

NEWSLETTER

TERM 2 ISSUE 5 - JUNE 2015

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FROM MACKSVILLE HIGH TO CHEF EXTRAORDINAIRE – CLAYTON DONOVAN



.....At left: "Clayton walked through our garden picking fresh ingredients to add into his dish of the day".....

On the 27th May, Macksville High School's 'Evolving into Ladies Scheme' (EILS) participants were lucky enough to welcome local celebrity chef Clayton Donovan to our hospitality kitchens and new bush tucker garden.

Clayton walked through our garden picking fresh ingredients to add into his dish of the day, Kangaroo San Choy Bow. Students listened to Clayton's words of wisdom and how he made a career out of his passion for cooking through goal setting.



.....At left: Sky Burgess, Dacota Fuller, Amy Ralston and Tayla Donovan.....

Anticipation filled the room when the wok was fired up and mouths began to water. Soon enough, a lovely dish was served and smiles were on faces.

Clayton is currently working on a kid's cookbook and his Kangaroo San Choy Bow will be published in it. Many other great recipes can be found on his website, www.jaaningtree.com.au

Thank you Clayton for coming and inspiring our students, we endeavour to grow more bush foods to incorporate your recipes into the everyday classroom.



At left: "Kangaroo San Choy Bow".....

FROM OUR PRINCIPAL

This has been a busy semester and I would like to acknowledge the hard work and dedication of the staff at Macksville High delivering a high quality education and opportunities for our students.

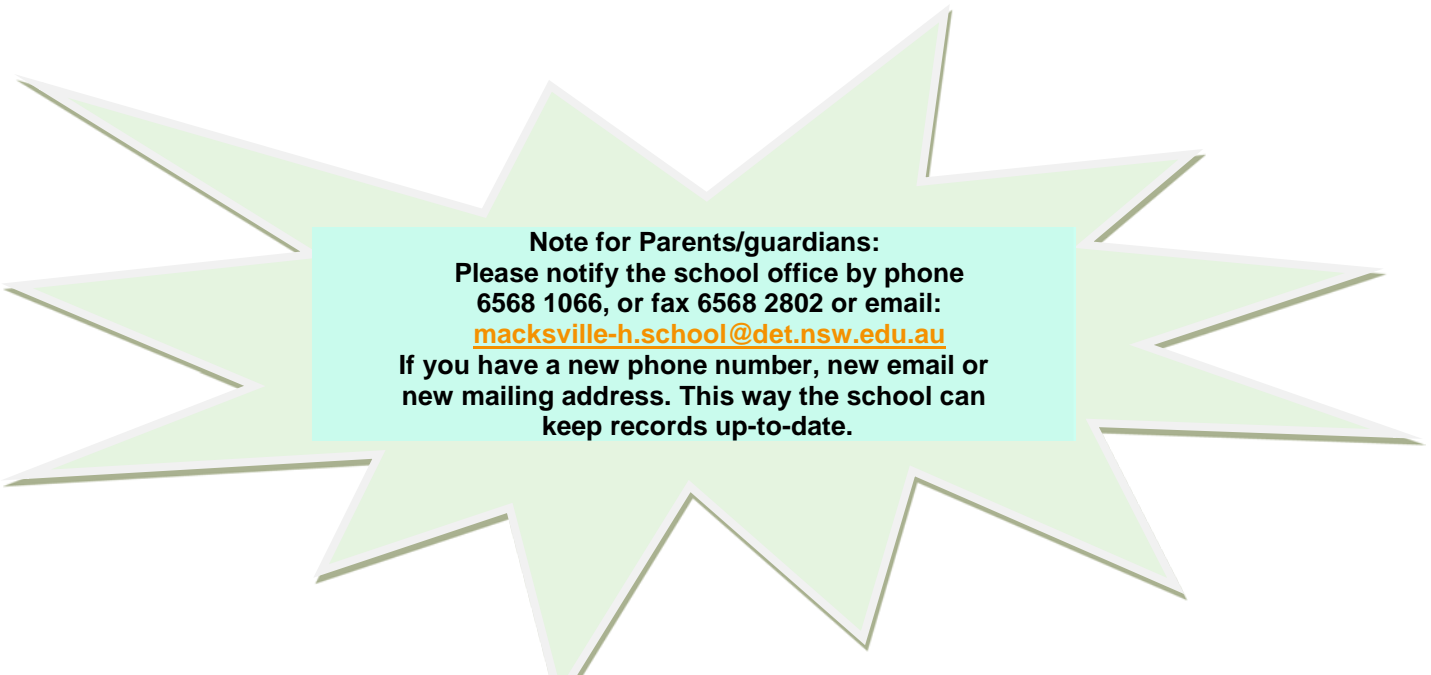
Congratulations to all of our students who have participated and been successful in a wide range of extra-curricular activities. On so many occasions I receive letters, emails and phone calls from members of the community letting me know how our students have represented the school honourably and proudly.

