

NEWSLETTER

TERM 4 ISSUE 10 - DECEMBER 2015

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SCIENCE EXPERIMENT COMES TO INDONESIAN CLASSROOM



Recently I attended a conference in Sydney with staff from four schools participating in the CLIL program. This program (Content Language Integrated Learning) involves primary school students from Kindergarten through to Year 6 being taught a language across all subjects. Scotts Head Primary School is the only regional school in NSW where Indonesian is taught this way.

At the conference, staff were asked to participate in a Science experiment taught using the Japanese language only. It was highly successful

(and fun) and demonstrated that content can be taught using a language other than English.

I decided to repeat the experience with a Year Seven class (but not speaking Japanese!) With Mrs Hughes help, I taught the lesson on the density of different fruits with all instructions spoken in Bahasa. The names of fruits had been previously covered in class. Students were shown pictures of a ship, then a ship which was sinking. They mimicked the idea by placing various fruits in water and watching whether they floated or sank.

The aim of the lesson was to encourage higher order thinking. Students listened to Indonesian speaking, then completed the experiment and tried to work out the reason for their results. It was rewarding to see the students understand the instructions and interpret the results correctly. Well done 7M!















It is great that Macksville High School is at the forefront of learning a second language and students can use this language to build on knowledge outside the language classroom.

Lee Gilliland, Language teacher

CALENDAR DATES

16	Last day school 2015
17-18	School Development Day (pupil free)
JANUARY 2016	
26	Public Holiday
27	School Development Day (Pupil Free)
28	Yrs 7, 11 and 12 commence Term 1 2016
29	Yrs 8, 9 & 10 commence Term 1 2016
FEBRUARY	
1	Swimming Carnival at Macksville Pool
10	NRL - 9's - Port Macquarie
17	U18 CRL Country Cup - Port Macquarie
18-19	School Photos - library
24	Zone Swimming carnival
MARCH	
7	Yr7 & Yr9 Immunizations - Hall

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FROM OUR PRINCIPAL

Dear Parents and Community,

As the year draws to a close, I would like to reflect on the fantastic year we have had in so many areas this year.

We have had teams reaching state and regional finals in debating, cattle showing, netball, rugby union and soccer. A small group of Year 8 students were involved in the inaugural Youth Frontiers mentoring project. We have had individual students attend International Science Schools, Engineering schools and Winter schools programs, a Rotary Marine camp, public speaking competitions, compete at a national level in swimming and javelin. Our students have succeeded in Traineeships and Vocational Education, in gaining scholarships and early entry to various universities.

Our students have participated in the Valley 10 Showcase, Aboriginal cultural and leadership experiences, fan fiction extension programs, aeronautical engineering challenges, creating a bush tucker garden, the model United Nations assembly, chess, cooking demonstrations from celebrity chefs, maths enrichment days, project based learning, drama and poetry performances and the list goes on and on.

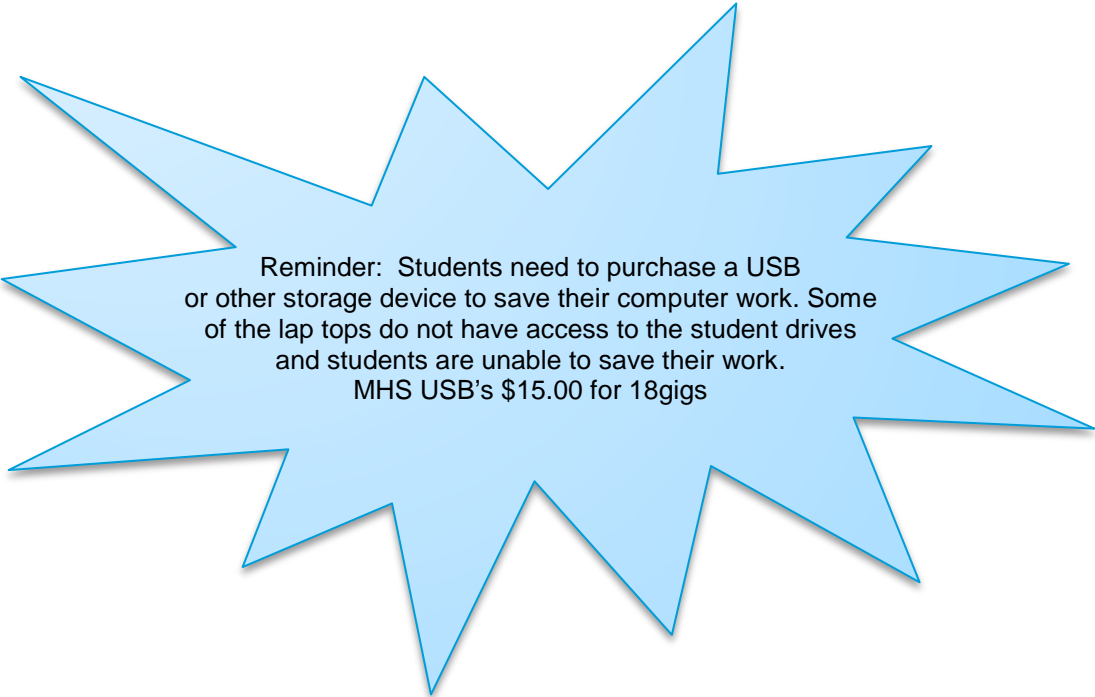
Last week at our Presentation Awards Ceremonies, we were able to recognise our students for the incredible successes that they have achieved throughout the year. Our students are what makes our school very special and I want to acknowledge them all for their efforts during the course of the year - they are such an inspiration for us in so many ways!

