

NEWSLETTER

TERM 1 ISSUE 2 - MARCH 2015

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BUSH TUCKER GARDEN COMING TO MACKSVILLE HIGH SCHOOL



Last year the *Evolving into Ladies Scheme* participants were involved in a bush tucker garden proposal. The girls undertook research in regards to a garden site on school grounds, useful native foods, medicines and dyes as well as materials and layout designs for construction. A shaded outdoor learning area within the garden was also part of the proposal as a way of engaging student interest in plant identification and embracing Gumbaynggirr culture through every aspect of school.

We are happy to announce that the garden is underway thanks to Rob Ally and his school beautification students. We are lucky to have the support and expertise of local bush tucker man Damian who is attending during sport time to direct and advise the project.

If there are any parents or community businesses wishing to get involved in the project, it is possible to volunteer time of a Wednesday afternoon or even donate items we will need such as shovels and garden tools, shade cloth and compost bins. Please contact Laura Cooper on 65681066 to see how you can help, otherwise watch this space and we will keep you updated of the progress.

Laura Cooper



IMPORTANT INFORMATION FOR PARENTS & STUDENTS

The Department recognises that some families will be subject to family breakdown. In the absence of any notification to the contrary, it will be assumed that both parents retain a shared and equal parental responsibility for their children and have been involved in making any decisions regarding their children's education. This means that the school will recognise that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school.

If any changes occur in your family relationships which have the potential to impact on the relationship between the school and your family, you are required to advise the school immediately. This includes providing copies of any court orders that may be obtained.

CALENDAR DATES

MARCH

12	14/16/Open 9/side - Rugby League Coffs Harbour
19-20	Yr10 Geography field days
19	Yr11 Hospital - Macksville Ex-Services Club - Lunch
20	UTS Open Day
20	MHS White Card Training
23	Yr9 - 'Core of Life' - Hall
24	10.44am - Year Meetings
24	P & C Meeting 6.30pm - Library
27- 29	NSW CHS Swimming - Sydney
30-Apr.2	Yr11 Dive SWR
30-Apr.2	Yr10 Work Experience
30	Yr9 - 'Core of Life' - Hall
30	Open RL Country Cup - PM

APRIL

1	Open MTB (mountain bike riding) – Armidale
1	MHS X Country
3-20	Easter / School holidays
21	Term 2 commences for all students
23-24	Yr12 Adv. Dive - SWR
24	U14/Opens Buckley/Uni Shield RL-Mks
24	ANZAC Assembly – 10.30am
28	P & C Meeting - 6.30pm in Library

FUTURE DATES

MAY

12-15	Yr 7 & Yr 9 NAPLAN - TBC
20-21	MHS Athletics Carnival
26	P&C Meeting – 6.30 in Library

JUNE

1-5	Yr11 VET Workplacement
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**March/April
Diary dates**

CANTEEN ROSTER - MARCH

Monday	9	S Compton
Tuesday	10	P Mulvihill
Wednesday	11	P Mulvihill
Thursday	12	E Petith
Friday	13	Helper Needed

Monday	16	S Compton
Tuesday	17	Helpers Needed
Wednesday	18	Helpers Needed
Thursday	19	Helpers Needed
Friday	20	H Jeager
Monday	23	S Compton

The Canteen is always appreciative of parent/ carer/ grandparent help. Please phone Ros on 65681453 if you can help.

UNIFORM POOL

The uniform pool at the school is in need of white short sleeved, collared shirts. If anyone is able to donate these to the school, it would be appreciated.

SCHOOL FEES

School fees can be paid at the front office between 8.30am and 3.30pm and can be paid by either cheque, cash, eftpos or credit card.

Voluntary contributions enhance the schools' educational and sporting programs and are greatly appreciated. Any problems with payments, please phone the front office on 6568 1066.

If parents/guardians are having difficulty paying school fees, Student Assistance is available. Please collect a form from the office.