Reports are being finalised and will go home this week. I encourage students and their parents to take note of the areas for improvement and work towards these for next semester. I have read the reports and am very pleased with the achievements of the majority of our students. I still notice the strong correlation between attendance at school and academic achievement – attendance every day is important in improving outcomes.

Next term is the last term for year 12, with Trial HSC exams also looming. I would encourage all year 12 to make the most of this break to organise themselves for the term ahead with a study/work timetable. Many major projects are also due for marking with the Board of Studies, so it is important to keep to timelines regarding these as well as classwork and other assessments. Please don't hesitate to contact the school if the workload seems daunting – we are happy to support our students.

As the semester draws to a close, I wish everyone a safe holiday and look forward to working together again next term

Erica Lyne, Principal



Note for Parents/guardians:
Please notify the school office by phone
6568 1066, or fax 6568 2802 or email:
macksville-h.school@det.nsw.edu.au
If you have a new phone number, new email or
new mailing address. This way the school can
keep records up-to-date.

CALENDAR DATES – JUNE/JULY

JULY

13	School Development Day – pupil free
14	Start of Term 3 for all students
15	LNC Zone Athletics – Nambucca Heads
17	NSW All Schools Cross Country - Sydney
20	Police talks – Yr8 in the Library
21	Presentation Awards in Stadium at 10am - parents welcome
22	Yr12 'post school options' (tbc)
22	LNC Tennis at Port Macquarie
28	P & C Meeting in Hospitality room – 6.30pm
28	Yr10/11 Wheelchair Sports Roadshow in Stadium
29	Technical run for Showcase/showtime in Stadium
30	Austr. Maths Competition
30	U14 Rugby Union 'Future Tahs - Coffs Harbour
30	V10 showcase/Showtime at 6pm in Stadium. Cost \$5.00 and tickets available at school office. Children under 5 free but will need to sit on parent's lap
31	Northcoast CHS Athletics - Coffs Harbour

AUGUST

4	Legacy public speaking - Library
12	Yr10 into Yr11 - interviews in the school library
18 - 20	Yr7 - Yr11 - AgQuip excursion
19	Yr10 into Yr11 - interviews in the school library

HELP WANTED

The School Canteen is looking for helpers to volunteers one day per month to help make lunches and serve drinks etc.

The Canteen is often under-staffed, if anybody – parents/guardians /grandparents are able to help out please ring Ros on 6568 1453 or the school office on 6568 1066

ANNUAL SCHOOL CROSS COUNTRY RUN



Many students took advantage of the beautiful weather early Term 2 to enjoy a run through the streets of Macksville, the pine forest behind the school and around the school grounds recently, to compete in the School Cross Country .



YR10 STUDENTS ATTEND MUNA (MODEL UNITED NATIONS ASSEMBLY)

This term 4 Year 10 students attended MUNA (Model United Nations Assembly) held in Inverell.

