

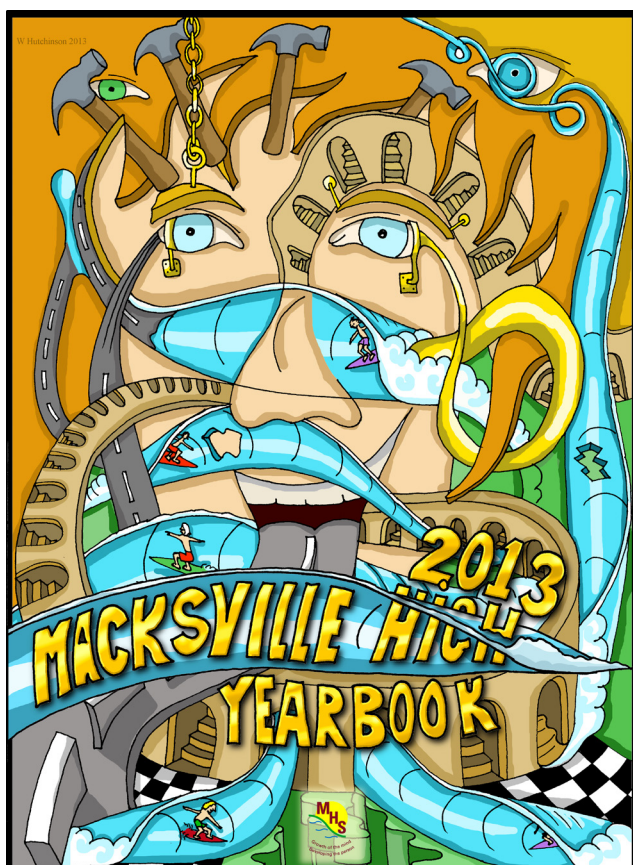
### IN THIS ISSUE: "CAREERS NEWS"

### SCHOOL CALENDAR

December		
Dec, 12-13	all day	Duke of Edinburgh - Camping Excursion - Bellingen
Dec, 13	all day	5 Star Worlds Excursion - Gold Coast
Dec, 17	10.00am	End of Year Presentation Day - Stadium
Dec, 19-20	all day	Pupil Free Days
January		
Jan, 28	all day	Staff Return - Staff Development Day
Jan, 29	all day	Years 7 to 10 return to school
Jan, 30	all day	All students attend today

*Merry*  
*Christmas*

**2013 - MHS YEAR BOOKS WILL BE FOR SALE AT THE  
PRESENTATION CEREMONY, TUESDAY, 17 DECEMBER FOR \$10**



#### CANTEEN ROSTER - Dec

Monday	16	S Compton
Tuesday	17	R Wood
Wednesday	18	R Wood
Thursday	19	Closed
Friday	20	Closed

The Bowraville Goannas Rugby Union Football Club are looking at fielding an Under 18s team in next year's Mid North Coast Rugby competition. We need numbers of interested or prospective players to see if that is viable.

Rugby is played on Saturdays so it would be possible to play Union and League.  
If you are interested please contact Mick Baines on 0488532465

## From our Principal

There has been a lot happening in the last few weeks of the year. Many students have had the opportunity to attend excursions and merit activities. There are a couple of busloads of kids heading out very early today heading for Dream World and next week a group are doing a wilderness walk in the Dorrigo National Park. I would like to congratulate the many staff and parents that work in partnership to provide a huge range of experience for our students.

Junior years are receiving their final reports this week. This is an opportunity to sit down with your kids and have a look at what the report is telling them. Look at the results and teacher comments and help them to develop a plan that will assist them to extend and improve next year. I hope to see you at the Presentation Assembly on Tuesday. School will recommence next year for 7 to 10 on Wednesday 29th and 11 & 12 on Thursday 30th January.

With the end of the Federal Governments, National Partnership Program, Lynette Howle finishes up in the role of Community Engagement Officer at the end of this year. After four years Lynette has made herself, invaluable in this position and has gained the respect of our school community. This newsletter is just one small example of her work. Lynette will not be leaving us completely as she becomes a parent with a son in Year 7 next year and is the Secretary of the P&C. On behalf of the school community I wish Lynette all the best.