FROM OUR PRINCIPAL

Dear Parents and Community,

Our students continue to demonstrate success in so many diverse areas!

Inekia Small (year 12) and Layla Smith (year 11) have been awarded an Aboriginal Roads and Maritime Scholarship. The purpose of the program is to encourage Aboriginal students to enter into a career in Transport for NSW, Roads & Maritime Services (RMS) or any of the Transport Operating Agencies, and assist with their senior studies. The girls will also undertake work experience during their holidays. Kyleigh Go-Sam and Celeste Dargue, both in year 9, have also been successful in gaining a Public Education Foundation scholarship. Elizabeth Argue has been invited to attend the USB Young Women's Leadership Academy at the University of Sydney in April. The Academy is designed to develop leadership skills and networks through seminars with contemporary women leaders, and business industry visits.

Our swimming team have continued to excel. Macksville High won the zone swimming carnival held here in Macksville, and many of our team have competed in the North Coast carnival and had success.

Our 15 years and under girls Touch Football team are the Lower North Coast Champions.

Three of our senior boys, Wes Styles, Luke O'Loughlin and Max Hoysted were selected in the zone team for basketball. The zone convenor was so impressed with the boys he emailed Mr Coia their coach saying how they were 'fantastic ambassadors'.

Congratulations to all of these students!

Year 12 are working towards mid-course exams beginning in a few weeks, and should be developing their study regime leading into these exams. We are trialling a new assessment schedule this year to allow better time management skills for our students, with hopefully only one or two assessment tasks due in a week. The response has been positive so far. If you feel that you need extra support during this time please contact your year adviser.

Year 11 will be attending their Study Skills Day this Friday, with the day planned to assist our students be successful over their senior years. There are a number of activities arranged for both ATAR and non-ATAR students and we expect all students to attend this valuable day.

The new Director Public Schools Mr Glenn Pleasance recently visited our school, and was very impressed with our facilities and students. It was a pleasure to tell him of our many successes and the great work being done by the students and staff at Macksville High.

Our new Gifted and Talented program is about to begin, with the first theme being fan fiction. Students apply to be a part of the group, and we will have various themes throughout the year. For more details see Mrs Jones or Ms Dykes.

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 they need to.

Erica Lyne, Principal

YR 7 CLEANUP DAY



On Friday of Week 5, Year 7 students were involved in Clean-up Australia Day. Students were tasked with picking up rubbish from some of the more hard-to-reach areas of the school which would usually go un-noticed with the chance to win rewards for their efforts. The competitive nature of some of the students showed through, with some groups collecting 3 full garbage bags.

I would like to make special mention of Keith Donovan and Matthew Williamson-Roe on their efforts along with Rylee Godfrey-Martin, Zeke Punton and Ethan Saul. Mackenzie Peterkin should also be acknowledged for creating her "Cleaning up Australia" song, inspiring other students to get involved.

Overall, 18 bags of rubbish were collected helping to make the school a much nicer environment for students in every year group.

Luke Smith, Yr7 Adviser

YEAR 7'S FIRST DAY

We had always dreamed of the life of a high schooler, stepping off that grand school bus and walking through those big majestic iron gates. Dressed wearing maroon skirts and paper white shirts. It was always a dream to carry those big glossy textbooks as well as that well organised timetable in hand.

After a few introduction speeches it was time, time for the very first period of our high school lives, the first out of the 7380 other periods that we would ever attend.

As we stepped into K3 we visited the vast jungles of Borneo and the festivities of Bali as Mrs. Gilliland took us on an adventure with words across the 17,000 islands that makes up Indonesia.