MUNA is an annual, two-day weekend event that is part of an International Rotary project to educate senior high school students on the United Nations organisation and its vital commitment to world peace, in addition to health, education and living standards around the world.



Above: Zoe Baines and Callum Caesar represented the country of India

The event provides an excellent forum for students to develop and practice their public speaking skills whilst debating on topical world issues. The event is sponsored by Rotary, who run the competition and provides financial assistance to students to attend.

Over 80 students participated in the event from many regional areas. Students attended dinners, dances and participated in theatre sports, providing opportunities to establish friendships.

The students are allocated a country and debate a collection of resolutions. This year our teams represented Italy and India.

Max Cleversley and Maya Smith represented Italy. They supported a variety of important resolutions including **“to establish a worldwide program of crime prevention with uniform mandatory penalties for the smuggling of drugs, people and plants and for money laundering”** and a controversial motion to **“urge all nations of the United Nations to support the application by Italy supported by many other European Nations to remove Greece from the Eurozone. Their continued presence in this monetary union negatively impacts on the future value of the Euro and will influence the economic stability of many countries worldwide”**. Both resolutions were successfully passed and both team members spoke with great conviction.



Above: Max Cleversley and Maya Smith represented Italy.

Zoe Baines and Callum Caesar represented the country of India. This team debated a wide selection of issues, and presented well-researched and developed thesis on the topics. They successfully fought to ensure that the **“Assembly supported the use of nuclear energy so as to reduce dependence on fossil fuel and supports all nuclear research”** And worked hard to defeat motions such as **“That the United Nations do away with its six official languages of Arabic, French, Spanish, Russian, Chinese and English and reduce translation and interpretation costs for all members by designating Urdu as the official United Nations language”**.

It was a wonderful experience and the students had an excellent time. We would like to thank the Macksville Rotary Club for their generous support.

Kelli Dykes, Head Teacher English

CAREERS NEWS

1. Year 9 to UniBound at SCU: last week all Year 9 and their Year Adviser Mrs Melissa Robertson had the opportunity to be part of SCU's (Southern Cross University) UniBound days for their CHEC campus (Coffs Harbour) along with most other schools from this area. Students elected to choose workshops that might be of specific interest to them as part of the organisation. A great experience was had by all!
2. Year 10 Subject Selection for 2016: this is now underway!! Students have completed their workshop and been given a collection of 'bedtime reading materials'...so they can be fully conversant with the process and choices involved! Students need to lodge their choices online; if the online bit is too daunting a possibility, please bring the choices wishlist sheet into the front office and staff there will be able to help achieve this. A copy of the powerpoint presentation from the student workshop has been emailed to all listed parents' email addresses.
3. Some university details: coming up on 25.06.15 are 2 excellent Year 12 opportunities:
 - a. University of Newcastle Student openday- costing \$25- see Mrs Shrubb for more details/notes
 - b. Charles Sturt University Student Openday at Port Campus- costing \$10-; see myself for details/notes.

➔ If your child is considering study at these universities, this should be a “must-not-miss” day....!!
4. University Applications: all Year 12 (and their parents) have been emailed an outline of the timeframe for 2015 university applications. It is MOST important that the included dates are **STRICTLY** adhered to as most are not negotiable.

Mr T Lukins, Careers Advisor

A BIG OPPORTUNITY FOR SHENAE CONWAY

For those who didn't know

The Professor Harry Messel International Science School — the ISS — is an **all expenses paid** two weeks of science hosted every two years by the University of Sydney. 140 young scientists from years 11 and 12, from around Australia and across the world (*it is an International event!*) meet to experience talks by leading researchers, tour scientific labs, join in hands-on experiments and activities, and enjoy social activities. It is a life changing experience for students who love science and is a highly competitive event. Students can only attend by applying for a \$3500 scholarship which **covers return travel within Australia, food and accommodation (at the Kincoppal Rose Bay college overlooking Sydney Harbour.)**

To be considered for selection students **are selected on academic merit and leadership qualities and must**

- ✓ achieve the **highest grades in the top-level English, Science and Mathematics** in their Year 10 exams or most recent Year 11 assessments
- ✓ be assessed by their school Principal as **one of the top science students in their year group at school**
- ✓ supply a **supporting statement from a Head teacher or School Principal**
- ✓ be studying at least **60% Science and Mathematics subjects in Year 11 or 12**. If necessary, preference may be given to students studying at least one of Physics and Chemistry
- ✓ be clear communicators and be able to represent their school and state at the International Science School.

