

# NEWSLETTER

## TERM 1 ISSUE 1 - FEBRUARY 2015

PO Box 611  
40 Boundary Street  
MACKSVILLE NSW 2447  
Phone: 02 6568 1066  
Fax: 02 6568 2802

### CALENDAR DATES

#### February

16-27	Yr12 Workplacement
16-19	Yr11 Dive - SWR
18	Yr7/8 Brainstorm – Periods 1&2 - Hall
19	Zone Swimming – Mks pool
24	P & C Meeting – 6.30pm in TAS room
26	School Photos – 10am – library
27	School photos catchup -10am - library

#### March

2	Yr7 Boys & Girls' immunisation – all day
3	Nexus Arts/Music Show - 9.30am - Hall
3-6	Yr11 Dive - SWR
10	Parent teacher evening–Yr7-Yr12 -3.30pm in the stadium

### YR 7 2015 FIRST DAY



**Pic above and left:**

Year 7 enjoying their first day at High School.

**Pic at top:**

Year Adviser, Luke Smith handing out notices.



## SWIMMING REPORT – FRIDAY JANUARY 30 AT MACKSVILLE POOL



After a week of heavy rain Friday January 30 was the perfect day for this year's swimming carnival. A fantastic day was had by all who attended. Senior students set the standard through their participation and their ability to entertain the junior students while still participating.

After finishing third last year, it was Briner's turn to shine. Final points – Briner 1535, Taylor 1299, Oxley – 1012, and Graham – 916. The overall points tally indicated more participation by students across all years this year over 2014.

### ***New records were set in the following event:***

M 17Yr 100m Breaststroke – Tannah Bradshaw 1:21:15

M 14Yr 100m Breaststroke – Kyran Tsujimoto 1:32:79

F 12Yr 100m Breaststroke – Saule Stasionis 2:00:00

M 13Yr 100m Backstroke – Declan Sutton 1:20:10 breaking Tannah's record from 2011

M 17Yr 100m Backstroke - Tannah Bradshaw 1:06:75

M 13Yr 50m Butterfly – Declan Sutton 32:57 breaking a record held for over 21 years by L. Ainsworth in 1993

M 13Yr 100m Butterfly – Declan Sutton 1:18:72

M 17Yr 100m Butterfly – Tannah Bradshaw 1:06:31

The Yr 8 Taylor relay team set a new record of 2:22:12 and; the Open boys Taylor relay team also set a new record – 2:18:79

### ***Age Champions for 2015 are:***

<b>Boys</b>	<b>Girls</b>
12yrs Thomas Stanford	Saule Stasionis
13 yrs Declan Sutton	Astrid Smith
14 yrs Kyran Tsujimoto	Matiese Trisley
15 yrs Nicholas Willer	Chloe Northfield & Daisy Peachman
16 yrs Sid Shaw	Erin Atkins
17 yrs Tannah Bradshaw	Jasmine Stanton
18 yrs+ Harry Mitchell	Sophie Atkins

The zone swimming carnival will be held at the Macksville Aquatic Centre on Thursday February 19. Please come along and support Macksville High's zone team.

*See more swimming carnival pics on page 5*



***Grant Gough, Sports Organiser***

## FROM OUR PRINCIPAL

Dear Parents and Community,

I would like to welcome back all of our students, staff and our parent community to the 2015 school year, and extend a warm welcome to all of our new students and their families. I look forward to working together achieving the educational goals of our students.

The 2014 year 12 students, their parents and staff are to be congratulated on their outstanding results in the HSC. Our students achieved the top bands of 5 or 6 in 20 different subjects across the senior curriculum, with 11 making the Distinguished Achievers list. Our Dux Clare Harmer achieved an ATAR of 97.04, and is intending to study media production at University of Technology Sydney. A significant number of students were successful in gaining selection to study at university, in addition to a number of student gaining employment and traineeships. We wish them every success in their future.

Our year 7 students are settling in well to high school life, and attended their team building camp at South West Rocks last week. Mr Luke Smith had a full program of activities and I am sure they had an enjoyable time getting to know each other.

Our first week ended with a very pleasant day at the pool for our annual swimming carnival. The great weather I'm sure contributed to most students participating in so many events, including our seniors showing their unique style in the novelty events! Thank you to Mr Gough for his organisation of the day.