This is my final newsletter having accepted the Principals position at Bellingen High School commencing next year. I have had a great 10 years at Macksville and have seen many great facilities, resources and staff changes during this time. I have appreciated the confidence placed in me by parents and the partnership that we have formed in helping our kids engage in school life and reach their potential. The highlight has been the great kids, I have appreciated their respect for me and my position and their positive approach to all they do. I have been inspired by them on a daily basis. There is a lot our staff can be acknowledged for but the one I am most proud of is their ability to support kids. Kids who are struggling or have learning support needs and how many of these kids make it through school, not only having achieved pleasing results but developing into great young citizens. Thanks to all who have wished me well. I can only hope that I have contributed in positive way and that the school, kids and staff have benefitted in my time at the helm.

Paul Holding

## PE STUDENTS SHARE THEIR SECRETS

Yr 11 PDHPE were thrilled to have a visit from ex- students Jessica Langham (HSC 2009), Emma Mason (HSC 2010) and Kellie Langham (HSC 2012) this week. The three girls came to share their university experiences and shed light on being successful in PDHPE and achieving outstanding ATAR's. Jessica is about to complete her final year of physiotherapy at Newcastle Uni, Emma is studying medicine at UNSW, and Kellie has commenced pharmacy at UNE, Armidale this year.

All three girls are passionate about their medical careers and were very informative on the secrets to being high achievers and reaching your goals. They gave the class great advice on how to reach your dream career, and how exciting uni life can be. The class of 2014 were exceptionally grateful for the girls volunteering their time and are motivated to work hard at achieving their career goals on finishing their HSC.




























Lynda Shrubbs



## 2NVR Your Community Radio Station

2NVR 105.9FM, Nambucca Valley Radio is very proud to announce that they have won a national award for 'Most Outstanding Small Station 2013' If you haven't listened before, why not give it a try; there is a big variety of entertainment for you, so please support your local community radio.

2NVR invites you to the next 'Studio 3 Live' event on Friday 20 December, at 6pm, at 834, Rodeo Drive, Tewinga, we will be entertained by The Salvo's country Band. This is a family friendly, free event and will be combined with the 2NVR Christmas party. BYO refreshments & a plate of food to share. You can also listen to it live on your radio or stream via [www.2nvr.org.au](http://www.2nvr.org.au)