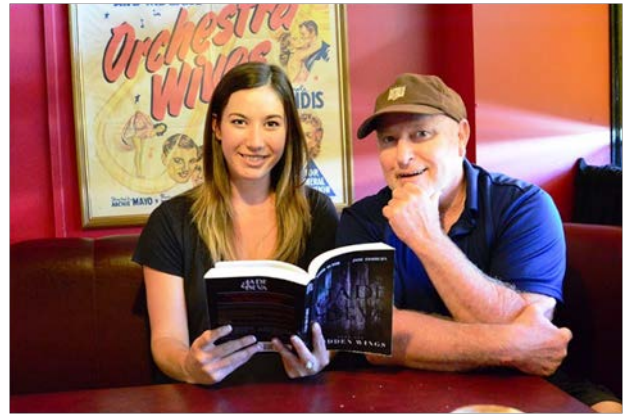
Followed by music with Mr. Battery where we played our way to the keyboards. After a range of activities at sport, our first day of high school was over, our dreams and hopes accomplished, our energy completely drained away. We could go home, that is until tomorrow.

Annalise Robertson

EX - STUDENT ON THE ROAD TO SUCCESSFUL AUTHOR



Last year we had an ex Macksville High student release a book! Jade Fishburn, graduated in 2008 but began the creation back in 2004 at just 14, is now co-author of



book series 'Jade and the Deva'. Book one, 'Hidden Wings', has been a huge success in Australia and she is now looking to be published in the US. It is important that we support Jade in her endeavor as her books reflect the community in which she grew up and the magical surrounds we have in the valley, in particular Yarrahapinni, Grassy Head and

Stuarts Point. The book is embedded with a subtle environmental message and some light humour. A huge achievement for Jade with book two on its way. Visit the website and purchase the book at jadeandthedevas.com or follow Jade and Keith (co-author) on Facebook to demonstrate your support by simply searching 'Jade and the Deva'. Jade has also generously donated two copies of the book to the Macksville High School library for student enjoyment. Thank you Jade and goodluck, we are very proud of you!

Laura Cooper

NORTH COAST CHS SWIMMING CARNIVAL HELD IN LISMORE



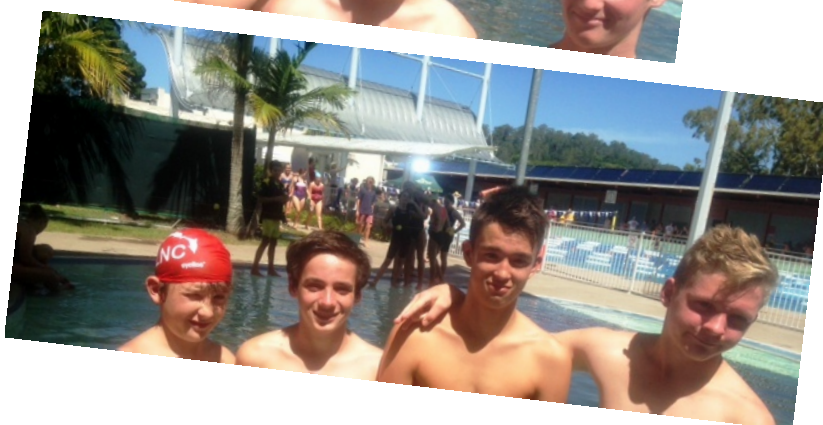
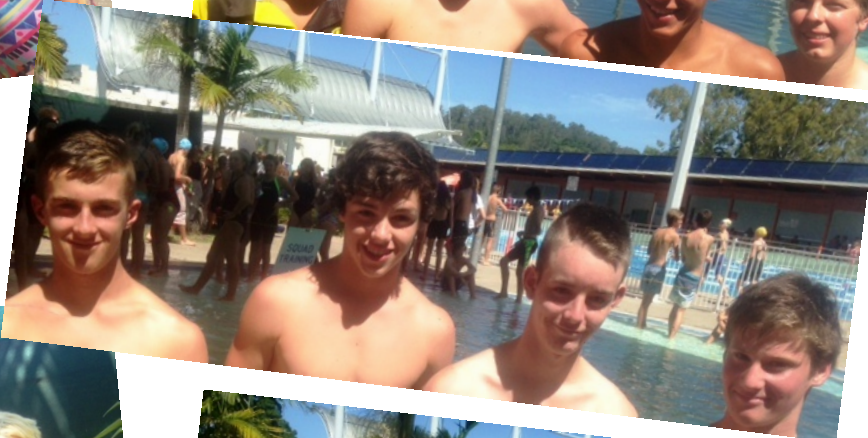
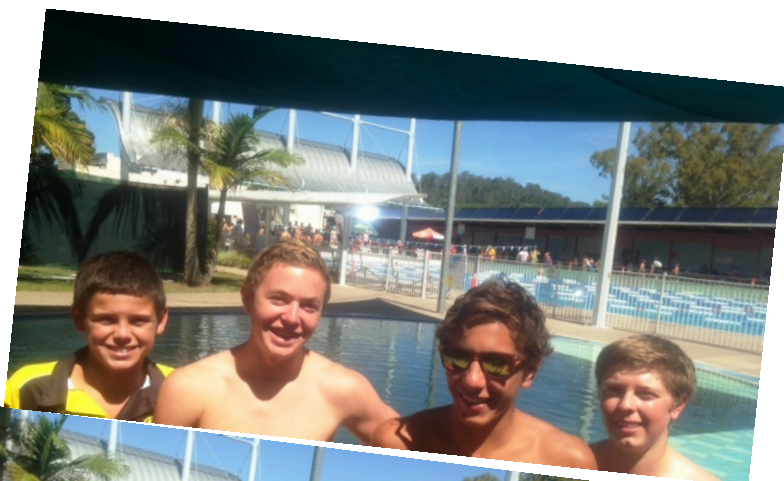
Age Champions:

