



MACKSVILLE HIGH SCHOOL

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NEWSLETTER

Term: 2 No: 1

Issued: May 9 2012

"QUALITY FACILITIES AND RESOURCES ARE PROVIDED"

IMPORTANT DATES

MAY

10	Yr7 Immunisations - Hall
10	Sci.&Engineering Challenge Years 9 & 10 - Kempsey Showground
11	Zone Squash - Kempsey
11	Yr9/10 Debating - Orara
14	Drama Rehearsal (all day)
14	Opens U 15 Rugby (CH)
14	Yr11 CAFS - Excursion - Nam.Hds.
15-17	NAPLAN testing Yrs7 & 9 - Stadium
15	Waratah Cup - BCU Stadium - CH
16	Yr10 (2&3) Geog. Excurs. - S'Head
17	Senior Boys Football - bottom oval
18	Bellingen Show
18	Infants Sch. Drama Perf. -MHS Hall
21 - 25	Yr11 Exams - Stadium
21 -22	Yr12 Dive - SWR
22	P & C meeting - 6.30pm in Library
25	Zone Cross Country - Kendall
28 - 1 June	Yrs 9 & 10 Exams - Stadium
28-30	Yr 11 Drama Excursion - Sydney
31	Yr12 Food Tech.Seminars - CHEC

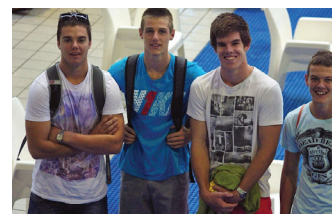
JUNE

4 - 8	Yrs 7 & 8 Exams - Stadium
4 - 8	Yr 11 Work Placement - TBA
4 - 5	Open B/G's Reg. Rugby -N'castle
7	Zone Tennis - Kempsey
8	NC Reg. Cross Country-Nthn.Rivers
11	NSW Queen's B'day Holiday
13	Zone Athletics - Nambucca Heads
13	Country Cup - 13's & 15's & Opens
18 - 22	Sister School Program (Indonesian)
20	Country Cup - TBA
21	Boy's Softball - Melville
26	15's Netball - Port Macquarie
26	Presentation of Awards Afternoon - 1 pm in the Stadium
26	P & C meeting - 6.30 in Library

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.

GOLDEN GIRL

Macksville High School student Alina Tape has again demonstrated her talent as a sportsperson, this time at the recent Combined High School's State Swimming Championships held on 1-3 April. Whilst at the carnival Alina celebrated her 15th birthday in great style winning four gold medals and being named 15 years age champion. Alina dominated the freestyle events finishing well ahead of her competitors in the 50m, 100m and 200m events. Alina also won the 100m butterfly finishing a full two strokes ahead of second place. She also made finals in the 100m backstroke and 15-16 years 200m medley relay.



Tannah Bradshaw also had a fabulous meet competing in the 14 years age group and making finals in three events out of six finishing 7th in the 200m freestyle and 200m medley and 8th in the 100m backstroke. Tannah finished 11th in the 100m butterfly and placed 15th in the 50m and 100m freestyle.

Beau Tape was again a top performer securing a final birth in two events, finishing 6th in the 100m backstroke and 9th in the 200m freestyle. Beau finished 11th in the 100m freestyle, 13th in the 200m medley and 14th in both the 50m freestyle and the 100m butterfly.

Yierah Dunn also performed at her first CHS State Swimming Carnival in the 16-19 years multiclass events, finishing in 7th place in the 100m freestyle and 11th place in the 50m freestyle. Sophie Atkins also competed well in the 100m backstroke competing as an individual for her first time.

Alina and Sophie were joined by Ruby Porter and Kate Shaw to form the 15 year old girls 200m freestyle relay team. The girls swam a great race taking seconds off their best time. They qualified for the final and finished in 5th place.

Beau was joined by Joel Brunson, Charlie Porter and Aaron Argent to form the 17+ year old boys 200m freestyle relay team. The boys swam well narrowly missing final. They then gained selection to represent the North Coast in the invitational event where they finished 5th.



