years ago not many people had worked in this area and at a recent conference Dr Foley was introduced as the mother of indium nitride.

Dr Foley also spoke about some of the ground breaking research she has been involved in including, superconductors and magnets, where the magnet floats on top of a superconductor which enabled the invention of high speed trains as seen in Tokyo that can travel at 600 kilometres per hour. Biomagnetism that can look at magnetic fields that come from the heart and brain, advances in mineral exploration and work with the Department of Defence to look for submarines deep in the ocean.

The students were very engaged and learnt about the variety of different areas they could work in and the exciting opportunities available to scientists. The chance to do fabulous research, conduct experiments and travel the world. These types of visits enable our students to be exposed to experiences and people who can open a new world of opportunities for their future career choices. MHS would like to take this opportunity to thank Dr Foley for her visit and it has opened many eyes to the possibilities out there.



From left to right: Rachel Fowler, Emily Craven
Charlie Porter, Dr Cathy Foley & Jessica Key.

Mosquito-borne Diseases: Information for School Communities



nsw.gov.au
Your gateway to information
& services in New South Wales

Dear Principal

I am writing to seek your assistance in alerting your school community about a range of health risks associated with mosquito bites. Recent heavy rainfall and flooding in NSW has led to high numbers of mosquitoes in some parts of the state.

Mosquitoes can transmit a number of viral infections including Ross River virus and Barmah Forest virus and there have been large numbers of these infections reported so far in 2011. More recently, a rarer but more serious mosquito-borne infection called Murray Valley Encephalitis (MVE) has been detected in western NSW.

It is likely that the risk period may extend through until Easter.

I seek your assistance in promoting awareness about the prevention of mosquito bites among school students who live in western NSW and for any school groups planning to travel west of the Great Dividing Range on school camps or excursions.

Mosquitoes are most active around dusk and in the first few hours of the evening and again at dawn. Rivers, creeks, wetlands and recently-flooded land allows mosquitoes to breed and so people living near or visiting these areas need to be especially careful to prevent mosquito bites.

RECOMMENDED WAYS TO PREVENT MOSQUITO BITES

- * Cover up when outside and mosquitoes are active (especially around dawn and around dusk). Wear light-coloured, loose-fitting long pants and sleeves and covered footwear.
- * Use an effective personal insect repellent on all exposed skin. The best mosquito repellents contain Diethyl Toluamide (DEET) or Picaridin.
- * Re-apply personal insect repellent according to directions as protection wears off. The stronger the concentration of an insect repellent, the less frequently it will need to be applied to stop mosquito bites. Repellents containing low concentrations of DEET or Picaridin provide shorter periods of protection and need to be reapplied more frequently.
- * Mosquito coils or plug-in vapourising mats are effective when used indoors. Devices that use light to attract and electrocute insects are not effective.
- * Ensure houses are fitted with flyscreens on the doors and windows to prevent entry of mosquitoes.
- * When camping, use flyscreens on caravans and tents or sleep under mosquito nets.

General information about avoiding mosquito bites: Radio advertisement: "preventing mosquito bites" Video: "mosquito borne disease in NSW" Murray valley encephalitis information NSW Health media release: Murray Valley Encephalitis (2 March 2011) MVE factsheet

Dr Jeremy McAnulty
Director, Centre for Health
11 March 2011

Donate Blood Campaign - "BePositive4Pete" Macksville High Students Donation Day 19 May 2011

- You must be 16 years & over
- Weigh 50 Kilograms plus
- All students will be accompanied by a Teacher



(Get your permission note from Mrs Atkins – TAS and return them to a SRC member ASAP) - Don't forget to register your donation on Pete's Facebook site Be Positive 4 Pete.

“ATTENTION YEARS 8 & 10”

The next **Parent Teacher Interview night** will be held on
30 May 2011, 3.30pm – 6.00pm - MHS Stadium

“BOOKINGS OPEN – 16 May”

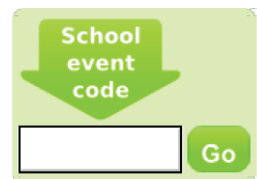
Book School Interviews Online

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: **YQPA3**

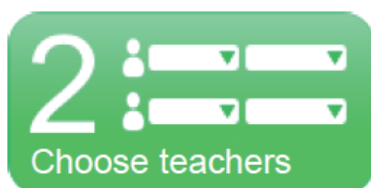


A green box containing a white input field for the school event code and a green 'Go' button to the right.