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2013-14								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>FM in the AM</b> Dave McCrory	<b>FM In The Am</b> Dave McCrory	<b>Cackleberries</b>	<b>FM in the AM</b> Dave McCrory	<b>Green Eggs On Toast</b> Lawrie Medbury	<b>Rise N Shine</b> Ron Hawkins	<b>Country Folk Around Australia</b> Declan O'Callaghan	6 AM
7 AM								7 AM
8 AM	<i>A morning music mix to put a spring in your step</i>	<i>A morning music mix to put a spring in your step</i>	<i>Organised mayhem and madness with Kel and Ros &amp; Dallas</i>	<i>A morning music mix to put a spring in your step</i>	<i>Markets info, travel guide, news, gig guide, movies, local news</i>	<i>Music, news, and views to kick-start your weekend</i>	<i>Country Highway</i> Dave Wareing <i>Country music classics to latest releases and comedy.</i>	8 AM
9 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe <i>Great Rock 'n' Roll 1950s-2010s</i>	<b>Global Mosaic</b> Pieter <i>A weekly musical trip through World</i>	<b>Our Kind of Music</b> <i>Easy Listening with Dallas Dent</i>	<b>Poppa Under The Stinging Tree</b>	<b>The Friday Frolic</b> Ceri Wrobel <i>Launch into the weekend. Great music, local info and "Chatroom"</i>	<b>Sabor Latino</b> Ed Orrego <i>Music From The Latino World Make A Request</i>		9 AM
10 AM								10 AM
11 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Laxton		<b>Tones of Claressence</b> Claire Watt-Powell	<b>Turning Pages</b> Elizabeth Newman	<b>The Sports Show</b> Dallas and Tricki Vic	<b>Classical Corner</b> <i>Music from the past 1000 years... Alternates weekly with The Lively Arts</i> Music & spoken word from film, TV, theatre & radio Noel Robertson	11 AM
Midday		<i>An eclectic time with Richard, featuring Ed Orrego</i>	<b>Jazz Azz I Like It</b> Heather Heywood			<b>Maggie's Mix</b> Margaret Duffus		Midday
1 PM	<b>The Weekly Fix</b> Paul Weekley	<b>The Phoenix Crew</b> <i>Selected music &amp; madness</i>		<b>Simmo's Country</b> John Simpson	<b>Outback Outlaws</b> Paul Rowe		<b>Jack's Tracks</b> All the tracks with Jack	1 PM
2 PM		<b>Phoenix</b> Tony Bennett	<i>A mix of jazz styles with lotza Oz</i>	<i>Aussie country music at its best</i>	<i>Old and new country music</i>	<b>Soundbite</b> Slavomir Skokan <i>Aussie new and old...</i>	<i>Tune in!</i>	2 PM
3 PM	<b>The Red Bag</b> Patricia Roberts	<b>Rob's Roving</b> Robbie Handcock			<b>Tim Tam's Doggie Music</b> Michael Rose		<b>History's Door</b>	3 PM
4 PM		<i>Bible reflections, Gospel &amp; Australiana</i>	<b>The Business</b>  Kai & modern oz music	<b>Thursday Country</b>  Trickivic	<b>Bring On The Weekend</b>	<b>El Torito De Mexico</b> Alex	<b>Beverly Gibbs</b> <i>A walk through history with musical interludes</i>	4 PM
5 PM	<b>Shall We Dance</b> Sue Lloyd	<b>Creative Corner</b> Beverley Gibbs	<b>CJ The DJ</b> Ceri Wrobel				<b>Recycled Radio</b> With Retro <i>Fantastic retro music</i>	5 PM
6 PM	<b>Nambucca Valley Roundup</b> - Ron Hawkins	<b>Nambucca Valley Roundup</b> - Beverley Gibbs	<b>Nambucca Valley Roundup</b> - Ceri Wrobel	<b>Nambucca Valley Roundup</b> - Ron Hawkins	<b>Studio 3</b> 1st & 3rd Fridays. <i>Live artists &amp; studio audience All Other Fridays</i> <b>.Nuke vs Rhino</b>	<b>Elektro-Lite</b> DJ Raymond <i>Samples, loops &amp; synthesisers all genres</i>	<b>Scientifiction</b> <i>Old time radio SciFi Fantasy and Horror, AntiSF Radio Show, Escape Pod, Free-Thought Radio</i>	6 PM
7 PM	<b>Reggae Mixtape</b> With Fitzroy	<b>Texas Flood</b> Neil Green		<b>Phillinn</b> With Phil <i>New Australian Blues and Folk/Rock</i>	<b>Greg's Place</b> Greg Geisler			7 PM
8 PM	<i>Music outside the usual</i>	<i>The best music of all time, all the time</i>		<i>Evening entertainment at its best.</i>	<i>Evening entertainment at its best.</i>	<b>Imagine This.....</b> <i>Old Time Radio Plays, Local Actors</i>		8 PM
9 PM	<b>Listen.NOW!</b> Malcolm McDonald <i>Presents AMRAP Aussie music releases and more</i>		<b>Ants Rocks</b> Anthony Garnsey	<b>Jeff's Junk</b> Jeff Mills	<b>Friday Night Rock Show</b> Todd Wills	<b>DJ Raymond's Overnight Party Mix</b>	<b>Nuke</b> 	9 PM
10 PM		<i>Till 11:00pm</i> BBC Overnight						10 PM to 6AM
			<i>Solid Rock</i>	<i>BBC Overnight</i>	<i>Overnight Show</i>			
<div> <div> <b>2NVR</b> — "Most Outstanding Small Station In Australia"            CBAA Voxie Award Winner, 2011, &amp; Australia Day Award 2012 for "Service to the Nambucca Valley Community"         </div> <div> <b>The Best Little Station In The Nation</b> </div> <div>           National news and weather is broadcast each weekday at 7am, 8am, 9am, midday, 6pm, and 7pm            Tewinga studios: 02 6564 7922 email: <a href="mailto:admin@2nvr.org.au">admin@2nvr.org.au</a> </div> </div>								

