

# NEWSLETTER

## TERM 4 ISSUE 9 - NOVEMBER 2015

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### MHS CATTLE TEAM TRIUMPHS AT NORTH COAST NATIONALS



Top row: Angus Johnson, David Styles, Tylor Ballard, Mark Nash, John Panaguiton.  
Bottom row: Mr Argent, Elouise Ennis, Katie Cooper, Megan Williams and Wes Styles



At left: David Styles, Wes Styles and Katie Cooper



In week 3 of term 4, the Macksville high cattle team took part in the Lismore North Coast National Show, which was a 4 day cattle show.

The first day was Wednesday 21<sup>st</sup> of October. We all left Macksville High School at 8:30am on Wednesday morning and arrived at Lismore Showgrounds around lunch time. Once there we unloaded the 3 steers we had showing, set up the stalls and setup our camping spot area at the show ground.

Later that afternoon, Katie and Elouise headed into town with Mr Argent and Tony to get supplies for the 4 days of our stay. On Thursday 22<sup>nd</sup>, we had a busy day starting at 5:30 am. Elouise Ennis, Megan Williams and Katie Cooper did the morning shift where they had to bring the steers out, give them water and clean them up to be washed. Tylor Ballard Angus Johnson, David Styles and John Panaguiton all came over at 7:30 to watch the cattle. At 9:00 there was a Youth Education seminar where 4 different speakers from the Generation AG Society spoke to us about the Agricultural industry giving us tips on cattle judging, public speaking and preparing steers for parading. After the youth talk, we collected the steers to weigh them. Tylor, JD, David, Angus, Wesley Styles and Mark then washed the steers. Meanwhile, Elouise cleaned the beds up where the cattle were laying for the night. Katie and Megan blow-dried the steers and prepped them to be shown. Wezz, Katie and Megan then went to get dressed up to lead them in their classes. During the classes, a huge storm brewed up over Lismore causing the official to delay the rest of the classes until the storm passed. Later on that night the steers were auctioned off to butchers.

Friday 23<sup>rd</sup> was a pretty easy going day as we had no events on, but later on that night, a Young Farmers Challenge was held. There were at least 20 other competitors. The group from our school were BOOFHEADS UNITED and was made up of Tylor, Mark, Josh and Sarah. Sarah was from McCarthy High School. Another was TERRY'S TERRORS which had Wezz, Angus, JD and David in it and the last group was called TERRY'S GALOOTs with Megan, Katie and Elouise.

The challenge was made up of a number of events. We had to run a hay bale to the other side of the arena, and then 3 people had to hold a pipe up with lots of holes in it filling it with water, and then build a dog house. After that we all had to put an electric fence post in a line and we all had to run a tire through it, catch frankfurts and run back to the dog house to feed the dog, run the hay bale back to the start and the last game was to crack a whip. Terry's Galoots were way ahead of all the teams!!



After everyone had a go at it they announced the winner of the North Coast National Young Farmers Challenge 2015. Everyone was in a line waiting to hear who had won. Ellie from Generation AG said the winners are "TERRY's GALOOTS"!!! Us!!! We were an all-girls team who had just smashed the boys!!! They weren't too happy to have lost to an all-girls team. We received trophies and some prize money, so we decided to head off onto some rides.

Saturday 24<sup>th</sup> the final day. It's always an unhappy day because that's the day we have to pack up and go home! But firstly the junior paraders' had to lead for other cattle exhibitors. We weren't so lucky in this event, but there's always next year!! The over judge was amazed with Macksville High's team speech, which was made up of 3 students, Wezz, Katie and Mark. All 3 students spoke well and did the Macksville High School Cattle Team proud!

Unfortunately, we didn't come first in the Schools' events but we soldiered on and took home second place!!

Finally, the announcement of the Best Steer Carcass, where we took home first and third place and received ribbons and trophy. This was a tremendous effort to have won when you consider that there were at least 70 other steers competing for the best carcass.

A massive shout out goes to Tony Styles, Jayne Cooper and Ken Whalen for helping us all out over the 4 days we were away.

Thank you to Terry Argent on behalf of Megan, Katie, Elouise, Wezz, Tylor, Mark, Angus, JD and David for giving us the opportunity to attend the North Coast Nationals and doing the Macksville High School Cattle Team proud!!