The challenge was on. To be accepted into an International event is a great honour. Shenae easily met **the academic requirements** (studying Extension One Mathematics, Mathematics, Physics, Chemistry, English Advanced, Ancient History and Visual Design.) She achieved first place in her first senior assessment task in Chemistry with a mark of 88.5%.

She **loves Science** (attending the University of New England Gifted and Talented Mathematics day, a Science in the Bush visit, a University of Wollongong Science Experience (during school holidays) and the University of Wollongong Science, Technology, Engineering and Mathematics workshops.

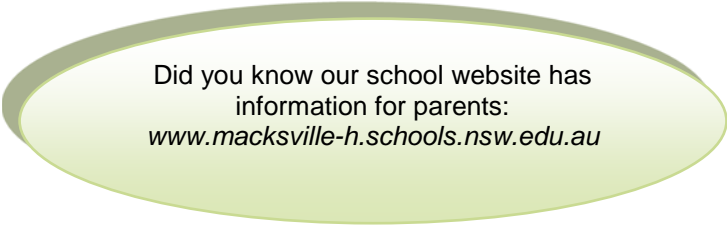
She **demonstrated leadership skills:** on Orientation day visit, as a member of the Venturers (helping run the regional rally), raising raised funds for charity, volunteering with the Driver Reviver campaign, marshalling in the Trial Bay marathon; and in drama, debating and Anzac Day marches. We forwarded the application forms in March. Shenae rocked up to me the other day and calmly announced "Miss? I got in!"

I still have goose bumps on my arms. To think a student from a small regional school can compete and succeed in gaining experience at the international level is mind blowing.

I wish Shenae every success and can't wait to hear her stories on her return.

I can only impress on all students, take every opportunity that arises; you never know where they may lead you.

Moyra Mendham, Head Teacher Mathematics



Did you know our school website has
information for parents:
www.macksville-h.schools.nsw.edu.au

2015 SECONDARY SCHOOLS STUDENT LEADERSHIP PROGRAM

On the 4th of June we travelled Sydney to take part in a civics program. This program offers leaders the opportunity to knowledge of our system of parliamentary proceedings and Governor.

The first stop however, was a for brekkie at Max Brenner on



down by plane to and citizenship Year 12 student develop their government and also the role of the

chocolate fondue George Street. Yummo! We then headed to the NSW Parliament House, but on over travels we found Koshie from

Sunrise so we stopped and had a quick chat to him and had a photo taken with him.

When we arrived at Parliament House we were introduced to various members of Parliament including our own MP Melinda Pavey. We left the large group of student leaders and Ms Pavey took us to another section of day for Bowraville families. Mr James Wood, was leading double jeopardy laws. We powerful historic moment.

galleries of the Legislative Council Chambers, we such as a park in Parramatta also about the discrimination

Parliament as it was a historical Former Supreme Court Judge, a review concerning the State's were lucky to be a part of this

As part of a visit to the public Assembly and Legislative watched live debates on issues being rebuilt and extended and of aged people.



Following this, we went on a guided tour of Government House where we met His Excellency, General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales. We were also lucky enough to be able to have a photo with His Excellency and after this we had the opportunity to do some quick shopping and then headed back to the airport.

It was a very long day but such a fantastic, memorable and valuable experience for both myself, Brooke Chapman and Harry Mitchell (Captains of Macksville High School). They both represented the school with maturity, style and such positive behaviour. Well done and thanks for your great company!