It is also immensely important that we all acknowledge the hard work, dedication and commitment of all the staff here at Macksville High School. We are very lucky to have such a dedicated group of people who work and care for our students each and every day at school.

To our parents and carers, we also thank you for your enduring support of your children, for encouraging their talents and for the partnerships you create with us in educating your children.

Finally I would like to wish everyone a safe and happy festive season and I look forward to working together again in 2016.

Erica Lyne
Principal



Reminder: Students need to purchase a USB or other storage device to save their computer work. Some of the lap tops do not have access to the student drives and students are unable to save their work.
MHS USB's \$15.00 for 18gigs

LIONS YOUTH OF THE YEAR

Elizabeth Argue and Trent Stack competed in the Macksville Lions Youth of the Year competition on Wednesday 9th December at a dinner meeting in the Blue Gum Restaurant in Macksville. Judges were from the Council and the NAB bank, as they sponsor the event.

Each student had to deliver two minute impromptu speeches on the topics of Party Drugs and suggested improvements that could be made to Dawkins Park, which is located next to the Caltex Centre.

For their five minute prepared speech Trent spoke about his passion for soccer, giving a thorough rundown on the rules of the game, equipment required and the overall benefits of the sport and Elizabeth spoke about her aspirations to be a great school leader, whilst reflecting on the roles of many present world leaders and ambassadors.



Trent Stack Yr 11 receiving his Award

Elizabeth was the overall winner, and will now go up against the winner of the Nambucca Lions Club Youth of the Year in January 2016. She recently won the District Rotary speech competition, which means she will be perfecting her speeches further afield when she competes in Walcha later in 2016 as well.

Thanks must go to Lorraine and Brian Hemsworth who organised the local competition for the Lions Youth of the Year. Brian was a guest speaker at a Year 12 meeting earlier in the term, discussing the competition

and the work Lions Club members do in the community. They are presently aiming to raise \$4000 towards an insulin pump for Peter Cooper, who is a student here at Macksville High. They have been selling raffle tickets regularly outside shops and in camping grounds to raise the funds. Peter suffers from diabetes and requires an updated pump every five years to automatically deliver insulin to his body. They are pretty high tech pieces of equipment and cost \$8000 altogether, none of which is covered by the Government Health services.

Liz O'Sullivan, Yr 12 Adviser



Elizabeth Argue Yr11 receiving her Award

NEW CULTURAL SPACES FOR MACKSVILLE HS



From left: Elijah Duroux, Kyleigh Go-Sam, Chatesha Craig, Tannah Bradshaw and Kittani Donovan

On Friday the 4th of December Macksville High School celebrated the opening of two new cultural spaces within our school. The first being the Gaagal Room, Gaagal is the Gumbaynggirr name given to the ocean (which is the totem for all Gumbaynggirr people). The second



Pic above: Michael Jarrett

cultural space is a bush foods and medicine garden.

The creation of this space was facilitated through the EILS (Evolving into Ladies Scheme) program with the expert knowledge of local specialist Damien Calhoun.



The 4th of December also provided us with an opportunity to acknowledge the many great contributions our students, staff and community members have made towards ensuring positive outcomes for all of our students. Local Bowraville artist Tasman Jarrett performed a series of tracks that welcomed in next year's 2016 NAIDOC theme 'Songlines: the living narrative of our nation'.

The day of celebrations was topped off with a series of staff versus student games facilitated by PDHPE staff member Mr Scott Stacey.