## Careers News - QLD Uni Excursion

I was fortunate enough to spend two days visiting Queensland Uni's with five of our wonderful Year 11 students. Anelise Davis, Carlie Halverson, Jennifer McMullen-Halverson, Keely Salter and Shayna Welch accompanied me to Bond, QUT, Queensland Uni, Griffith Uni and Southern Cross – Gold Coast campus.

It was a jam packed itinerary with lots of great info and sites seen at the many universities. We were shown around Bond University by ex-student Jessica Howe who is completing a double degree in Law and Business at Bond. The girls all came back well informed and enthused to work to reach their career goals on completion of their HSC next year.

Lynda Shrubbs





## Good Life - Party in the Park

Headspace Coffs Harbour, STARTTS, Nth Coast Settlement Services and Anglicare are organising a CALD youth event early next year. The event "Good Life" Party in the park will be held at Park Beach Reserve on Thursday, 23rd January between 11am and 3pm.

The idea is to have a fun day in the park with food, dj's, music and dance performances by young people from the communities and sports (ie soccer, volleyball). We are hoping to attract CALD young people and their families to this event so they can meet and greet, and get info/ merch from local youth services and sports associations.

If your service/association is interested in being involved by having a stall to promote your service/association on the day and participating in the events or just want to volunteer to help out, we would like you to register with the attached form.

You will have to supply your own tables, chairs, marquee etc. for stalls.

We will also need a copy of your organisations current public liability insurance certificate.

We would like it if services could be set up on site by 10 am, the event commences at 11am and will finish at 3pm. Access to the site if you should need it is via the car park beside the Park Beach Reserve before 10 am and after 3pm.

Access to power is limited so let us know if you need power for your stall.

Please fax or email your registration form and current certificate of insurance to Gary Maher at headspace Coffs Harbour. Contact details are on the registration form - for info ph 6652 1878

# GOOD LIFE

## Party in the Park

**Free Food DJs Dance Family Fun Sports  
meet local Youth Services**

**An alcohol and  
drug free event**

**Thursday 23rd January 2014 11am-3pm @ Park Beach Reserve**

**For Info Ph: 6652 1878**



## **JANUARY 2014 SCHOOL HOLIDAY ACTIVITIES AROUND NAMBUCCA SHIRE**

### **FREE School Holiday Activities**

Nambucca Shire Council in partnership with MiiMi Aboriginal Corporation, Trent Munro Surfing Academy and YMCA are running the following FREE activities for young people 12-17 years old during January 2014:

#### **Surf Education/Awareness Programs - FREE**

Scotts Head Monday 20 January 10 am-1 pm (meeting will be at beach access track right by Bowling Club on West Street) & Nambucca Heads Thursday 23 January 10 am – 1 pm (meeting will be at Swimming Creek beach 200 m to the North of Main Beach)

Look for the Trent Munro Tent at both locations - Participants will need to be able to swim confidently for 50m unaided – please bring swimwear and sunscreen. All participants at both activities will receive a free cap from Trent Munro Surfing Academy.

Registration and enquiries can be made by contacting Trent Munro on 6569 7127 or email: trentmunrosurfacademy@gmail.com

#### **Macksville Pool Fun Day – FREE**

Wednesday 22 January 11 am – 2 pm - A fun day of games, slide and swim time for young people aged 12-17 years old. Entry, fruit and a bottle of water will be supplied FREE. You should bring your lunch or \$ to buy something.