From left:

**Declan Sutton Yr7,
Tannah Bradshaw Yr11 and
Kryran Tsujimoto, Yr9.**

NORTH COAST CHS SWIMMING CARNIVAL HELD IN LISMORE

Pics of students that competed at Lismore North Coast Swimming Carnival:



Students that have been successful to represent the North Coast at the CHS Swimming Carnival in Sydney are:

- ❖ Matiese Trisley
- ❖ Sophie Atkins
- ❖ Jasmine Stanton
- ❖ Saule Stasionis
- ❖ Declan Sutton
- ❖ Tannah Bradshaw
- ❖ Kryran Tsujimoto

CAREERS

This Communication is about a "USI" or Unique Student Identifier and a "TFN" or Tax File Number...

If you have any notion of completing a Workplace Health and Safety Whitecard or some VET or TVET courses, you should be thinking of applying for a USI!! That is, you should ALL be applying for one of these!!

Your USI will track your training achievements through your life, a bit like TFN (Tax File Number) will track your financial situation through your life. Both are only issued once.

Do I have to have a USI??....yes if you want to complete some vocational or work training!

GETTING A USI AND A TFN.

USI: to apply for a USI, you can use the Macksvillehighcareers.com website and look under "Post School Options" in the "Smart and Skilled" tab. This gives a step by step guide to applying as well as links to do so. NB. it makes clear that you will need some identifying documents for this so please pre-read the site for what is required.

TFN: this is all new in 2015...and can't be completed through the Careers Office as it used to be sadly! Again, if you go to Macksvillehighcareers.com under "important information", you will find the TFN application information and links that can be followed. NB. you don't HAVE to have a TFN...but it is in your best interests to have one!! (ie. to claim back tax paid that is really yours!).

If any of the above doesn't make sense, please come and have a talk with the Careers Office about your concerns.

Tim Lukins

100 YEARS OF ANZAC



School Students Invited to March

School aged children, particularly those who are descendants of WWI service personnel, are invited to march on behalf of those being honoured on this special day. These marchers will be given a commemorative pack to mark their participation and all will wear a badge bearing the name of the person for whom they are marching. Note: Family medals are worn on RHS of the chest.