With more than 200 State High Schools in NSW Macksville High School finished a commendable 17th in the girls' point score and 24th in the overall point

score. A special thank you also to the coaches at Nambucca Indoor Swimming Pool and Macksville Aquatic Centre who prepare the students for the carnivals.

Congratulations also to Courtney Fuller from Nambucca Heads High School who took home the silver medal in the 13 years 100m breaststroke.

Please refer to article on school website for more pictures.

School Notices:

CANTEEN ROSTER - MAY / JUNE		
Monday	14	S Compton
Tuesday	15	A Drennert
Wednesday	16	H Jaeger
Thursday	17	D Jackson, C Nugent
Friday	18	G Welsh
Monday	21	S Compton, A Baber
Tuesday	22	A Drennert
Wednesday	23	Helper Needed
Thursday	24	J Beggs, C Nugent
Friday	25	G Welsh
Monday	28	S Compton, A Baber
Tuesday	29	A Drennert
Wednesday	30	Helper Needed
Thursday	31	C Nugent

TAX FILE NUMBERS

Mrs Porter-Burns will be processing Tax File numbers this term . ALL Year 9 received a permission note in the mail last term. Students from ANY year wanting a TFN can get an orange note from the pocket outside the careers office and return it there ASAP.



FOOD TECHNOLOGY with YEAR 7 TECH 5 and MRS SULLIVAN

This term the year 7 Tech 5 class has begun fine tuning their cooking skills by preparing a delicious fruit salad served with ice-cream. Many wore their newly made aprons they produced in Textiles last term which was really

great to see. They had to concentrate on their cutting skills , food presentation and food photography. It is most important the students wear their joggers for practical classes as canvas shoes will not be accepted. The class will be preparing chocolate chip muffins in week 5 and will need a container to carry them home in.

Community Notices:

HOW FOOD AFFECTS YOUR CHILD - Fed Up with Children's Behaviour

Presentation by Sue Dengate

Includes: Arguments, oppositional defiance, tantrums; Bedwetting, sneaky poos, sticky poos; Asthma, itchy skin rashes, migraine; Difficulty falling asleep, frequent night waking; Depression, unexplained tiredness, difficulty concentrating. Hidden & new food additives, what's wrong with fruit....

Date: May 21 10 - 12pm

Where: Macksville Public School, Wallace Street, Macksville.

Proudly supported by Nambucca Valley Early Childhood Intervention Program.

Sue is a former teacher and psychology graduate, author of famous Fed Up series, Australian of the Year finalist in 2009..... further information on Sue's work at www.fedup.com.au

"WHAT'S HAPPENING IN OUR FAMILIES? CHANGES ACROSS THE GENERATIONS"

Presentation by Dr Ingrid Sturmey

When we stand back and look at the everyday routines, the choices and the issues facing adults and children of different ages and generations, what has really changed? And are these important changes?

Date: May 14 10 - 12pm (including morning tea)

Where: Nambucca Entertainment Centre, Ridge Street, Nambucca Heads (behind the post office)

Entry

Fee: \$2 U3A members wearing nametag
\$3 non-members

Dr Ingrid Sturmey, psychologist, rural researcher and social historian, has been working for 15 years with Relationships Australia in Melbourne.

WESLEY LIFEFORCE EDUCATING, EMPOWERING AND RESOURCING LOCAL AUSTRALIAN COMMUNITIES

Wesley LifeForce proudly present
Suicide Prevention Workshop

Date: May 23 2012

Time: 8.45am - 4.00pm

Venue: Nambucca Heads Bowling club, Nelson Street, Nambucca Heads

Cost: \$30.00

Bookings: Contact Wesley LifeForce on 1800 100 024 or email LifeForce@wesleymission.org.au

MACKSVILLE RUGBY LEAGUE CLUB CENTENARY COMMITTEE

would like to advise that there will be a Family Fun Day at the home game against Orara at Allan Gillett Oval (Macksville Park) on

Sunday May 13.

Under 18's kick off at 12 midday followed by Reserves and First Grade. Activities include face painting, jumping castle and lots of giveaways including a surprise visit by the Phantom.

Come and enjoy a great day!!

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