



# MACKSVILLE HIGH SCHOOL

Email: [macksville-h.school@det.nsw.edu.au](mailto:macksville-h.school@det.nsw.edu.au)  
Website: [www.macksville-h.school.nsw.edu.au](http://www.macksville-h.school.nsw.edu.au)

PO Box 611  
40 Boundary Street  
Macksville NSW 2447  
Phone: (02) 6568 1066  
Fax: (02) 6568 2802  
ABN 34 467 761 791

## NEWSLETTER

Term: 1 No: 4

Issued: 28 March 2013

### INSIDE: YEAR 7 YARRAHAPINNI EXCURSION

### SCHOOL CALENDAR

March		
DATE	TIME	EVENT
March, 28	10.00am & 1.30pm	Annual Infants Drama Performance
March, 29		Good Friday
April		
April, 01		Easter Monday
April, 03	All Day	Open Baseball - Kempsey
April, 04	All Day	Rugby Union 7's - Coffs Harbour
April, 11	6.30pm - 8.30pm	<b>"SHOWTIME" Spectacular over 500 performers! come celebrate the wealth of talent of our students in the Nambucca Valley. Venue, Nambucca Heads High School - tickets available at the door - \$10 per adult, \$5 per child 17yrs and under.</b>
April, 15-26		School Holidays
April, 29-30		Pupil Free Days
tbc	6.30-8.30pm	P & C Meeting - TAS Lecture Room
May		
May, 01-03	All Day	Drama/Art Excursion - Sydney
May, 08	Sport	MHS Cross Country
May, 09-10	All Day	Year 10 Geography Excursion - Scotts Head
May, 10	All Day	Year 11 - Marine Dive - Pool
May, 13-15	All Day	Year 11 - Marine Dive - South West Rocks
May, 11-13	All Day	Extension 2 English Camp - Coffs Harbour
May, 20-22	All Day	Primary Industries - Quad Bike Training - Macksville Showground
May, 23-24	All Day	Year 12 Marine Dive - South West Rocks
May, 28-30	All Day	Society & Culture Excursion - Sydney



2013 Infants Drama Performance - more photos available on our website after Easter

## From our Principal

I would like to take this opportunity to boast a little about our great swimming team. Recently, they attended the North Coast Swimming Championships. Kyran Tsujimoto, Tannah Bradshaw and Alina Tape were their Age Champions along with many individual and team achievements. Alina was also awarded the Tim Mullens Memorial Swimmer of the meet. As a result of their great efforts Macksville High was the Champion School. Only the 2nd time in 25 years Kingscliff have not won the trophy. Well done to all involved especially our great swimming clubs in the Valley.



The P&C has been working through standardising the design of the girls skirt both seniors and juniors. The staff and SRC have also had the opportunity to provide feedback. The colours have not changed but a skirt with a box pleat front and back, a waist band and some elastic in the back is the chosen design. The recommended length is 10 centimetres from the top of the knee. We will be putting detailed information on the school website, speaking with our uniform suppliers in the valley and taking the required 3 year transition period to phase out the old design. There will be more information published about the change during the year.

Year 12 exams are coming up next week. All students should have received their timetable and have a study plan based around this. There are no normal classes during exam time with Year 12 students being able to come and go to exams as they need to. Students must be in dress code and are able to stay at school to study or meet with their teachers. Good luck parents. If you need help don't hesitate to give us a call.

Mr Paul Holding

## Year 7 & 8 Food Technology



Year 7 Tech 1 students have been busy cooking up a storm with Mrs O'Sullivan in the kitchen lately. Their fruit salads and muffins were a great success.

Each student photographs their food product and then incorporates them into a calendar that they will create and laminate.

Jacket potatoes were on the menu recently for the Year 8 Food Technology students. They thoroughly enjoyed preparing and devouring their food products. Their focus at present is on multicultural foods. They will each create a menu of light meals and refreshments, incorporating a meal that uses indigenous ingredients such as wattle seed, lemon myrtle or kangaroo meat for example.