Register at: anzac2015@yahoo.com.au

In your email please provide the student's name, contact email, phone number.

Those wanting to have a child march with a particular soldier's name tag should contact the Frank Partridge VC Military Museum on any Friday between now and the 14th April 2015: (02) 6564 7056.

YR11&12 STUDENTS AND YEAR ADVISERS GET-TO-GETHER

The Year 11 & 12 students took time out recently with their Year Advisers, Mrs Liz O'Sullivan and Ms Kelly Hardingham, to share in a sausage sizzle & a drink.

The event was well attended by both students and staff. A similar event will be held next term.



The Year 11 students will be attending a "Study Day" at the Macksville RSL on Friday 13th March, with the aim of enhancing their study skills. Note taking, revising & summarising are all key elements to consolidate to achieve the best study outcomes. Being organised and planning what to do is also very important. Students need to exercise, get plenty of rest, eat healthy foods and consume plenty of water to sustain the energy levels required to study effectively.

In May there will be a "Safe Driver" course that will be held in the Library for students and their parents. Students will also be given the opportunity to access a free professional driving lesson. Both these activities will give them bonus credit toward their 120hrs required for their P's. More details will follow at a later date.

The year 11 students have put forward their ideas for a senior jacket. When all have been compiled, and a final design is determined, we will order samples to be manufactured for students to determine their size. They will cost between \$50-\$60 approx.

Kelly Hardingham, Yr12 Adviser & Liz O'Sullivan, Yr11 Adviser

2014-2015 FAMILY ENERGY REBATE



→ **Apply before midnight 16 June 2015**
→ <https://applications.fer.trade.nsw.gov.au/>

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.
- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?
- More information and assistance PHONE: 13 77 88 EMAIL: fer.program@trade.nsw.gov.au or
- WEB: www.resourcesandenergy.nsw.gov.au/info/family-energyrebate

Source:

Trade &

Investment

Resources & Energy

COMMUNITY ANNOUNCEMENTS

NAMBUCCA VALLEY BASKETBALL CLUB Registration, training and informal games each Monday, 4pm - 5.30pm, at the Macksville Indoor Stadium. Registration is \$20 for the year, with a \$5 weekly game fee. Parents or guardians are required to sign rego form. Decent footwear and water bottles are essential. New players and parent helpers are always welcome. Ph. Michelle 0428 452 277 (evenings), or just turn up.

HEALTH - MID NORTH COAST LOCAL HEALTH DISTRICT



- Did you know all children aged 0-17 years are entitled to free dental care?
- To be eligible all you need is a current Medicare Card.
- No Health Care Card required
- Seniors don't miss out on your free dental before turning 18.

For an appointment please call: 1300 651 625

SCOTTS HEAD BOARDRIDERS is a family friendly club. It provides a safe, healthy and active environment for boys & girls from 5 yrs through to adults. More info call Jodi Young 0448919944 or email:

scottsheadboardriders15@yahoo.com.au

NAMBUCCA VALLEY RADIO 2NVR FM 105.9 - OPPORTUNITIES IN RADIO LAND

Looking for a career in media or just interested in broadcasting for fun, maybe you love technology?

2NVR 105.9fm, Nambucca Valley Radio, is excited to be hosting a Regional Community Radio Conference on 20-22 March.

The benefits flowing to conference participants are: shared ideas, expert advice, connections to fellow stations; inspiration, fun and training opportunities & career pathways.

The conference will feature presentations and training from experts across the sector and opportunities to see radio in action.

The conference will kick off, with live entertainment from local band didJital at the 2NVR Tewinga Studios on Friday evening. Workshops will be held on Saturday at Valla Beach Resort Conference Room and on Sunday a brunch and tour at the Tewinga studio.

Anyone, of any age, with an interest in or seeking a career in radio, is welcome to attend this fun event; head to www.2nvr.org.au to register.

Contact Ceri Wrobel on 0458 772 096 for more information and student discounts or collect details from the school office.