***From Macksville High Cattle Team 2015***

## CALENDAR DATES

### NOVEMBER

16-20

Yr10 Swim & Survive – Macksville Pool

23-27

Yr10 Excursion – Qld.

### DECEMBER

3

Year 6 into Year 7 2016 Orientation Day

3

Qld. Uni trip – Brisbane

7

Year Assemblies -

8

**Presentation Day Assembly – Stadium 10am**

8

P & C Christmas dinner 6.30pm

11

Gold Level Excursion – Dreamworld & Waterworld

16

Last day school for students 2015

17-18

Staff Development days

**Dates  
for  
your  
diary**



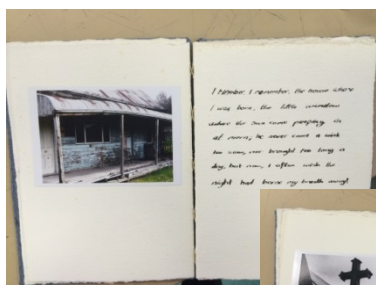
## YEAR 12 HSC VISUAL ARTS

On the 26<sup>th</sup> of October an HSC Art Exhibition was held in Macksville High School's hall. The HSC markers had marked the student's artwork in the morning so it was a great opportunity to view and share people's thoughts of the fantastic artwork that 2015 Year 12 students produced. Congratulations Year 12 Visual Arts, all the best for your exams.

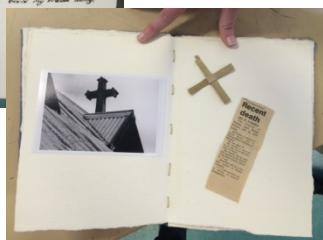
**Miss K Hardingham**



Above: **"The Contradistinction of a Secluded Identity"** by Yasmine Hillery



At left: **"In Memory of the Past"** by Kymara Runchel-Fitzsummons



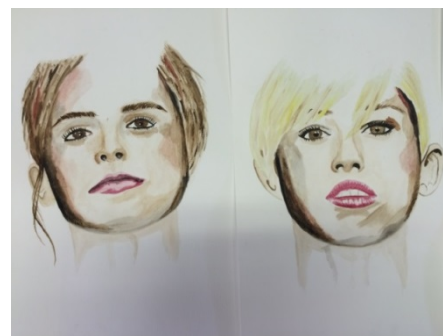
At left: **'One's True Self'** by Inekia Small



At Left & right: **"Seven Flowers that Shaped the World"** by Mikaela Bartlett



At left and left: **"One's True Self"** by Inekia Small



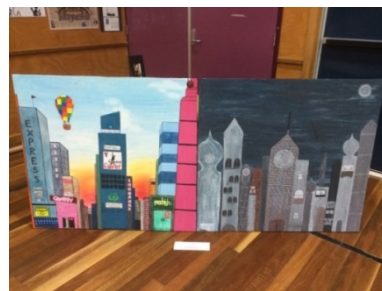
At left: **"Freelance"** By Zahira Gora

.....On October 26  
we had a HSC Art  
Exhibition at Macksville High  
School's Hall.....



Above: **'Political Satire'** by Jordan Leckie

At right: **"In Time"**  
by Kaitlin Halverson



At right: **"The Stars  
are Telling You  
What You Want to  
Hear"**  
by Tegan Hall



## 2016 ELECTED CAPTAINS & VICE CAPTAINS



Introducing our new 2016  
Captains and Vice Captains of Macksville High  
School.

They are from *left to right*:

***Tannah Bradshaw (Vice Captain),  
Trent Stack (Captain),  
Georgia Craven (Vice Captain) and Elizabeth  
Argue (Captain).***

## OPPORTUNITIES KNOCK'S



### ***Graham Returns to MHS***

Having the opportunity to teach scripture from 2006 to 2010 was a real gift.

The decision to step back from the position at the end of 2010 was very difficult. So having the opportunity to return mid way through second term this year was and has been a blessing.

I'm looking forward to 2016. I believe MHS is a special place with many opportunities for the whole school community and I'm thankful for being involved. Merry Christmas, stay safe over the festive season and I'll see you all fresh faced in 2016.

