

# NEWSLETTER

## TERM 3 ISSUE 8 - OCTOBER 2015

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### OPEN GIRLS' FINALS NETBALL ADVENTURE



From left: Mikaela Donovan, Jess Seymour, Georgia Craven, Katelyn Seymour, Shenay Blanch, Brooke Chapman, Peta Salter, Matiese Trisley, Emily Hall and Laura Cooper.

After skilfully defeating Nambucca High and Coffs Harbour High in round 3 and 4 of the CHS open girls' netball competition, Macksville High became joint North Coast champions alongside Tweed River High.

As a result, both teams qualified to represent North Coast in the state finals held in Wollongong in September. The competition was fierce and the girls were up against opponents much older, bigger and more experienced although holding their own the entire time. After day 1, MHS had won 3 out of 7 matches, leaving us 5<sup>th</sup> out of 8 teams in our pool. Consequently, on day 2 we were playing off for 9<sup>th</sup>-16<sup>th</sup> place. A win and 2 losses left Macksville High ranked 12<sup>th</sup> in NSW, an achievement certainly to be proud.

Congratulations to Captain Brooke Chapman who achieved the highest goal shooting results throughout the 2 days in game 7 at 93% accuracy. Overall Brooke shot at 73% and should be very pleased with her contributions as a representative of Macksville High School. As it is Brooke's last year with us, the team would like to wish her good luck in her future endeavours and acknowledge her commitment to MHS netball.

**Laura Cooper**



Above: Brooke Chapman

### OPEN GIRLS STATE NETBALL FINAL RESULTS FOR MHS

#### Day 1

Game 1	MHS vs Northn. Beaches Sec. College	29-13 NBSC
Game 2	MHS vs The Hills Sports High Sch.	17-7 THSHS
Game 3	MHS vs Elderslie High School	25-10 EHS
Game 4	MHS vs Endeavour Sports High Sch.	22-13 ESHS
Game 5	MHS vs Callaghan College	<b>23-18 MHS</b>
Game 6	MHS vs Dubbo College	<b>24-18 MHS</b>
Game 7	MHS vs Inverell High School	<b>28-24 MHS</b>

#### Day 2

Game 8	MHS vs Figtree High School	<b>18-14 MHS</b>
Game 9	MHS vs Castle Hill High School	25-15 CHHS
11 <sup>th</sup> /12 <sup>th</sup> play off	MHS vs Callaghan College	22-18 CC

## FROM OUR PRINCIPAL

Dear Parents and Community,

Welcome back to the final term of 2015 - it's great to be back at school and seeing positive attitude and learning happening around the school. Year 12 have commenced their Higher School Certificate examinations, and on behalf of our school community we wish them the very best for personal success.

Congratulations to the following students who were elected as our school leaders for the 2016 school year: Our Captains: Elizabeth Argue and Trent Stack; Our Vice Captains: Georgia Craven and Tannah Bradshaw. They will be inducted at an Assembly during week 5.

Very special congratulations to Harry Mitchell who has just been awarded the HVTC Traineeship of the year award. Harry was the finalist from the North Coast, and he is now the Trainee of the Year for NSW. Harry has been completing his traineeship with Nambucca Valley Care whilst also completing his HSC. We appreciate the support Nambucca Valley Care have given Harry.

Congratulations also to Lawrence Vernon who has made the National team to compete in Javelin. He will compete in Melbourne later in the year and we wish him every success.

We are well and truly into our planning processes for 2016, including a number of transition activities for the incoming year 7, and more activities will continue throughout the term. I will also be having planning meetings with key teams across the school to continue our focus on quality teaching and learning at Macksville High.

At this time of year there are many of us who suffer from hay fever and asthma. Please be aware of the important health issue of asthma and in particular one of the triggers, aerosol deodorant sprays. We have had a number of asthma attacks recently, and this means time away from school for those affected. Aerosols are banned at school. Students can use a roll on deodorant if needed.