THEN



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.

Year 11 Students - Interested in a career in the Finance Industry?

Macquarie University - UBS Finance Academy 2011 - 11 - 15 July 2011

The opportunity to attend a 5 day (*students will be selected on merit*) fully subsidised residential course held at Macquarie University in Sydney is now available to Year 11 students interested in a career in finance. All travel and accommodation expenses will be covered by Macquarie University.

The objective of the Academy is to provide leadership in banking education for senior secondary school students in the public school system. The UBS Finance Academy offers selected students an opportunity to explore and learn about a wide range of career opportunities in finance. The program has been designed to be a creative mix of theory, industry exposure, field visits, team work and fun. A key learning tool is the finance sector case study.

Students are required to provide the following:-

- a) Provide 1 A4 typed page about yourself including: special interests, achievements, hobbies, sporting interests, part time work and why you are interested in the UBS Finance Academy 2011.
- b) Provide 1 A4 page CV.
- c) The student's Principal is to provide a brief note of support and commentary on the student.

Closing date for applications is **Wednesday, 18 May**. All applications are to be returned to Pam Wellan, Executive Officer, NSW Secondary Principals Council, 4 Nerang Place, Belmont NSW 2280 or via email to pwe12476@bigpond.net.au.

Please ensure no application forms are sent direct to UBS as they will not be considered. The application can be obtained from our website at www.macksville-h.schools.nsw.edu.au or contact Lynette Howle, Community Engagement Officer on 65681066 or email lynette.howle@det.nsw.edu.au.

“It’s Show Time” - MHS Cattle Team wins at Macksville Show



The start of the local show circuit has begun and the Macksville High School (MHS) Cattle Team is getting away to a flying start winning a number of awards at the Macksville Show including - Most Successful Exhibitor, Supreme Champion Beef Cow and Champion Angus Cow. With the Kempsey, Grafton, Coffs Harbour and Bellingen shows coming up, the team is working hard to ensure all their animals and students are ready.

These shows follow on from the great success MHS had at the Armidale Show and their attendance enables the team to prepare for the Brisbane EKKA which will be held in August this year. MHS would like to welcome over 20 new members to the school's Cattle Team bringing the numbers to over 50 students involved this year.

The opportunity to be involved and provide sponsorship to this award winning team is now available. Sponsors will receive

exposure in the school's newsletter/website and newspapers. Sponsors receive the added publicity of having their business details written on the schools cattle trailer which is taken to all shows and events the team attend. If this is something you would be interested in please contact Mr Terry Argent on 65681066 to discuss further or contact him via email at terry.argent@det.nsw.edu.au.

Picture shows a new MHS Cattle Team member Elizabeth Argue with the Macksville Show's Supreme Champion Beef Cow (Rainbow Valley "Lisa" Yr10)

CANTEEN ROSTER - MAY		
Monday	16	S Compton, R Aitken
Tuesday	17	H Jaeger, C Osgood
Wednesday	18	Helpers Needed
Thursday	19	D Jackson, J Martin
Friday	20	G Welsh, M Laverty
Monday	23	S Compton, Helper Needed
Tuesday	24	J Ward, Helper Needed
Wednesday	25	Helpers Needed
Thursday	26	J Beggs, Helper Needed
Friday	27	G Welsh, Helper Needed
Monday	30	S Compton, Helper Needed
Tuesday	31	Helpers Needed

Australian Air League welcome new cadets to join the Macksville Boys' Squadron. Membership in Macksville is open to boys' 8 years and over. Located at Guides Hall, Cnr Park & Briner Street, Macksville Parade Wednesday 7:00 - 9:00 pm (during school terms) More info contact Stuart Holmes 0427 688 075 or 6568 8075

APPLICATIONS OPEN NOW FOR THE UNIVERSITY OF NEWCASTLE SUMMER SCHOOLS!

The Girls Choices Summer School and LIVE IT! (for boys), held at the University of Newcastle, are four day residential programs for Yr9 students who are commencing Yr10 in 2012. The Girls' Choice Summer School (4 - 8 December 2011) aims to expose students to the range of study and career options that exist for HSC graduates with Maths and Science subjects.

LIVE IT! (11-15 December 2011) is designed to help students build upon their potential to succeed in Yrs 10, 11 & 12

Applications close July 1 2011 and require Teacher and Principal support of the application. More info: www.newcastle.edu.au/aimhigh or phone (02) 4921 6547 or contact MHS Lynette Howle, Community Engagement Officer on 6568 1066.