Yours faithfully Graham Laverty, Scripture Teacher

## FROM OUR PRINCIPAL

Dear Parents and Community,

Congratulations to Sophia Coia whose Year 12 major work has been chosen to be exhibited in the Textstyle exhibition at the Stitches and Craft Show in Sydney next year. This is an outstanding achievement and testament to Sophia's talent. Thanks also go to Mrs Cheryl Dunn for her support with all of the textile students this year.

Our Year 7 debating team are the North Coast champions and travel to Sydney soon to compete. This is an outstanding achievement for a young team, who by all accounts work very well together in developing their arguments! We wish them success in Sydney. Our Year 10 NAIDOC debating team are also off to Sydney to compete after winning their debates earlier in the term. Thank you also to the English staff who coach these teams.

Some of our Year 10 students have been supporting Macksville Primary through the swim and survive program. This is an important initiative in helping all students to learn to swim, and I know the help our students are giving is appreciated.

The HSC exams are now completed, and it is the waiting game till results are released in mid- December. The BOSTES presiding officer has commented to me that our students demonstrated exemplary behaviour and courtesy throughout the exams – well done to all. A number of our students have already received university offers through the early entrance scheme, which is great news so soon after the completion of exams.

Although most students will now have finished their final exams, there is still assessment work continuing and attendance at school is still expected every day, until the end of term. There is a strong correlation between attendance and achievement, and all students need to give themselves every opportunity to achieve their best. Head Teachers have outlined the work expected between now and the end of the year.

**Erica Lyne**  
Principal

## INVITATION TO ATTEND :

### PRESENTATION DAY AND STAGE ASSEMBLY

Macksville High School Presentation Awards Assembly will be held on:

**Tuesday December 8 commencing at 10am in the Stadium.**

We would welcome your presence on this occasion, the purpose of which is to recognise the achievements of students at Macksville High School during Semester Two.

On **Monday December 7** there will be Stage Assemblies to recognise students who have received Highly Commended and Encouragement Awards during Semester 2. These presentations will take place in the Hall at the following times:

**9.10am (start of Period 1) for Stage 4 (Years 7 & 8)**  
**11.10am (start of Period 3) for Stage 5 (Years 9 & 10) and**  
**1.30pm (start of Period 5) for Stage 6 (Year 11)**

All parents, grandparents and carers are welcome on both days to celebrate the sporting and academic successes of students at Macksville High School.



## EILS FUNDRAISING PROJECT



Late last term the EILS group came up with a project to fund their activity costs for term 4. With input, ideas and planning from the year 7, 8 & 9 female participants, it was decided each group would do a fundraiser. The deal was that 10% of the funds raised would be donated to The Salvation Army. The year 7 & 8 girls decided to organise a cupcake stall while the year 9 girls coordinated a mufti day, sold bacon and egg rolls and held a table tennis competition.

The fundraising days were a huge success and thanks to all the support from staff and students of Macksville High, \$800 was raised. It has been decided that The Salvation Army will receive \$100 and the rest of the funds will allow the girls to participate in all EILS activities for the remainder of the term. A special mention goes out to the P&C for their generosity in helping the girls with their project and their advice to source products locally.

## DENTIST VISIT RESULTS IN SMILES



On 22<sup>nd</sup> October, Susie from Fresh Dental Care made a visit to the Evolving into Ladies Scheme group to chat about oral health.

The girls enjoyed Susie's presentation and became aware of the simple techniques to follow to keep a healthy set of teeth. Susie explained the causes of dental caries and importance of refraining from too much sugar, particularly that found in drinks.

It is encouraged to maintain regular check-ups and that the best choice when thirsty is of course water!



***Your child could be eligible to receive \$1000 worth of dental work under the Child Dental Benefits Schedule. But hurry as you only have until December to access this amazing initiative. Book your child in now!***



## ALCOHOL AND YOUNG PEOPLE



### Alcohol and Young People

Whilst more young people aged between 12 to 17 years of age are abstaining from alcohol than in previous years<sup>1</sup>, almost 5 million people in Australia aged 14 or older (26%) reported being a victim of an alcohol-related incident<sup>2</sup>

Young people are less likely than adults to be concerned about potential negative consequences of alcohol and are at greater risk than adults (being both physically and psychologically vulnerable).