We have wonderful opportunities for our students to involve themselves in academic, cultural, leadership and sporting pursuits within excellent learning facilities. Macksville High School will continue in 2015 to provide a learning environment that is safe, positive and an encouraging experience for all. I am looking forward to a great year!

**Erica Lyne, Principal**

## GUMBAYNGGIRR CHEF AND FORMER MHS STUDENT

*Wild Kitchen* presenter and Gumbaynggirr chef and former Macksville High School student – Clayton



Donovan is enjoying a golden run. Not only will the first season of the ABC television program be aired on Qantas flights until the end of April, but the show has also been nominated in the most popular lifestyle program category of the TV Week Logie Awards. The program features Clayton as he travels through Worimi, Birpai, Dunghutti, Gumbaynggirr and Bundjalung Aboriginal nations, exploring the native foods of the Mid North Coast and North Coast. Each episode ends with a simple recipe, cooked in the outdoors without any fuss. Go to [www.tvweeklogieawards.com.au/vote/to](http://www.tvweeklogieawards.com.au/vote/to) vote for Wild Kitchen.

## STELLAR 2014 HSC RESULTS

The class of 2014 were simply sensational in their HSC achievements. The results included an incredible 18 Band 6 results, supported with 46 Band 5 results. This has led the way for most of our students securing places at the universities of their choice.

Leading the way was Claire Harmer with an ATAR of 97.05. Claire achieved 95 Ancient History, 94 Advanced English, 46/50 in both Extension 1 and Extension 2 English, 90 in Biology and 87 in Drama. Claire was ecstatic as she will be able to commence Media Production at UTS in Sydney. Other outstanding results were achieved by the following students, who are now all Uni-bound. Evie Smith also achieved an 89.85 ATAR with 93 in both Textiles and French is off to Sydney University to commence a teaching degree in Maths and Languages.

Elizabeth Smith who achieved an 88.4 ATAR with 92 in both Advanced English and Visual Arts, and also 46/50 in Extension 1 English will also take a place at UTS in Visual and Graphic Communications. Kathy Garland achieved amazing results with all of her classes, teaching Ancient History, Advanced English and both the Extension 1 and Extension 2 English classes. The highlight for Kathy was the achievement of her entire Extension 1 English class all achieving the equivalent of a Band 6 result, an E4 with all members of the class – Claire Harmer, Elizabeth Smith, Sian Hall 45/50 and Jennifer McMullen-Halverson 45/50. What makes this achievement even more spectacular is that Kathy's class is one of only 3 schools to achieve this feat across the state in 2014. Congratulations Kathy on all your amazing results. Lynda Shrubbs' PDHPE class also performed to an outstanding level with Anelise Davis (ATAR 85.9) scoring 91, and Andrew Knox (ATAR 78.5), Megan Porter (ATAR 81.15) and Alina Tape (ATAR 76.8) all scoring a Band 6 (90). This was supported with Jasmine Marquardt, Danielle Seymour, Emma Mulvihill, Ruby Porter, Stuart Mason, Kirstie Pedrola, Tess Lewis, and Abbie Wormleaton all achieving solid Band 5 results.

Emma Mulvihill (ATAR 83.55) also received a great score in Senior Science with 93, and Katerina Brown (ATAR 85.08) was ecstatic with her 91 in Japanese. Special mention also needs to be made of Sam Robertson who scored a Band 5 result in Extension 2 Mathematics which is a very creditable result. Jennifer McMullen-Halverson also gained an outstanding ATAR with 86.75.

Many of our 2014 Yr 12 cohort are off to university this year, or have deferred starts until 2016. Many students were successful in gaining places in the University of their choice using their ATAR results. We were also successful in gaining 75 places through the SRS Principal's recommendation system to Southern Cross University, University of New England and Charles Sturt University, which many students have taken up.

We are also very proud of the many students who have gone on to secure fulltime employment or traineeships. Damien Carriage commenced work with Mid Coast Trucks, Dylan Newbury and Kyle Bankier are now working on the highway bypass project. Stuart Mason has also just been selected in the SG Ball team for the mighty St George Dragons, so his football career will be followed very closely by many in the valley.

Congratulations to all our 2014 graduates, and we wish you all the best for your future. If you have information on the post school opportunities that have been taken up by other Yr 12 students, we would love to know where our ex-students now are. Information can be left at the school front office on 65681066 or emailed to [Lynda.shrubbs@det.nsw.edu.au](mailto:Lynda.shrubbs@det.nsw.edu.au).