Attendance at school during term 4 has seen a decrease in previous years. It is essential that students attend and remain focused in class to prepare fully for the assessment tasks and exams ahead. I seek your assistance in ensuring that your child attends school every day, unless they have a valid reason such as illness. The school year doesn't end until 16<sup>th</sup> December and all students are required to attend up until this date. All Head Teachers will be outlining the program of work for junior students till the end of the year. English and Maths are included in this newsletter. It is the legal responsibility of parents/caregivers to explain in writing your child's absence(s) from school promptly and within 7 school days, and that the reason is valid, such as illness. To assist with this process you should receive an SMS message to inform you when your child is absent. Responding to the SMS is a convenient way to meet this requirement.

**Erica Lyne**  
Principal

## SCHOOL LOCKERS

**We now have a number of school lockers available for hire.**

***"have your own special place to keep all your belongings safe and secure"***

**The 12 month hiring fee is \$40 per year, plus a \$20 refundable deposit. Please contact the school on 65681066 or call into the front office for more information.**

## 2015 MATHEMATICS EXAMS

Students across years 7 -10 will be completing examinations in Mathematics during Week 5 or 6 of Term 4. All classes have been advised what topics will be examined, and the length of each exam. The scope and sequence of topics studied is based on work being completed over 40 weeks.

### EXAM DETAILS:

Years 7 and 8 will sit their exams in a classroom over 2 periods on different days during Week 6. The first exam will be a common paper worth 50 marks. A practice exam paper has been given to students so they can familiarise themselves with the setting out, types of questions and length of the paper. They will sit a second paper based on course work suitable to their level of maths studied. The length of this paper will depend on whether the student is studying Advanced maths or a lower level.

Years 9 and 10 study maths at three different levels. Advanced (Stage 5.3) maths is studied by 9M1 and 10M1, Intermediate (Stage 5.2) is studied by 9M2 and 9M3 and 10 M2 and 10M3 while General maths is studied by 9M4 and 10M4. There are common questions across each of the three levels but the majority of each paper is based on course work. Years 9 and 10 will complete their one and a half hour yearly examination in the stadium; Year 10 during Week 5 and Year 9 during Week 6.

Individual teachers have ensured each class is given revision appropriate to the level of maths being studied. Work is revised during class but individual study at home is also expected.

### POST EXAM

Approximately 3 compulsory topics still need to be completed by each class after the exams are finished. As a result attendance in all classes is vital to success in the following year.

### TOPICS

Year 7: Circles, Percentages and Graphs

Year 8: Statistics and Probability

Year 9M1: Statistics, Area and Surface Area 9M2 and 9M3: Statistics and Probability

Year 9M4: Trigonometry and Probability

10M1, 10M2, 10M3: Properties of Geometrical Figures, Preparation for Year 11 Mathematics

10M4: Statistics, Preparation for Year 11

Should you have any questions please do not hesitate to contact me.

*Moyra Mendham*

Head Teacher Mathematics

## CALENDAR DATES

### OCTOBER

26 – Nov. 4

HSC exams continue

26 - 30

Yr 12 Work Placement – Taree TAFE

27

**P & C Meeting** 6.30pm in Hospitality room – all welcome

### NOVEMBER

2 - 6

**Yr 10 Exams** in Stadium

5 - 6

Science in the Bush excursion – Armidale

5

Yr12 Formal at Macksville Ex-Services Club

9 – 13

Yr 11 Work Placement – Taree TAFE

9 – 13

**Yrs 7, 8 & 9 Exams**

9 – 20

Yr 10 Swim & Survive – Macksville Pool

11

Remembrance Day – whole school assembly

16 - 17

Yr 8 VALID Day 1, Day 2

23 – 27

Yr 10 Excursion

24

Yr 6-7 2016 Parent Information Evening

24

**P & C Meeting** 6.30pm in Hospitality room – all welcome

### DECEMBER

3

Yr 6-7 2016 **Orientation Day**

8

**Presentation Day** assembly in Stadium 10am

**Dates  
for  
your  
diary**



## BIG BANANA MERIT EXCURSION



On Monday 14th September, students from years 7-10 who had reached either 4 or 5 Star Merit level enjoyed a day at the Big Banana as their reward for term 3. Students enjoyed games of Laser Tag, Mini Golf and Tobogganing. We then had Pizza for lunch and finished the afternoon with Ice Skating.

It was a pleasure for their Year Advisors to take a great group of students out of the school for an enjoyable day. I would like to thank Mrs Melissa Robertson for organising all of the activities and making the day a success.