Next term they will be given the opportunity to produce one of their menu items, after converting their recipe to one serving. The hamburgers made in their previous class were also very well received. Choc chip cookies is the next prac so they will require a container in which to take them home.

Mrs Liz O'Sullivan







# 'SHOWTIME'



## *"A Celebration of Public Schools in the Nambucca Valley"*

*OVER 500 PERFORMERS! COME CELEBRATE THE WEALTH OF TALENT IN OUR VALLEY!*

Date: Thursday April 11th 2013  
Time: 6.30pm  
Venue: Nambucca Heads High School  
Ticket: Available at the door  
Price: \$10 per Adult  
\$5 per child 17 yrs and under





## Year 7 - Yarrahapinni Excursion

Our first adventure off the school premises has been a terrific success! Monday 18th and Tuesday 19th of March saw 90 of our Year 7 cohort attend the team-building excursion at Yarrahapinni Adventist Youth Centre. Students were organised into groups that offered them the chance to work with other students in Year 7 not just their usual classmates. Mrs Robertson spent the first day supervising the flying-fox and the second day working with Ms Gander, the school councillor doing a range of personal development and group bonding activities. Mr Shannon also offered personal development sessions on the first day which were enjoyed by the groups, particularly the one involving the extra large beach-ball.

Mrs Gilliland and Ms Urquhart had an exciting time watching the students participate in the horizontal-bungee. They were suitably amazed at the daring exploits of the students to dodge the dreaded spike balls. Ms Cooper kept a careful watch over the waterslide which seemed to be a popular activity for all of the groups. Another great opportunity for the students to really throw themselves into the concept of group bonding was provided by beach activities. Mr Mason, Mr Werner and Mr Blair were really impressed with the students enthusiasm and cooperation demonstrated in the team building activities they involved themselves in on the beach.

Probably the most difficult activity was the senior challenge course. The students were under the care of Mr Stacey and I think he is probably the one responsible for all of the dirty knees and mud stained clothes. However, a very positive experience for all of the students with many wishing that they could have longer at this activity.

Special thanks to Mrs Howle our Community Engagement Officer for her photographic and catering assistance. Mrs Baxter a kind parent, also did a great job cooking the BBQ for the second day. Thanks to two Year 10 helpers, Mikaela Robertson and Kaycee Jeffery, their effort and assistance running messages and carting equipment including our food supplies was greatly appreciated. Thanks also to Mr Sippos for taking over the supervision of the flying-fox on the second day. We must also thank the staff at the Yarrahapinni Youth Centre, the facilities are excellent and the staff made sure our two days ran like clock-work.

Thank you to the Year 7 parents for supporting this excursion. Finally, I'd like to commend all of the students on their excellent behaviour and thank them for their happy smiles because for me, seeing their obvious enjoyment made the experience worthwhile.

Mrs Robertson  
Year 7, Year Adviser

*(More photos are available at our school website)*









## MUM, POP, ABBA, 31.1.13

If I asked you what do all these expressions have in common no doubt you would say each of these is a palindrome, that is, a number or expression which can be read the same backwards as forwards.

In Year 7 Maths I gave my class an exercise involving palindromes. They were given a 2 digit number and had to make it into a palindrome.

Say we started with	27
Reverse the digits	72
Add the numbers	99 a palindrome!
We did this for a series of numbers, e.g.	49
Reverse the digits	94
Add the numbers	143
As this isn't a palindrome repeat the process	341
Add again	484 a palindrome!

Some numbers take more than 2 steps. The number 89 is a favourite of mine. You should try it sometime; it is really good practice in adding, neat writing, setting out and patience.

Whether you start with 89 or 98 makes no difference. To create a palindrome requires 25 steps before finally reaching the answer of

**8813200023188!**

Not many students get this correct with many making transcription or adding errors in the working until along comes Brittany Illistom in 7S. I hadn't "warned" the class about 89, so Brittany started working it out.