***Mrs Lynda Shrubbs, Careers Transition Adviser/VET Co-ordinator***



## CALCULATORS

The use of calculators is compulsory in NSW for Australia wide Maths exams. To support students in this regard, Macksville High School students are required to bring a suitable scientific calculator to each Maths lesson. Failure to do so can affect students' learning as staff members are unable to instruct students in the correct use of the calculator and this can then have an impact on their grades.

A Calculator (model Sharp EL – 531 XHB) can be purchased from the front office at a cost of \$20. It is preferred that all students use the same calculator to enable efficient instruction to be given. Student Assistance is available for parents who may possibly need help to finance this purchase. ***Please can you ensure your child brings his/her calculator to school each day so staff can assist your child to achieve their potential?***

## HOMEWORK CENTRE – CHANGE OF DAY

The Mathematics department will supervise a homework centre in room C1 from 3.20 to 5.00pm on Tuesday afternoons. Tutoring is given in learning maths concepts and assistance in completing homework from other subjects may also be obtained. If you are interested in your child attending please ask him/ her to collect a note from the Maths staff room.

Please contact me at the school if you have any queries in this matter.

***Moyra Mendham, Head Teacher Mathematics***



### CANTEEN ROSTER-FEBRUARY

Monday	15	S Compton
Tuesday	16	Helpers needed
Wednesday	17	Helpers Needed
Thursday	18	Helpers Needed
Friday	19	H Jaeger
Monday	22	S Compton
Tuesday	23	Helpers Needed
Wednesday	24	Helpers Needed
Thursday	25	Helpers Needed
Friday	26	Helpers Needed
Monday Mar.	2	S Compton

Canteen is desperate for volunteer workers. Anyone able to help 1 day a month or term – hours 9.30am to 1.30pm would be most appreciated. This helps the school enormously if we pay less in wages.

Canteen profits go to the P&C which then go to the school.



## CAREERS NEWS

**1. TFN's:** 2015 sees a BIG change in how students are able to organise themselves a TFN (Tax File Number...): these are one of those “numbers” that virtually ALL Australians get once in their life and it stays with them! Anyone who wants to utilise Centrelink benefits, Tax Office tax returns or not pay the highest rate of tax if working will need one.

- ➔ *These are now gained by going by the Post Office and completing an application.*
- ➔ *As with the past, information from a birth or citizenship/residency certificate will be needed as part of the process.*
- ➔ *All Year 10 students should have applied for a TFN...*

**2. Subject Changes and Year 11:** if any students are finding that they are enrolled in subjects that either aren't what they thought or aren't working for them, they should come to the careers office and talk through this situation. If it results in wanting to change their subject, it **MUST** be done by *Week 4* this term.

**3. Year 12 Rural Universities Roadshow:** on Friday 06.03.15 year 12 students will have the opportunity of being involved in a local visit (in MHS Hall!) of RUR in Periods 3&4. This time is all about hearing the *basics* for the 3 local rural universities- UNE (University of New England), SCU (Southern Cross University) and CSU (Charles Sturt University). Discussion will centre on university study generally PLUS each universities our 'brand' of study- including things such as entry schemes, online study, accommodation available, scholarships, etc..

**4. Years 12 Careers EXPO's:** over the year there will be HEAPS of opportunities for our students to be involved in Careers-based EXPO's- while we will be part of the Coffs Harbour Post School Options day in July, there are HUGE Sydney based version also- Western Sydney Careers EXPO on June 18 and 19 and the HSCANDCAREERSEXPO2015 on May 28 and 29 [google these names for more details of each...].

**5. Macksvillehighcareers.com reminder:** most of our Year 9 and 10 students now have a login to the careers site and are able to find LOTS of resources there; there is also the possibility of a 'liking' page on Facebook, so that they will be notified of any important information uploaded to it... If you aren't familiar with this site, please ask them to show you how it works!!

**6. Something Different...:** North coast TaFE have a 1 year 2 unit course “Statement of attainment towards Cert III in Media” for anyone interested in community radio- either in voluntary work in presenting to paid employment. All training is at CHEC and delivered in partnership with 2CHYFM. Talk to North Coast TaFE on 1300628233 or check northcoasttafe.edu.au

**Tim Lukins Careers Teacher**

## CHILD STUDIES

This year we have a much smaller class, as many students have chosen different electives this semester. At present we are studying the “value of play” and the importance of selecting safe, age appropriate toys.