**Mrs Toni Jones Year 8 Advisor**



## HIGH HOPES FOR BUDDING ATHLETE

.....It was a tight competition as Lawrence's throw was 51.95m which was only 1.5m behind the Gold result.....



NSW All Schools Track & Field Championship in student, Lawrence Vernon finished as silver medallist Javelin Throw.

represent the State at the National Titles in December. Congratulations to Lawrence on his fantastic results.



## YEAR 12 INDUSTRIAL TECHNOLOGY TIMBER 2015



Congratulations to all the young men in my Year 12 Industrial Technology Timber class for completing their original pieces of furniture by the due date. A lot of extra time was put in out of class in order to have their projects finished on time.

They can all be proud of their efforts and I am sure each will enjoy many years of use from their projects.

**David Sheridan**





## YOUNG PEOPLE AND RISK TAKING

Risk-taking is an essential part of learning and personal development for young people. Teenagers need to explore their own limits and abilities, as well as boundaries set by adults. They also need to express themselves as individuals. It's all part of their path to becoming independent young adults, with their own identities<sup>1</sup>. Unfortunately, the risk involved in different activities and settings can often be poorly judged by young people and they are over represented in every category of risk taking resulting in injury and trauma. For more information about the different types of risks for young people, see:

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/risk-taking.php> .

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst year 11 students in the North and Mid North Coast of NSW. Attending RRISK extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to further develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies<sup>2</sup>.

Over 4,500 students from more than 52 high schools from Port Macquarie to Tweed Heads have registered to attend one of 10 RRISK Seminars. If you have a year 11 student in your family, encourage them to attend.

### RRISK seminar dates 2015

<b>Port Macquarie</b>	Panthers Auditorium	5 and 6 November
<b>Coffs Harbour</b>	Southern Cross University	19 and 20 November
<b>Kempsey</b>	Melville High Community Hal I	3 November
<b>Lismore</b>	Southern Cross University	12, 13 and 16 November
<b>Murwillumbah:</b>	Seventh Day Adventist Church	24 and 25 November

### Research shows that RRISK is effective in reducing young driver crashes by 44%<sup>3</sup>

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. Researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website [www.rrisk.com.au](http://www.rrisk.com.au) and in this newsletter over the coming weeks.

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<sup>1</sup> [http://raisingchildren.net.au/articles/risktaking\\_teenagers.html](http://raisingchildren.net.au/articles/risktaking_teenagers.html)

<sup>2</sup> <http://www.ncbi.nlm.nih.gov/pubmed/16635759>

<sup>3</sup> <http://www.youngdriverfactbase.com/media/young-drivers-have-40-reduced-risk-of-crash-due-to-school-driver-education-program/>



## MIKAELA BARTLETT YR12 ATTENDS UNIVERSITY WINTER SCHOOL



During the winter school holidays I attended the University of New South Wales Winter School Program. The UNSW Winter School is a fully supervised, week-long residential program designed to provide Indigenous students in years 10, 11 and 12 with an opportunity to experience university life. 100 students attended winter school and were introduced to tertiary studies in an area of their choice whilst also participating in university life with fellow Indigenous students from around the country.

The Winter School assisted me in identifying the path of interest, in turn clarifying the subject areas required for further study in the field of science. The one-week program combined expertise from the faculty, university and industry for an all-round comprehensive and unique experience. The program also aimed to nurture the leadership, growth and development of all participants with a comprehensive, fun and engaging program of activities. Subject areas offered for the 2015

camp were: Built Environment (including Architecture, Construction), Business, Education, Engineering, Indigenous Studies, Law, Medicine, Performing Arts, Science, Social Work and Visual Arts. I chose Science as I knew this was the field I wish to further study at university.



Winter school was a fantastic experience where I met like-minded Indigenous students from all over the country, these moments I will remember for a long time and cherish with friends I will keep forever.

**By Mikaela Bartlett Yr12**

## HUMAN BODY DISSECTIONS

In Year 8 Science, students studied the topic “Human Body” during term 3. An article has been written by students in 8 Science 1 discussing their experience.

### THE PLUCK

During term 3 we carried out a number of dissections. 8.1 and 8.5 Science combined to investigate the insides of a young cow, otherwise known as a pluck.