I can't remember any student getting the correct answer in 30 years of teaching. Most give up in frustration. Many are gobsmacked when I quietly point out their error in line 10 of 20. It was a real pleasure to check Brittany's solution and I commend her on her diligent effort. Well done!

Moyra Mendham, Maths teacher



**Woolworths  
Earn & Learn  
2013**

Dear Parents,

This year Macksville High School will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths.

From Monday 8<sup>th</sup> April to Sunday 9<sup>th</sup> June, we are collecting Woolworths Earn & Learn Points. You will get one Woolworths Earn & Learn Point for every \$10 spent (excluding liquor, tobacco and gift cards).

Place the Woolworths Earn & Learn Points onto a Woolworths Earn & Learn Points Sheet and when it's complete, the Points Sheet can be dropped into the box available at the Macksville store.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn).

A big thank you to all our families for participating, check out all the great things we received from the last year's promotion, that were divided between the faculties for all our students to share.





## Year 12 - Senior Science

As an Assessment Task in Senior Science, Year 12 students were asked to make a Bio-Medical Device that could be used to fix bone fractures.

Two of the completed works included a timber model by Jessica Key. Jessica devised a way to display the timber model of a hand that could be removed to show the fracture underneath. She chose to use a stainless steel plate and screws to hold the radius or radial bone which is one of the two large bones of the forearm bone back in place after surgery.

Reannon Sorbie had a unique way to display her 3D model, by blowing up glove and covering it in plaster she was able to create a model of a hand. The injury in this case was to the Proximal Phalanges in particular the thumb. She also used stainless steel to create a thin plate and screws that could be used to hold the broken bone together. Both models were made at home and were accompanied by written explanatory notes.

Great job girls!!.



## Good things happening in our school

I would just like to include a **thank you message**.

I had Mr Mark Brazel come to speak to Year 12 Senior Science class about his prosthetic legs (last Friday, 22 March), as the Year 12 are learning about artificial limbs and the products that are used to make them.

Toni Jones  
Science Teacher

Year 7 students from 2012 donated money towards the Fred Hollows foundation. They collected coins in the 2 weeks before Christmas to raise money to enable other students to have eye surgery, a \$25 donation means a person can have their sight restored. It is positive to know that our students can be thoughtful and \$81 was raised.

Well done!!

Lee Gilliland  
Language Teacher



18 February 2013

20110  
Lee Gilliland  
Year 12 Advisor  
Macksville High School  
PO Box 611  
MACKSVILLE NSW 2447

Dear Supporters

This is a record of a recent donation received by The Fred Hollows Foundation - being from Year 7 students in Dec 2012.

Date received: 15/02/2013

Amount: \$81.00

Last year alone, The Fred Hollows Foundation worked with our local partners to:

- Perform 282,714 cataract operations and other eye treatments
- Train 10,757 clinical and support staff
- Build or renovate 50 medical facilities
- Deliver \$2.38 million of equipment for use in developing countries
- Screen the eyes of 1,604,802 people and provide them with eye health support

The Fred Hollows Foundation operates in over 18 countries worldwide including Australia, Cambodia, China, Eritrea, Kenya, Nepal, Pakistan and Vietnam. For as little as \$25 and with a relatively simple operation, sight can be restored.

As a result of your generous support, The Fred Hollows Foundation continues to make a difference the world can see.

If you have any questions do not hesitate to contact me at [eehan@hollows.org](mailto:eehan@hollows.org) or (02) 8741 1982 or visit [www.hollows.org.au](http://www.hollows.org.au) for further information.