There are different types of play that include:

**Solitary play** where a child plays alone

**Parallel play** where a child sits next to others without interaction

**Joining in play** where a child becomes part of a group game

**Co-operative play** where they abide by rules and discover conflict resolution techniques

We will continue to visit the Macksville Pre-School to observe children at play and to assist in their learning opportunities. Each student must again return a permission note allowing them to participate in any “walking excursions” within the Macksville area this year. These will be sent home to be signed soon.

**Mrs Liz O'Sullivan (TAS)**

## CORE OF LIFE PROGRAM

This year students from year 9 have been invited to participate in the '**Core of Life**' program, which is focussed on preventive pregnancy. Health workers, community members, mid wife's and nurses from the local community, run the course. We are grateful to NSW health for their generous support and delivery of this program. The Core of Life program has been extremely successful in NSW, identifies birth as being central to cultures and families and is a culturally respectful, comprehensive education program for adolescents. It offers information about the realities of parenting and health promotion/prevention/early intervention. Students in the program will learn about:

- the skills to understand the realities for adolescents of pregnancy, birth, and parenting a baby
- how to help young people to develop skills and knowledge in parenting and child development
- how to assist communities to promote awareness of the short and long term consequences of teen pregnancy and parenting.

The program will cover elements of birthing, consequences of pregnancy, prevention and supports services. This program supports the curriculum being delivered as part of the PD/H/PE syllabus. We look forward to students participating in this program. They have received permission notes which need to be returned **to Mrs Robertson in the English staffroom.**

## YEAR 7 & 8 TECHNOLOGY

Each fortnight I take each of the junior Technology classes to the computer room to enhance their knowledge of Technology.

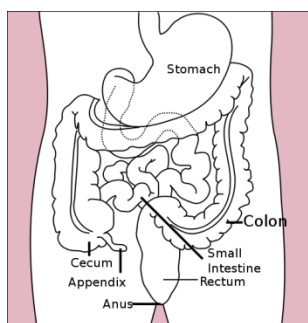
We have begun by exploring the three areas of Design which include **The Built Environment, Products, and Communication and Information.** Within these areas of Design there are many areas of specialisation, some of which include Architecture, Jewellery, Food, Interior Design or Software design.

Students will have to produce a Powerpoint presentation (max. 16 slides) on their chosen area of Design and one designer involved in this area.

I am looking forward to seeing all their original design projects on Powerpoint.

**Mrs Liz O'Sullivan (TAS)**

## YEAR 9 & 10 – X FOOD



The students are presently consolidating their knowledge of "Nutrients" by discussing the function of each of the six nutrients necessary for good health. They have talked about sources of each one and their overall importance. Ask yourself "Why do I need to have Water, Lipids (fats), Carbohydrates, Proteins, Vitamins & Minerals in my diet ?

They have revised the role of the "digestive system", learning how important each part of the process relates to the function of the system. We take eating food for granted until we suffer from indigestion, reflux, food allergies or intolerances.

Did you know the digestive tract was 8 metres in length? Intestines, bowel, stomach etc. Pretty amazing really!

The first practical lesson was a chicken and salad wrap which encompassed all six nutrients. We poached the chicken fillets before incorporating them in our wraps. All were consumed with great enthusiasm. Home made muffins will be our next practical experience and students are reminded to bring a container to school to transport them home.

**Mrs Liz O'Sullivan (TAS)**



## 2015 SCHOOL PHOTOS

**2015 School Photos will take place on Thursday 26th February**

**Where:** The Library

**When:** In class groups as instructed by teachers

*Order Envelopes* will be distributed prior to the day and payment given **DIRECTLY** to the photographer. Please ensure that the correct amount is included in the envelope as the photographer or the office are unable to give change. Please note: Eftpos is not an option for payment.

The package prices are as follows:

- ✓ Pack A \$35
- ✓ Pack B \$47
- ✓ Pack C \$52
- ✓ Pack D \$22
- ✓ Pack E \$25
- ✓ Gift packs \$17 each

Order Envelopes outline what each of the packages contain.