We discovered and learnt about parts of the body such as the gall bladder, liver, heart, trachea and many more. Our aim was to observe and identify the organs in a calf's pluck and see how every part of the body is connected to every other part in some way.

One of our teachers, Mr Smith, stuck plastic tubing down the oesophagus. We watched and felt how the lungs expanded due to the air filling the soft pink tissue.

### THE HEART

We then began looking at specific organs and their features and functions. During week 2 we also dissected either a sheep or cow's heart. While doing this we learnt about the left and right atrium and the left and right ventricle as well as the many different arteries and veins. We connected the pulmonary artery to a tap and the heart filled up with water. It was really cool. When we cut down the side of the heart and saw it open, it was great because in the sheep's heart we could see all the muscle and there was a large tube kind of thing going through it. When we cut open the cow's heart we could see some thin, white, string-like things. We think they were part of the valve. There was a really big difference in size of the hearts. The sheep heart would have been about the size of a young child's fist, however, the cow heart would have been smaller than an average sized head.

We learned many things from our dissections and would recommend doing them to other students.

***By Millie and Sarah.***

## YOUTH FRONTIERS

Youth Frontiers is an electorate based program that targets Year 8 and 9 students with the capacity to benefit from youth mentoring that focuses on leadership and civic engagement. The program gives mentees an opportunity to build life skills and self-confidence by working collaboratively with their mentors and stakeholders to undertake a community project that makes a positive difference in their local community. The Showcase is at the Nambucca Heads RSL on November 13, 4-5pm. RSVP to Toni Jones, 65681066 if you are intending to attend this event.

### **“Gardening for Greatness” by Cassandra Ferris**

My mentor and I have come up with the idea to create an indigenous veggie garden located at Frank Partridge VC public school. The point of my project is to teach kids the importance of knowing how to grow vegetables and also learn about bush tucker foods in this area. To start my project I am going to have a guest speaker talk to the kids about native vegetables and how to grow them. Over the series of time I will be taking pictures and documenting progress to present at our last connect group.



### **“Stereotypes” by Ayla Allan**

With the Youth Frontiers program we are working to do a certain project that will work towards making the community better and safer for people affected by the topic you choose.

In Youth Frontiers I have chosen the topic stereotypes for the reason that I get affected by this all the time and I hate what it does to people and how it makes them feel. Stereotyping is where someone judges what someone does or looks like, or even the people they hang out with, so for Youth Frontiers I will be trying to work towards stopping people stereotyping - it's going to be a hard task but I believe I can do it.

So I will be setting an afternoon of fun for anyone who would like to join in – we will be playing games, having lunch and creating a survey on stereotyping to see the effects on stereotyping in the school.



## ROTARY CLUB



*RyMarine dinner – October 10 – members of the Coffs Harbour Rotary Club plus students after their Presentation. Photos taken from Rotary Club of Coffs Harbour facebook page*

I was selected to attend RyMarine at Coffs Harbour in October. My place was partially sponsored by Macksville Rotary Club with a generous contribution of 250 dollars towards my camp costs. At the camp I was joined by 13 other students from other schools including Port Macquarie, Coffs Harbour, Tamworth, Grafton, Armidale and Walcha.

On Thursday afternoon the 8<sup>th</sup> of October, I arrived at YHA at Coffs Harbour we met everybody, we got information about the camp and had a BBQ dinner. We then went to the National Marine Science centre where we did a flathead dissection and learnt about fish and shark morphology.

The next day we spent at Sawtell observing seabirds with Stephen Saule a marine biologist. We then headed to the Marina at Coffs Harbour where we met with researchers from Fisheries and the Marine Police. We then headed to Bongil Bongil national park where we spent the afternoon canoeing in the estuary and observing the seven different species of mangroves. That night we went over to Mutton Bird islands to observe Mutton bird finding mates and their nests.

On Saturday we headed back to the NMSC where we observed the reproduction and growth of sea urchins. We then observed the various fish and other organisms in the aquarium. We then headed to Dolphin Marine magic where we watched the seal and dolphin show. I was lucky enough to throw the ring to the seal and I got a kiss from a dolphin and a wet cuddle from the seal. We then had a fitting for our wetsuits for our boat trip on Sunday. That night we headed to dinner at the Coffs Harbour Golf Club where we met a scientist who built a deep sea submarine featured in the documentary 'Deep Sea Challenge'

On Sunday we headed to the Marina where we went out on a dive boat to the Split Solitary islands. We snorkelled in our wetsuits and saw lots of marine life including lobsters, a sea snake, a manta- ray and schools of fish. We then went further out and saw some whales. That afternoon we went to the Marine Rescue headquarters and saw lots of their equipment and technological advances that they use to locate and rescue people. It was then time to head home to get some rest before returning to school on Monday.