Thank you! Best wishes,

Renee Chan  
Public Affairs Coordinator

Macksville High School would like to acknowledge the generous sponsorship of the Nambucca River Tourist Park who provided us with accommodation for a recent visiting Author, Fiona McDonald - (<http://fionamcdonald.blogspot.com.au>)



Ph: 02 6568 1850 Fax: 02 6568 1546

E: [bookings@riverpark.com.au](mailto:bookings@riverpark.com.au)

W: [riverpark.com.au](http://riverpark.com.au)

143 Nursery Rd

Macksville NSW 2447

You can also find us on Pinterest,  
facebook, Instagram & twitter.



# Nambucca River

## TOURIST PARK



*Our golf driving range, birthday parties and kayak hire are all open to the public. Bookings for parties are essential and encouraged when hiring the kayaks. For visiting friends and relatives requiring accommodation we offer a wide range from luxury villas to budget cabins and powered and unpowered caravan and campsites.*



FAMILY RELATIONSHIP SKILLS PROGRAM presents

## Standing Strong

**Getting strong after difficult times.**

Building strengths and dreams



**Mondays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> May, 2013 10am-1pm**

**At Family and Community Information Centre.**

**27 Wallace St, Macksville.**

- Explore what is important to you, what you are passionate about!
- Harness your anger in ways that help you and protect others.
- Look after yourself and reduce stress.

Self Care is a radical act of defiance in the face of past abuse and neglect\*.

Book at Family and Community Information Centre **6568 2305**

Or Cranes **66427257**





## MACKSVILLE HIGH SCHOOL

### BREAKFAST CLUB

K1 (SIDE DOOR)

**MONDAY TUESDAY THURSDAY FRIDAY**

**8.30AM TO 9.00AM**

**CAME ALONG AND HAVE SOME TOAST, OR CEREAL,  
JUICES AS WELL AS WEEKLY SPECIALS.**

**BREAKFAST IS THE MOST IMPORTANT MEAL OF THE  
DAY, SO COME ALONG AND GET A FREE MEAL ON US.**



## CANTEEN ROSTER - APRIL

Monday	01	Easter Monday
Tuesday	02	R Wood
Wednesday	03	HELPER NEEDED
Thursday	04	D Jackson
Friday	05	G Welsh & C Nugent
Monday	08	S Compton
Tuesday	09	HELPER NEEDED
Wednesday	10	T Lavery
Thursday	11	HELPER NEEDED
Friday	12	G Welsh



## EMERGENCY CONTACT DETAILS

PLEASE PHONE THE SCHOOL OFFICE ON 0265681066 TO CHECK, IF YOU THINK WE DO NOT HAVE THE CORRECT EMERGENCY CONTACT DETAILS FOR YOUR STUDENT/S.

## PASSOUT APPLICATIONS

STUDENTS WHO ARE GOING TO BE OUT OF SCHOOL DURING THE DAY NEED A NOTE FROM THEIR PARENT/CARER.

THIS NOTE NEEDS TO INCLUDE THE STUDENTS FIRST & LAST NAME, YEAR GROUP, ROLL GROUP, PARENTS/CARERS CONTACT DETAILS, REASON FOR PASS, DEPARTURE TIME AND RETURN TIME. IT MUST BE SIGNED AND DATED.

## For Sale

MACKSVILLE HIGH SCHOOL 16 GIG THUMB DRIVES  
ONLY \$15.00. SEE DESLIE HOWE.

## CANTEEN HELPERS NEEDED

CAN YOU SPARE A FEW HOURS BETWEEN 9.00AM – 2.00PM ONCE A FORTNIGHT, MONTHLY OR EVEN OCCASIONALLY WHEN NEEDED (LUNCH WILL BE PROVIDED).

CANTEEN VOLUNTEERS ARE GIVEN A \$7 VOUCHER PER CHILD/GRANDCHILD WHENEVER THEY VOLUNTEER TO BE VALID FOR THAT DAY.

IF YOU CAN HELP OUT PLEASE DO NOT HESITATE TO CONTACT ROZ IN THE CANTEEN ON 65681066.

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