Current research suggests the brain is not fully developed until about 25 years of age. Binge drinking alcohol during adolescence can result in permanent brain damage<sup>3</sup>, affecting memory, learning, decision making and problem solving.

Recognising the serious impact of alcohol on young people, NSW Office of Liquor and Gaming have changed the laws regarding supply of alcohol to young people. Under Section 117 of the New South Wales Liquor Act 2007 it is illegal to supply alcohol to people aged under 18 years in a private home unless it is supplied by:

- the child's parent or guardian, or
- an adult who had the approval of the child's parent or guardian.

A person convicted of secondary supply in NSW can be fined up to \$11 000 for each underage drinker involved.

For more information on the effect of alcohol on the developing brain, see <http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf>

### Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue [www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 22 4636

Look for information about the RRISK Program and risk taking at our website [www.rrisk.com.au](http://www.rrisk.com.au)

<sup>1</sup> <http://www.aihw.gov.au/alcohol-and-other-drugs/ndshs/>

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<sup>1</sup> <http://www.npr.org/templates/story/story.php?storyId=122765890>

## COMMUNITY ANNOUNCEMENTS



**YOU'RE INVITED:** Please join us to support the White Ribbon campaign to stop violence against women.

I swear never to commit, excuse or remain silent about violence against women this is my oath [www.whiteribbon.org.au](http://www.whiteribbon.org.au)

**DATE:** Wednesday November 25 2015 **TIME:** 12 – 2PM **VENUE:** Nambucca Heads Bowling Club – free lunch

**Guest Speakers:** Ricky Walford – NRL/CRL Legent, Dr Danny Ryan, Inspector Guy Flaherty and Mayor Rhonda Hoban

Let the world know where you stand - Everyone Welcome

### **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. 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)

## **PHYSICAL CULTURE CLASSES**

In February 2016 classes will be held on Wednesdays at the Nambucca Community and Arts centre. Physi fuses dance styles such as Jazz, Ballet, Contemporary and Yoga. It is also a team based sport that's social and fun. Choreography changes annually and is performed to modern music. Physi is a sport for life with classes being offered to girls from 3 years of age to grandmothers. More information, please phone Jo 0422647214

**REMINDER TO STUDENTS:** who 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>



# MACKSVILLE HIGH 2015 YEARBOOK

## ARE YOU IN THE MACKSVILLE HIGH SCHOOL YEARBOOK?

FIND OUT BY ORDERING A HIGH SCHOOL  
KEEP SAKE FROM THE FRONT OFFICE

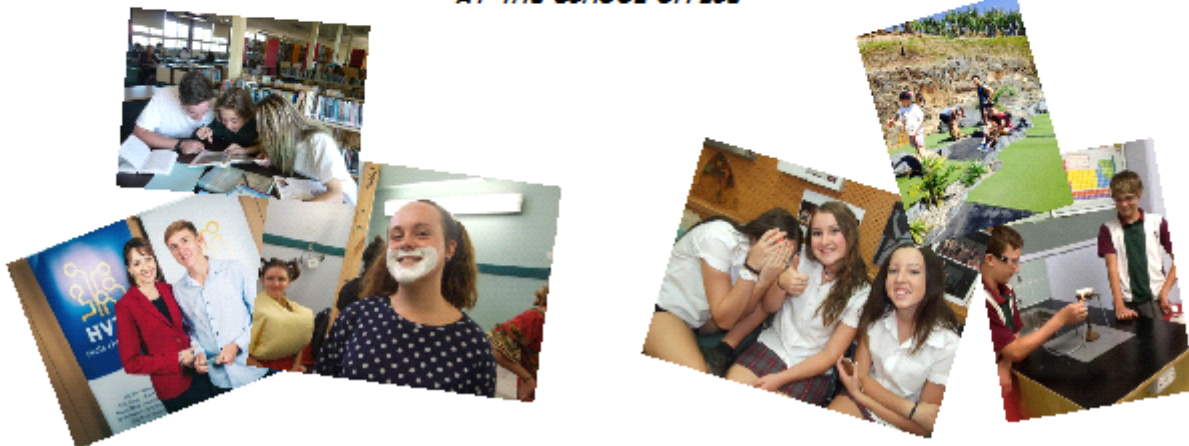
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## 2015 YEAR 12 FORMAL PHOTOS