I would like to thank Coffs Harbour Daybreak Rotary for running the camp, Macksville Rotary for sponsorship, mum and dad for paying for the camp and Mrs Conway for helping me with my application and this report. I would recommend other students to apply to attend this camp in future years as it is great fun and educational and makes me want to study Marine Science in the future.

**Nicholas Willer - Year 9 MHS**

# ENGLISH

## Macksville High School Year 7, 8 and 9 Yearly Core Exams Timetable

	Week 5		Week 6				
Period	Thursday 5/11/15 D4	Friday 6/11/15 D5	Monday 9/11/15 D6	Tuesday 10/11/15 D7	Wednesday 11/11/15 D8	Thursday 12/11/15 D9	Friday 13/11/15 D10
1				8.4, 8.5 English		8.4, 8.5 English	
2					7 S English		
RECESS			RECESS	RECESS	RECESS	RECESS	RECESS
3	8.1, 8.2, 8.3 English		9 English in the stadium				
4					7 H English		
LUNCH			LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
5			Normal classes	Normal classes	SPORT	7 M English	
6	Normal classes	Normal classes	Normal classes			Normal classes	Normal classes



After the examination period students will be continuing with relevant and meaningful learning. These units have been devised as special interest projects that will cover key skills that are essential for learning in the following year. Each unit will cover a variety of text types and focus on elements of writing and grammar. The students will be required to complete in class tasks as well as the creation of texts that will be marked. This is fundamental and important learning and we look forward to teaching your child in term

<b>Term 4</b>	<b>UNIT</b>	<b>OUTCOMES</b>	<b>Skill focus</b>	<b>Text type</b>
<b>Year 7</b>	<p><b>Environmental Sustainability</b></p> <p>This unit will look at the concept of sustainability in modern society. Students will explore a focus area, investigating the cause and effect of environmental issues and how they are explored through a range of medians. This will involve the creation of a collection of writing.</p> <p>Focus: Discussing environmental change in society</p>	EN4-1A EN4-2A, EN4-3B EN4-4B, EN4-5C EN47D EN4-8D	Opinion writing, discussion, evaluation of sources, analysis of resources. Factual writing.	Films, documentaries, magazines, picture books, newspapers, blogs, websites.
<b>Year 8</b>	<p><b>Narrative; Digital Narrative Literacy.</b></p> <p>Students will learn and use a variety of technologies to create a book trailer that reflects the narrative structure of a text. Students will also become immersed in relevant literacy, with a focus on punctuation and grammar.</p> <p>Focus: Extending writing skills in increasingly challenging ways.</p>	EN4-4B, EN4-5C, EN4-6C, EN4-7D, EN4-9E	Express ideas, shaping meaning, imagery, accuracy, clarity, coherence, creating film, editing, sound tracks, special effects.	Advertising, Script, Picture books, Radio, Television, ICT, meaningful images.
<b>Year 9</b>	<p><b>Special interest unit; Mass Media</b></p> <p>Students will investigate how the media shapes our understanding of the world around us. They will look at the variety of ways that reporting the news has changed and how report writing is different in various medians.</p> <p>Focus: Comparisons of media.</p>	EN5-1A, EN5-2A EN5-3B, EN5-4B, EN5-5C, EN5-6C	Layout and design, analysing visual images, colour, tone, representing meaning, report writing, use of factual language, fact vs fiction.	Web pages, social media, newspapers, current affairs, blogs, magazines, online news reporting.

## SCIENCE UPDATE

Our outgoing Year 12 students are completing their HSC examination, I would like to thank my Year 12 teachers for the extra tutoring they have provided their classes outside normal lesson time to improve their understanding and exam performance. We are hoping all our Year 12 student achieve their best and are successful and happy after school whatever they choose to do.