If you live in Bowraville or Nambucca Heads and would like a free bus pass (return) to this activity please call into MiiMi Aboriginal Corporation High Street Bowraville or Nambucca Heads Library Ridge Street Nambucca Heads and get one off the staff.

Enquiries to Macksville Pool 6568 1445.

#### **Bowraville Family Fun Day – FREE**

Friday 17 January at Donnelly Walsh Oval Bowraville. Activities include: Jumping Castle, slushies, face painting, athletics, touch and more. Free BBQ lunch and fruit will be supplied.

For any further information please contact Diane Greenup on 6564 8855

#### **USER PAY School Holiday activities (please note that the following activities are not free)**

Macksville Memorial Aquatic Centre - YMCA Holiday Fun

Banish boredom and turn up the school holiday fun with a trip to Macksville Memorial Aquatic Centre.

There will be 2 weeks of activities:

Monday January 6 – Friday 10 January 8.30 am to 1 pm, AND  
Monday January 13 – Friday 17 8.30 am to 1 pm.

The cost to attend every day of 1 week is \$100 which includes morning tea, lunch and drinks on all days.

#### **Holiday Splash**

Intensive Swimming program from:

Week 1: January 6-10 \$55  
Week 2: January 13-17 \$55  
Week 3: January 20-24 \$55

Please contact Macksville Pool on 6568 1445 for further information on either of these activities.

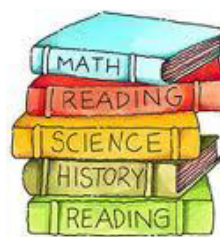
## Year 7, 2014 - Stationery & Books

### Parent/Carers Information

Please be aware that you have the option to order stationery for Year 7, 2014 online from OfficeMax, see details below. This arrangement includes free delivery, although, all orders will incur a package and handling fee of \$9.95 prior to orders before 31 December and \$16.90 after. Or feel free to purchase items from stationary stores.

### YEAR 7 BOOK REQUIREMENTS

English	2 x 128 pages (A4 size)
Maths	1 x 128 page grid book (A4 size) Calculator – see note below
Science	1 x 128 page (A4 size)
History	1 x 128 pages (A4 size)
Geography	1 x 128 pages (A4 size)
Technology	A4 Display Folder
PD/H/PE	1 x 96 pages
Indonesian	1 x 192 pages (A4 size)
Music	Music workbooks will be distributed to classes and the cost is included in the Music Contribution fee



#### All subjects



- Homework Diary
- Red + Blue or Black Pens
- Lead Pencils
- Coloured Pencils
- Glue
- Eraser
- Scissors
- Ruler

Note: You can now order your student's book pack requirements for 2014 through OfficeMax. Simply log on to: [www.officemaxschools.com.au](http://www.officemaxschools.com.au) and search for Macksville High School. Type in the password 2MACKHSBTS to access the requirements for Macksville High School.

- *Safety Glasses* for Science & Technology — available from the School Office - \$5.00.
- *Apron* for Technology & Industrial Arts — available from School Office - \$6.00.
- *Calculator* (Model - Sharp Scientific EL-531WHB-BL) for Maths — available from School Office - \$20.00.

### Certificate II in Urban Irrigation

As the year is coming to an end we are trying to organise our Certificate II in Urban Irrigation (which is our pre trade course for plumbing) for February 2014.

#### Course Details

Cert II in Urban Irrigation

Time frame: one semester (6 months)

Attendance: Thursday & Friday each week

Time: 8.00am to 4.45 pm

Location: Glenreagh St Campus, Coffs Harbour

Cost: TAFE fee \$267 Concession may apply to some applicants \$106

Text book \$120 - CRC \$60

There will be a compulsory information & skills audit held on Friday 24th January at 9.00am if anyone is interested please attend. Applications are preferable before this date but will be accepted on the day.

If you require any further information please don't hesitate to contact Jenny Frost phone 6648 2414 or myself - Lynda Shrubb, Macksville High School 65681066.