**School Photographs Order Envelope**

**SUPREME pack A**  
1 - 25x20 cm  
3 - 18x13 cm  
4 - 13x9 cm  
4 - 9x5.5 cm  
4 - bonus wallets  
class

**DELUXE pack B**  
3 - 18x13 cm  
4 - 13x9 cm  
4 - 9x5.5 cm  
4 - bonus wallets  
class

**VALUE pack C**  
1 - 18x13 cm  
4 - 9x5.5 cm  
4 - bonus wallets  
class

**INDIVIDUAL ONLY pack D**  
1 - 18x13 cm  
4 - 9x5.5 cm  
4 - bonus wallets

**CLASS ONLY pack E**  
class

Credit Card Voucher. If you are using credit card facilities, please detach this slip and place inside envelope.

Please charge my credit card (please circle): ☐ Mastercard ☐ Visa (AMEX and Diners NOT ACCEPTED)

Card No

Cardholder's Name  Address

Expiry Date  /  Amount \$  Postcode

Signature  Daytime Phone No

**Gift Pack 1** or **Gift Pack 2** or **Gift Pack 3**

**Gift Pack 1**  
8 gift cards - 5x10 cm each

**Gift Pack 2**  
1 x calendar cube - 14.6 cm high

**Gift Pack 3**  
portrait sheet - 20 portraits

**Special groups:** There will be a Year 12 Group photo. Family photos are also available. Any further inquiries re school photos, please contact **Ms Smith in the School Library on 6568 1066**.

## YR7 STUDENT TO ATTEND SELECTED SCHOOL

This year Macksville High School Student, Mallee Goldrick has been selected to participate in a selective school for students living in regional and rural New South Wales. Mallee is in year 7 and we are proud to have her accepted as part of the Gifted and Talented program

Aurora College caters for 160 children from years 7 to 11. The school has no doors and its blackboards take the form of a web conference that is accessed by students sitting hundred of kilometres apart. The college is currently working in partnership with 49 rural and remote schools where students are based, with 30 schools across the state where 35 specialist teachers are located.

The aim of Aurora College is to deliver great teaching and inspired learning in a whole new context, by allowing students in rural and remote schools to connect locally and to learn globally. The horizon for gifted students living in the bush is widening dramatically, with the opening of the Australia's first virtual specialist school. The student's log onto classes using innovative technology that is allowing new educational opportunities to rural and remote students. This type of learning allows students to have access to a variety of 'city' resources and alternative experiences that may not be available for them.



# SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2015 the following vaccines will be offered:

## Year 7 students\*

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

## Year 11-12 students\*

- measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

\* *The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation).

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11<sup>th</sup> number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

**A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.**

## PERMISSION TO PUBLISH

Parents/Guardians please be aware that - the school/Department of Education and Communities may publish information about your child for the purposes of sharing s/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

the information regarding a parent/guardian permission to publish this information about your child in publicly accessible communities, has changed, please advise the school.

this permission remains effective until the parent advises otherwise.

## 2015 CONTRIBUTIONS AND YEARLY ELECTIVE SUBJECT CHARGES

### Voluntary Contribution:

Years 7 & 8	\$45.00
Years 9 & 10	\$45.00
Years 11 & 12	\$55.00

Payment may be made by cash, cheque or Eftpos.

MONEY ORDERS cannot be accepted.

Students may pay fees at the School Office BEFORE ROLLCALL, at RECESS or LUNCHTIME. Parents may pay fees during office hours 8.30am – 3.30pm

### Music Instrument Hire:

All Years – per term \$15.00 (*Band is optional*)

#### YEAR 7

D & T	45.00
Music	10.00
Indonesian	5.00

#### YEAR 8

D & T	45.00
Art	20.00

#### YEARS 9 & 10

Agriculture	15.00
Child Studies	10.00
Digital Media (Capa)	30.00
Drama	20.00
Electronics	70.00
Engineering	45.00
Food Technology	50.00
Graphics (Tas)	20.00
Indonesian	5.00
Metal Tech.	60.00
Music	15.00
Photography (Tas)	40.00
Textiles	20.00
Timber 1 & 2	75.00
Visual Arts	25.00

#### YEARS 11 & 12

11	Construction	30.00
11	Computer Applic.	15.00
11&12	Drama	20.00
12	Food Technology	40.00
11&12	Hospitality	60.00
11&12	Ind Tech. Wood	100.00
11&12	Marine Studies	40.00
11&12	Metal & Engin.	50.00
12	Music	20.00
11	Photography	40.00
11&12	Primary Industries	40.00
12	Textiles & Design	25.00
12	Visual Arts	30.00
11&12	Visual Design	30.00
11&12	Hosp.Uniform Hire	25.00

## TELL THEM FROM ME STUDENT FEEDBACK SURVEY

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is included with this mailout. If you **do not** want your child or children to participate, please return the form to school by **Friday 27 February**. Copies of the form and FAQs are available from the website above.