Our incoming Year 12 students have started their first topic for their HSC. All Science courses will have an assessment task to complete this term. Biology students have already been issued with their task to design and perform a controlled experiment on enzymes. All work studied this term will be examined in their HSC examination in 2016.

Year 10 students will have their Yearly science examination in Week 5 of this term. The examination will cover the five topics studied this year, Genetics, Motion, Chemistry, Waves and Ecology. After their exams classes will be studying a topic about Earth spheres looking at human effects on global systems. This will allow them to develop skills in locating and interpreting information and extended writing which will be useful for all students before starting senior school.

Year 9 students have completed a practical assessment of their skills in Chemistry this week in their class. Their yearly examination in Week 6 will be 80 minutes long and will cover all five topics studied this year Atomic theory and Radioactivity, Human body systems and disease, Chemistry, Electricity and the Changing Earth. Next week classes will be starting their final topic for the year on Astronomy and will be studying the big bang theory and the life cycles of stars. Students will develop skills in locating and interpreting information and presenting information to an audience.

Year 8 students have completed a practical assessment on Energy this week. They will be starting a new topic on 'cycles in nature' studying the water cycle, food chains and food web and the effects of bushfire and drought on Australian ecosystems. Their yearly examination will be in week 6 in class and will cover all five topics studied this year Plants, Energy, Human Body, Elements, Compounds and Mixtures and the Solar System.

Year 7 students have completed a practical assessment task in Science this week on using a light microscope. They will be starting their final topic for the year which is The Earth which will learn to write descriptions of geological samples and processes. Their yearly examination will be in class in week 6 and will examine the five topics studied this year Classification, Forces, Separating Substances, Matter and Measurement and Cells.

Students must ensure they bring a pen, pencil, ruler and calculator to all science examinations. Year 9 and 10 examinations are in the stadium for 80 minutes and will consist of 20 multiple choice, 20 single word answers and 40 marks of questions which may include constructing graphing or tables, labelling diagrams, writing procedures or explanations.

Year 7 and 8 examinations are in class for 40 minutes and consist of 10 multiple choice worth 1 mark each and then longer answer questions which may include constructing graphing or tables, labelling diagrams, writing procedures or explanations.

***Jenny Conway, Head Teacher Science***



# INVITATION TO PARENTS/CARERS TO ATTEND FORUM

The Federation of Parents and Citizens  
Associations of NSW



## We would like to Cordially invite you to Attend our “Increasing Parent and Community Engagement “ Mid North Coast Forum—Taree

### **Purpose**

To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their future.

**When:** Saturday 7th November 2015

**Where:** Chatham High School  
Davis St, T  
Taree NSW 2430

**Registration From:** 1.30pm

**Time:** 2.00pm – 4pm



### **Further information**

This invitation extends to P&C Associations, members, community members as well as school community members.

Please take this opportunity to meet your P&C Federation Councillor, hear our guest speakers and most importantly have a chat and join in the discussion groups

### **Guest Speakers**

- Local MP Mr Stephen Bromhead member for Myall Lakes
- Mr Mark Youngblutt—Director - Department of Education (DoE)

### **Group Discussions**

- Q&A sessions
- There will be opportunities for attendees to participate in discussions.
- Ask a question or have a chat with P&C Federation staff.

Light refreshments and afternoon tea provided

TO REGISTER FOR THIS FORUM PLEASE LOG ON TO:

<http://pandc.org.au/index.php/forumrego>

REGISTRATIONS CLOSE NOVEMBER 5 2015

# SKATE DEMOS, COMPETITIONS & LEARN TO SKATE

## MACKSVILLE PARK FUN AND FITNESS OFFICIAL OPENING AND NAMBUCCA RIVER FESTIVAL

Everyone's invited to join in the fun when Macksville Park Fun and Fitness is officially opened with special skate demos and competitions at Macksville Skate Park on Saturday 28 November.

The event begins at 9.30am at the skate park, with pro skaters showing off their moves. Bring your own skateboard or scooter to have a go in the competitions or get a free lesson throughout the morning. The events are suitable for kids of all ages.