NAMBUCCA VALLEY RELAY FOR LIFE 2011 will be held on Saturday and Sunday May 14-15 Register at: http://relay.cancercouncil.com.au/2011nambucca_valley_2011.

COFFS HARBOUR RELAY FOR LIFE 2011 will be held on Saturday and Sunday May 28-29 Register at: http://relay.cancercouncil.com.au/2011coffs_harbour_2011

BELLINGEN RELAY FOR LIFE 2011 will be held on Saturday and Sunday October 15-16 at Southern Sporting Field in Urunga. Register at: http://relay.cancercouncil.com.au/2011bellingen_shire-2011

THE STUART POINT PLAYERS AUDITIONS The Player's will be holding auditions for their September Theatre Restaurant production on Monday 23rd and Thursday 26th May at 6:30pm in the Stuarts Point Community Hall. We are planning on performing a musical production titled "It's All In The Mind" and a comedy titled "Killer Reviews"

There will be a rehearsal for the musical each Monday night leading up to the performance and a rehearsal each Thursday night for the comedy.

Performance dates and venues will be Friday 16th and Saturday 17th September at Stuarts Point and Friday 23rd and Saturday 24th September at Gladstone.

If you would like to join The Players why not come and see what it is all about! For enquiries phone Kay on 65690210.

2011 HELMET ARTWORK DESIGN COMPETITION Entries close in 3 weeks! Open to students of all ages, the design brief is simple - to create a helmet that's bright, colourful, stands out from the crowd and appeals to both males and females.

A winner from each region of NSW will receive a Fluid Bicycle and helmet and from these, an overall winner will be selected to have their design used on a limited helmet that will be available Australia wide!

To enter - the design template can be downloaded from the website, with completed entries being returned via post to Bicycle NSW

Visit: <http://www.bicyclensw.org.au/content/helmet-artwork-design-competition-2011>

A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD'S HEALTH

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child's health and wellbeing

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide to the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

NATIONAL YOUTH SCIENCE FORUM

Applications for the 2012 National Youth Science Forum are now open! Students can register to attend one of three 12-day sessions held in Canberra and Perth each January. The 12 day NYSF Program enables participants - students about to start their final year of high school - to "test drive" and make informed decisions about courses and careers in science.

All Yr11 students with an interest in science, engineering and technology are encouraged to apply on-line at www.nysf.edu.au/applying. Applications for January 2012 close May 31 2011



EUNGAI PUBLIC SCHOOL Learning Together

2GB 873AM

CONTINUOUS CALL

Eungai Public School is proud to host a weekend with 2GBs Ray Hadley and his NRL Continuous Call Team

FRIDAY 27TH MAY 7.00PM \$50 PER HEAD

Meet Ray and the Team in a night of fun at Nambucca RSL Club

Bookings phone Nambucca RSL 65686288

- Cocktail Party including finger food
- Raffles & Auctions of NRL memorabilia and other prizes
- Dance the night away to the sound of Ray's favourite band "The Robertson Bros" with music from the 70's 'till now

SATURDAY 28TH MAY 10AM - 5PM

Ray and The Team will be broadcasting their show LIVE from Unkya Reserve, Eungai Creek (next to Pacific Hwy) with all their usual fun and mayhem!

- Market & Food stalls
- "Taste of Nambucca" demonstration
- Bush care/tucker workshop
- Many other activities!

nambucca heads

R S L CLUB

Event Enquiries: 0412 933 922

5. Sub Regional News

The committee continues to lobby for representation at Regional and State level to provide a place for the parent voice.

In February this year we held an event at Sandy Beach Primary School where we heard from **John Williams**, School Education Director, North Coast region about future plans for our region and *Rollout of National Curriculum*. The next session focussed on *Identification and Management of adolescent depression* : **Shelley Rowe** from Headspace and **Robyn Avery**, DET school counsellor both presented and informed the meeting of available services for young people.

Coming Event: May 21st, 2011 we are running an Information day which will include guest speakers about Cyberbullying and Parenting Issues, Program on next page. (See over)

To inform current members and increase membership MNCRC distributes minutes, flyers and notices to every school in the area and has done since its formation in 2005.

The committee would like to thank Regional staff for their continued assistance in providing quality speakers and help with administration and communication.