From left: Ritchie Donovan and Jamie Bekis and Mr Stacey

Finally, many thanks to all the staff, students and community members for their ongoing support and commitment.



Tasman Jarrett and Sam Jarrett

**Mark Werner,
Aboriginal Education Officer**

SCIENCE CLASSES FOR YRS 8, 9 & 10 FOR 2016

Science class placement for 2016 in Year 8, 9 and 10 is based on assessment from the previous year in Science.

Please note in Year 9 class placement has been done in consultation with Mathematics due to the blocking of the timetable.

In Year 9 we are running an extension program where 9.1 and 9.2 are equal classes and will be doing extra work to prepare for senior study in Science. This will include further calculations in physics topics, writing formula, equations and calculations in Chemistry topics and a more in depth study of biological and geological concepts.

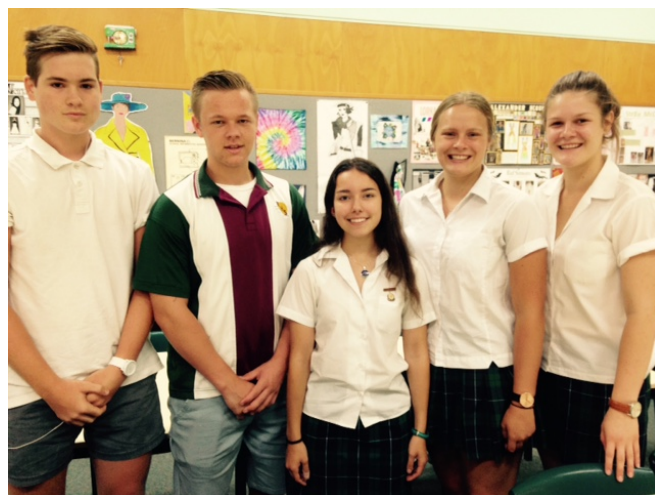
Jenny Conway, HT Science

EXCHANGE STUDENT FROM ITALY MADE HONORARY MEMBER

Picture at left: Alice Carello's last day at Macksville High School with Sam Perkins, Trent Stack, Alice Carello, Georgia Craven and Sarah Welsh.

Alice from Italy, was thrilled when she was made Honorary Member of the (SRC) Student Representative Council.

Alice Carello attended Macksville High School in Year 11 from July to November this year.



ELIZABETH ARGUE PERFORMS "MAGIC OF BALLET"

Wednesday, December 9, 2015 coffscoastadvocate.com.au



DANCE SPECTACULAR: Harbour Performing Arts Centre students will present a production of *The Nutcracker* on Saturday afternoon at C.ex Coffs. PHOTO: CONTRIBUTED

*Pic - top row, 3rd left - Yr 11 student, Elizabeth Argue from Macksville High School performed in the much-loved and most famous traditional Christmas story, ballet classic **The Nutcracker**.*

The Dance Spectacular was presented by students from the Harbour Performing Arts Centre.

SCIENCE & ENGINEERING PROGRAM UNSW NURA GILLI

On Wednesday the 27th of November 2015, Brent Smee of Year 8, Mr M Smith and I headed off to Coffs Harbour Airport to fly to Sydney for Indigenous Science and Engineering Program at the UNSW. The flight was scary at first but at the altitude of 30,000 metres it became calmer and we had great views.

When we arrived in Sydney we took a cab to the University and we got to meet 46 other indigenous students from 7, 8 and 9 from schools all over Australia. We met the co-ordinator Scott Parley and then went straight to classes on Engineering. In class we learnt about buoyancy of objects and the relationship between mass and gravity. We then designed a boat and competed to see which group boat could hold the most marbles without sinking. After this we went to another activity where we learnt about app design where we worked on our own app to translate languages. We then used robots and started designing them for a race on Friday.

On Thursday we had a focus on Science, we used liquid nitrogen to make ice-cream with Oreos and popping candy. We placed a flower in liquid nitrogen which then we let defrost and it was still alive. We then placed a lolly snake and snickers bar in the nitrogen and measured the force needed to break it. We then headed into the Google headquarters in Sydney at the day the ARIA awards were on. At Google we went on a tour, it looked like a great place to work with lots fun activities and work spaces. On the way out of Google I was lucky enough to meet Ed Sheeran and have a quick chat.



'Tyler Cody Yr 7 and Brent Smee Yr 8 with Leearna Williams, Nura Gili Indigenous Programs UNSW at the Lucas Hts Nuclear Reactor'

We went to Sydney Tower Eye but we could not do the sky walk because of high winds so went to the IMAX to see Hunger Games Mocking jay Part 2 in 3D. That night we had a buffet dinner at Star City we had heaps of delicious food to eat and even a chocolate fountain.