**Erica Lyne, Principal**



# COMMUNITY ANNOUNCEMENTS

## E HEALTH

Australians can now choose to register themselves and their children for an eHealth record. An eHealth record is a simple, secure way for you to manage and track your family's health.

With an eHealth record you and your child's health providers will be able to access their health information when it is needed.

Records are protected by strong security and privacy safeguards to prevent any unauthorised access.

Registration can be done in a number of ways, for more information visit the eHealth website at

[www.ehealth.gov.au](http://www.ehealth.gov.au)

## CANTEEN PRICE LIST – 2015

Prices are subject to change and orders can be made in the morning or recess.

Small Hot Cheese & Ham Roll	\$1.00
Hot Cheese Roll	\$2.00
Pizza	\$2.50
Chiko Roll	\$2.50
Chicken Breast Pops	\$2.00
Chicken and Corn Roll	\$2.50
Sausage Roll	\$3.00
Hot Dog	\$3.00
Plain Pie (lunch only)	\$3.50
Cheese and Spinach Pastie or Roll	\$3.50
Half Cheese Lavish Roll	\$3.00
Half Chicken Lavish Roll	\$3.50
Ham or Cheese Salad Roll	\$3.50
Sauce	.20c
Chicken and Gravy Roll (winter only)	\$4.00
Hash browns	\$1.00

## ORDERS ONLY

Chicken Burger (mayo and/or sweet chilli sauce)	\$4.00
Spinach & Ricotta Burger	\$4.50
Hamburger	\$4.50
Chicken Lavish Roll (lettuce, carrot & tomato, mayo)	\$5.00
Chicken Lavish Works	\$6.00
Chicken Salad Bowl	\$6.50

## SANDWICH

Egg and Lettuce	\$3.50
Ham, Cheese and Tomato	\$3.50
Corn Meat, Cheese & Pickles	\$3.50
Chicken, Lettuce, Mayo	\$4.00
Toasted Sandwiches Made to Order	

## DRINKS

Caus	\$2.50	600ml Plain	\$2.00
LOL	\$2.00	300ml Flavoured	\$2.00
Water	\$1.50	500ml Flavoured	\$4.00
Apple Pop'tops	\$2.00	Up & Go	\$2.00
100% OJ Juice	sml \$1.50	Nippys	\$2.50
	Lrg \$3.50		
Juice	sml \$2.00	Hot Chocolate	\$2.00
	Lrg \$3.00	Tea	\$2.00
Fruit Salad	\$3.00	Coffee	\$2.00
Watermelon	\$2.00		
		Finger bun	\$1.50
		Muffin	\$2.00
		Popcorn	60c

## NORTHCOAST FOOTBALL PLAYERS

Soccer Registrations for 2015 will open from February 1. Register on line for Macksville SC.

Club rego days are Saturday 14<sup>th</sup> & 21<sup>st</sup> February 9am-12noon at the soccer grounds canteen. Payments can be made to BCU Macksville Soccer Club BSB: 704328 A/C 52877. Ref. Players initial(s) and Surname. Fees are

5,6&7s	\$85.00
8-11	\$105.00
12-18	\$155
Senior 16-18	\$205
Senior	\$325

Fees above are "early bird"

## STUDIO 3 LIVE 2NVR RADIO

### NAMBUCCA

### 105.9 FM 'FISH ON FIRE'

Catchy grooves to get any crowd going Friday February 20, 6-8pm  
Family friendly / free gig / BYO refreshments.

Venue: 2NVR Studios, 834 Rodeo Dr. Tewinga 2448

See the live show, listen on 105.9fm or stream via [www.2nvr.org.au](http://www.2nvr.org.au)

## NAMBUCCA STRIKERS FOOTBALL CLUB

Registrations see: [nambuccafc@yahoo.com](mailto:nambuccafc@yahoo.com)  
Training has started for the Senior Men's squad – at this stage we are training at 6pm on Tuesday evenings. Junior training is set to start on Tuesday March 24<sup>th</sup> at 5pm