COMING EVENT

Free Information Day
For all Parents, Carers and Educators
May 21st 2011. 10.45am – 3.30pm

**Macksville High School, Boundary St,
Macksville**

(Turn off towards Hospital)
**Park on Boundary St there will be signs to
venue outside Admin Office.**

Program:
10.45am Opening, meet and greet and a cuppa

11am Cyberbullying
Presented by Jo Judd, Student Services
Consultant, North Coast Regional Office

- DET Policy and procedures
 - How to protect your student
 - What are the dangers of social networks?
- 12noon: question time

12.30: Lunch

1.15pm: Parenting issues: a facilitated open discussion on issues affecting parents and the range of support options and resources available.

2.30pm: MNCSRP&C meeting
3.30pm: Close

Light lunch supplied. All day tea & coffee available

RSVP

Your name, phone or email address and school
to: Dave Hall eungaidave@gmail.com
or call 0401 216 523 by May 17th, 2011

Please book for catering purposes

**Mid North Coast
Sub Regional Council Of
Parents and Citizens'
Associations**



FREE (AUTOMATIC) MEMBERSHIP

Any P&C Association within the School Education Areas of Clarence, Coffs Harbour, Mid North Coast affiliated with the Federation of P&C Associations of New South Wales will be automatically affiliated with Mid North Coast Sub Regional Council

Please return your delegate forms to the Secretary at eungaidave@gmail.com

Inside...

- What is a Sub Regional Council?
- Who can attend meetings?
- Why should my P & C send delegates?
- How many delegates can my P & C send?
- How often does MNCSRC meet?
- Diary Dates/Coming events
- Contacts
- Sub Regional news

The committee needs your attendance, your ideas and your assistance to continue our work on your behalf.

1. What is a Sub Regional Council?

Sub Regional council benefits local P & Cs by giving them an opportunity to participate at various levels within the local area. Delegates are able to inform the meeting about issues in their schools and what their P & C would like to see happen. The Constitution lists the following objects...

- (a) Confer with the Regional Director, or their nominee/s, on all matters pertaining to schools in the Sub region and on education generally.
- (b) Organise Regional or Sub-Regional Conferences, and to arrange meetings of an educational nature to facilitate the interchange of ideas and information relating to P&Cs.
- (c) Recommend or nominate parent or community representation on committees pertaining to the region.
- (d) Represent the Federation on, and in relation to, matters relating to the region
- (e) Make representations to the Regional Director, on behalf of affiliates within the Region
- (f) Work within the region for the fulfilment of the Objectives of the Federation
- (g) Recommend to Federation such matters for Federation's action on Regional or wider grounds
- (h) Assist in the formation of new P&Cs and the promotion of loyal Federation membership
- (i) Promote a spirit of co-operation among affiliates (P&Cs) and their members
- j) Do all such other things as may promote the interests of Public Education.

NOTE: All parents, whether delegates or not, are welcome to attend information days, seminars and workshops hosted by MNCSRC of P & Cs and to attend any meetings as an Observer.

2. Who can attend meetings? Why should my P & C send delegates?

Each school is entitled to send **two** financial representatives of their P&C if that P&C is affiliated with Federation.

It is the right of each P & C to send delegates and in doing so your P & C will be able to share the corporate knowledge of other delegates; establish networks; have a voice in what is happening at local level and benefit from the information available. Affiliates are also welcome to send observers to the meeting.

How and when should a P & C elect delegates? Ideally your two delegates should be elected at your AGM; however they can also be elected at any General Meeting.

3. How often does MNCSRC meet?

Usually once each term, that is only 4 times per year!

What should you do now?

Elect representatives to your delegate positions or as observers to the next MNCSRC.

- **Inform** your **delegates** of the date, time and venue of the next meeting and **parents** of the Information Day in October.
- Phone or email the Secretary if your P & C has a particular topic they would like addressed at a workshop or panel.

4. 2011 Diary Dates and Coming Events

May 21st, 2011

Information Day at Macksville High. Cyberbullying and Parenting Issues (see back Page for details)

August 13th, 2011

Information day at Westlawn PS. Running an Effective Canteen. Further information will be sent at a later date.

15th October, 2011

Information day at Sandy Beach. Topics TBA. What do you want to hear about??

What would you like to hear about?

- Canteens?
- Running an effective P & C?
- National Curriculum?
- Other?

Email any of the contacts listed if there is a particular topic you would like to hear about.

Contacts

President: Sue Larsen,
Email: larsensg@bigpond.com
Mobile: 0403 955 817

Secretary: David Hall
Email: eungaidave@gmail.com
Mobile 0401 216 523