On Friday we packed up and then went on the bus to ANSTO Nuclear reactor at Lucas Heights. We learnt about the nuclear reactor and the different isotopes of Uranium 235 and 238. We learnt about Molybdenum and the uses of it in hospitals for medical diagnosis. We then headed back to the college and worked on our robots. At the end of the camp we raced our robots, got attendance certificates and headed back to the Airport to fly home.

I would like to Thank Mr Smith for supervising, Macksville High School and Mrs Lyne for transport assistance and Mrs Conway, Mr Werner, Mr L Smith and my mum for assisting with the application process. The NURA GILLI program at the UNSW is for indigenous students to encourage and support them in tertiary study. I am keen to attend the program again in Year 8 and 9 and it has inspired me to want to attend University to study Pathology or Engineering or Nuclear Physics.

Tyler Cody, Year 7 2015

YEAR 8 SCIENCE STUDENTS ATTEND ARMIDALE UNIVERSITY



One drizzly morning, not so bright but very early, 24 year eight students set off for Armidale university to explore the world of Science. In the first workshop students measured the voltage

generated in their arm during muscle contraction. A competition on who could squeeze with the greatest force ensued. Luckily the equipment was sturdy and survived the experiment.

Students enjoyed pulling the guts out of body models, and the challenge of reassembling them. Another session moved us into the world of engineering as students used surveying apparatus to solve a puzzle. Our students excelled at this activity, working wonderfully in their teams to solve the mystery in record time.

During a chemistry lab, students made green slime and dissolved polystyrene into a gooey paste. Students explored the characteristics of liquid nitrogen and dry ice, which of course involved setting off a nitrogen rocket! PH rainbows were created by carefully following instructions, and the spectra of chemical elements were seen in pretty flaming colours.

These students had a fantastic time, and were impeccably behaved. Bright spirits and smiling faces filled the bus trip home as stories and experiences were shared. A good, but long day all round.

Angelle Hughes, Science Teacher



NORTH COAST SPORT AWARDS

Pic at left: Presentation lunch for North Coast Sport -

Hope Eadie Yr 11 received an Award for *Recognition* and
Tannah Bradshaw received his Award for *Sporting Blue*.

These awards were presented to the students on December 7.

Congratulations Hope and Tannah.



YR8 TEXTILES



Did you Know?

The school website has information for parents - go to www.macksville-h.school.nsw.edu.au

“DEBATING DAYS”



For three days at the end of November, Eliza Gadsby, a Year 10 student at Macksville High, participated in the annual Junior State Debating Championships at the the University of Sydney. Eliza was part of the North Coast regional debating team that consisted of four other students from four other schools.

The three-day, round-robin event saw the North Coast team advance as far as the semi-finals, with Eliza speaking in second position on two occasions. The overall experience of meeting other like-minded students from all over the state was an added benefit in Eliza's debating development.

Regional coach, David Coia, says Eliza was a vital part to the team's success and hopes she will continue debating in her senior years.

YOUTH FRONTIERS PROJECT

BREAKING DOWN THE STEREOTYPES

For over 6 months people all around the Nambucca Valley including myself have been chosen to do a special program, called Youth Frontiers, running outside of school, where we were entrusted to create a project to include something in the community that could be improved.

My project is about breaking down stereotypes where I got all of Year 8 to participate in a bunch of fun and educating activities to help them understand that stereotyping people before getting to know them can be hurtful, I also tried to get them to understand that people outside your group of friends can also like the same stuff as you. It was a huge success and most of the people have changed the opinions of students

Ayla Allan, Year 8 student

LITTLE BIRD

I (Chilli Ann Perks) created a book about ways to overcome stress. With help from my mentor Patria and much encouragement and help from Mrs Toni Jones, I created this book for a Youth Frontiers Project. Youth Frontiers is a 6 month additional elective program that gets teens involved in helping out the community with projects that they created themselves at no cost of money. I made this book in the hope that it would educate children about stress and what it is and how people are strongly affected by it. After creating the book, *Help from Little Bird* I also went on and created a *Little Bird Activities booklet* and a *Little Bird Good Thoughts booklet*. This book is directed at ages between 5 and 12 because I thought educating children at a young age was important.

Chilli Ann Perks, Year 8 student

Parties - Will You Allow Alcohol at Your Adolescent's Party?



Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18's.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is called secondary supply of alcohol - an offence that carries a maximum penalty of \$5,500 per offence or \$11,000 and 12 months prison in very serious circumstances. On the spot fines of \$550 can also be issued by police.

This information comes to you from the NSW Department of Liquor, Gaming and Racing.

Points to consider:

- ◆ What do you do if an underage guest arrives with alcohol?
- ◆ What do you do if they arrive intoxicated?
- ◆ What do you do if your alcohol has been consumed during the course of the party?
- ◆ How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- ◆ Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring their invitation for party entry.
- ◆ On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- ◆ Have only one entrance or exit to make it easier to control who attends your party.
- ◆ Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- ◆ Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation.
- ◆ Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).
- ◆ Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- ◆ Confiscate BYO alcohol from under 18s. Return it to their parents or carers.
- ◆ If guests are a mixture of under and over 18s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol.
- ◆ Actively serve non-salty food throughout the party. This will slow down alcohol consumption for those who are drinking.
- ◆ Attractive non-alcoholic drinks should always be provided. For example, "Mocktails", non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- ◆ If under 18s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- ◆ Be firm about excluding gate crashers. If admittance is by invitation only, gate crashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gate crashers arrive, ask them to leave immediately or tell them the police will be called.
- ◆ Parents should be present and provide active supervision throughout the party.
- ◆ If you are planning a large party, it may be a good idea to employ security guards.

Register your party with NSW Police

NSW Police have developed a range of strategies and an online **Party Sign Up form** which must be completed at least 72 hours before your party. Register your party at <https://www.mynite.com.au/register.php>. This way local Police will know that you are having a party and can offer support. Have emergency numbers handy and call police before the situation gets out of control. Advise neighbours of your party as common courtesy.

Another useful website and resource to help you plan a successful party and avoid problems:

<http://www.youthsafe.org/services/socialisingSafer Celebrating, Youthsafe Poster>

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

RRISK DAY HELD AT COFFS HARBOUR CHEC



Elijah shows us the recovery position. This could save a life don't let your mates choke to death on their vomit. Put them on their side in the recovery position.



Students practise the recovery position

Students discuss road safety with the RMS rep.



The RRISK Day was held in Coffs Harbour on November 19th at the Education Campus. Students discussed driver safety, drugs and alcohol issues, and how to keep yourself and your mates safe. It was a very worthwhile day, culminating in a talk from Mark, a paraplegic, who has been confined to a wheelchair since a wreckless ride on a motorbike that ended when he collided with a tree after a police chase.

Hopefully the students found each session thought provoking and may think twice before consuming alcohol and drugs or getting into a car with their mates or behind the wheel of a car they can drive.

Mrs Liz O'Sullivan, Yr 12 Adviser

STAGE & PRESENTATION AWARDS







COMMUNITY ANNOUCEMENTS

PHYSI 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

SCHOOL HOLIDAY ACTIVITIES JANUARY 2016

For more information and consent forms go the Nambucca Shire Council website
www.nambucca.nsw.gov.au

FISHING @ Bellwood

9am – 2pm Wednesday 13 January

Fishing workshop for 8-16 year olds presented by NSW Fisheries

Includes rod, reel and tackle box to take home

Lunch included

FREE – Places Limited Bookings Essential

Contact Reno French at Council on 6568 0225

SCOTTS HEAD BEACH DAY

9am - 2pm Friday 15 January

Day at the beach for 11-16 year olds; includes surf lifesaving activities

Lunch included

FREE – Places Limited Bookings Essential

Contact Paul at Council on 6568 0254

WATERWAYS

2 day program presented by Trent Munro and the YMCA

Monday 18 & Wednesday 20 January

Age: 12-15 years

Water & surf skills, paddle board lessons, & other activities

Pool, river & beach. Lunch included

FREE – Places Limited Bookings Essential

Contact Naj at Council on 6568 0255

CANOEING @ BOWRAVILLE

Thursday 21 January

Age: 12-16 years

Canoeing on the Nambucca River, lunch included

FREE – Places Limited Bookings Essential

Contact Paul at Council on 6568 0254

INDIGENOUS LEARN TO SWIM PROGRAM

Presented by YMCA

18 – 22 January

Age: 2 ½ -10 years

Free. To book a place contact the YMCA on 6568 1445

EVENING FAMILY FUN AT THE POOL

Wednesday 6 January from 5-8pm @ YMCA Macksville Memorial Aquatic Centre

Cost \$5 per child for all activities including all inflatables, face painting and slide.

\$2 per adult. Half of all proceeds go towards the Swimathon.

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](#).

NSWHealthwebsite:

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