Nambucca Shire Council and the NSW government have funded the skate park and other works in Macksville Park, including lighting for the touch football fields, a community recreation room at the Macksville Memorial Aquatic Centre and fitness trails throughout the park. For more information closer to the day, see Council's website at [www.nambucca.nsw.gov.au](http://www.nambucca.nsw.gov.au)

In the late morning, the Nambucca River Festival kicks off with events on the Nambucca River and on the foreshore. Music, food, and festivities will continue throughout the weekend. For more information on the Festival, go to [www.nambuccariverfestival.com.au](http://www.nambuccariverfestival.com.au)



## FAMILY RELATIONSHIP SKILLS PROGRAM

Free Workshops for Parents held in October, November and December

- Day courses—9.30am to 12.30pm-evening course—6.30pm to 8.30pm
- Bookings essential and free childcare available
- For details or to register contact the FRSP team at CRANES on
- 6642 7257 or email [admin@cranes.org.au](mailto:admin@cranes.org.au)
- Full course calendar available at [www.cranes.org.au](http://www.cranes.org.au)



### IMPORTANT NOTICE FOR STUDENTS

Reminder: Students need to purchase a USB or other storage device to save their computer work. Some of the laptops do not have access to the student drives and students are unable to save their work.

MHS USB's \$15.00 for 18gigs



## WHOOPING COUGH INFORMATION FOR SCHOOLS

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.



- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx).

NSW Health website:

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx>

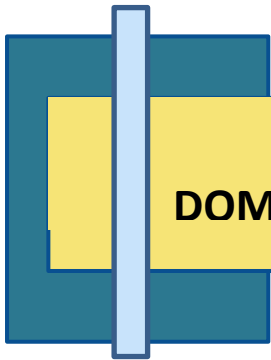
## COMMUNITY ANNOUNCEMENTS

### **PORT MACQUARIE TRIATHLON CLUB:** Camden Haven Triathlon Festival

*Saturday November 21<sup>st</sup>:* 1km ocean swim -12pm (15 y/o and over), LUSC junior aquathlon (6-10 yr olds) and triathlon (11-15 yr old) – from 1pm – a bike to be won as a random prize.

*Sunday November 22<sup>nd</sup>:* 7am start. Enriched Health Care senior triathlon – 600m swim/28 bike/6.5km run. Over \$3000 combined in prize money and random draw prizes.

Entry Forms and fees visit [www.portmactriclub.com.au](http://www.portmactriclub.com.au) or contact Nathan Pensini on 0402068186



## NAMBUCCA VALLEY AGAINST DOMESTIC/FAMILY VIOLENCE COMMITTEE

C/- P O Box 617, Macksville NSW 2447  
Email: [denise@namfss.com.au](mailto:denise@namfss.com.au)

8 September, 2015

The Nambucca Valley Against Domestic and Family Violence Committee is organising a Children's Art Competition for works on paper/cardboard, in acknowledgement of Child Protection Week. The subject for the competition is "Keeping Children Safe in Nambucca Valley. I am writing to invite the students at your school to participate.

Details of the conditions of entry are on the attached Entry Form. Prizes will include an Android Tablet for each of the three sections of the competition. Prizes have been kindly sponsored by Betta Electrical. Entries close on 6 November, 2015, with the winners announced on White Ribbon Day, 25 November, 2015. Entry conditions and forms are available from the following websites:

[www.nambucca.nsw.gov.au](http://www.nambucca.nsw.gov.au); [www.nvcq.com.au](http://www.nvcq.com.au); [www.lifetimeconnect.com.au](http://www.lifetimeconnect.com.au)

Entries will be displayed following White Ribbon Day at a number of venues around the Valley.

***More information and application form available at school office***



### **PLAYING SPORT THIS SUMMER:** Indoor Hockey Recruiting Juniors NOW!

Make new friends, fun, fast, safe, learn new skills, midweek games for boys & girls

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Visit [www.facebook.com/pages/Hockey-Coffs-Coast](https://www.facebook.com/pages/Hockey-Coffs-Coast)



### **GT FALCON VALLA WEEKEND SHOW AND SHINE**

The 33<sup>rd</sup> Annual Falcon GT Combined Car Club Cruise – Saturday October 31 2015

New location Nambucca RSL Club, Nelson Street, Nambucca Heads. Watch them cruise down the Pacific Highway from Valla Beach Tourist Park from 8am. Cars on display from 9am-12pm Falcon GT Car Club of Newcastle would like to thank all their sponsors for their support.