Thanks again

Miss K Hardingham

INDONESIAN COOKING FOR YR8 TASTER CLASS

Students in Year 8 Indonesian tasters class got a taste for eating Indonesian food this week. Ben, Trent, Connor, Sasha and Josephine did the actual cooking of *sate ayam with honey soy flavour*, while Matiese and Milly fixed the rice to perfection.

Other students helped set tables clear up and co-operated wonderfully. To link cultures, we finished off the mini meal with cup cakes. Good fun!

L Gilliland

MIKAELA BARTLETT SUCCESSFUL FOR WINTER SCHOOL

Congratulations to Mikaela Bartlett for achieving a spot in the University of New South Wales Winter School in the area of Science. Over 200 applicants applied for only 100 positions this year. The Nura Gili Indigenous Program aims to select students who are on their way to achieving their goals and to further inspire and instil confidence.

Mikaela will travel to UNSW in the upcoming July school holidays to explore university life and the pathways she has to pursue her career in Ecology.



YEAR 12 MEMO – DATES TO WATCH

Email: ross.lukins@det.nsw.edu.au

P 65681066

F 65682802

Dated: 09.06.15

Greetings! Below is a list of school and other dates/deadlines to keep your eyes on...many are NOT NEGOTIABLE!! It may seem rather confusing at this stage...but just try and work through one step at a time!!

1. *What you have to do now:* research universities and courses of interest
2. *What you have to do in July:* Pick up UAC Guide and register with them
3. *What you have to do in week 8 Term 3:* go to university early entry talks and complete applications while there (including SRS)...!!

School:

21.07.15	ACU Prospective Student Officer talk, Period 5, MHS Library.
22.07.15	Post school Options Day- all day at Coffs Harbour
31.08.15	SCU Prospective Student Officer Ellen Talk, Periods 3&4 MHS Library
01.09.15	UNE Prospective Student Officer Zoe Talk, Period 1 MHS Library
01.09.15	CSU Prospective Student Officer Bernadette Talk, period 2 MHS Library

Other:

July 15	Most universities have entry application information on their websites
17.07.15	UAC handbooks due in school
29.08.15	UOW online early entry applications CLOSE
01.09.15	Notre Dame University Early Entry applications CLOSE
04.09.15	<u>ALL "early entry" applications to be completed- NO FLEXIBILITY!!</u>
18.09.15	-Last Date for ontime UAC/QTAC/VTAC Registration (done online; nb. Preferences chosen can be changed up until early January). -Last date for EAS applications.

31.10.15 Apply to TaFE for fulltime courses 2016 due.

Early December Early entry offers in mail/email/sms.

- Most training providers (eg. Universities and TaFE) have their deadline dates on their web sites- be sure to check these and CONFIRM by direct contact if in doubt!!
- QTAC and VTAC: I have a small number of Guides in the careers office for interested students; ALL students will be given their own copy of the UAC (NSW) Guide...
- Now get studying and revising and completing assessment tasks...!!

Mr. T Lukins, MHS Careers Advisor (0403841042)

PIZZA PARTY FOR 8M4

It is not often I see a really united class who always give 100% to succeed in a subject. This doesn't happen one day; it happens every time I have the wonderful 8M4 Maths class. They know who they are and they know how much I enjoy teaching them.

To celebrate their success in the recent half yearly examinations I shouted them a pizza party in the second period of a double lesson. I wish I could have coordinated better weather as it was really cold outside so we munched quickly and went back inside for games.

The group are supportive of one another, are always motivated to succeed, have beautiful manners and an amazing work ethic as well. 8M4 2015, you rock!

Mrs Mendham

YR 8 STUDENTS ATTEND UNIVERSITY OF NEW ENGLAND MATHS DAY

Mr Paix and Mrs Keeys from the Maths staff at Macksville High are to be congratulated on organising two teams from Year 8 to travel to Armidale to participate in the annual University of New England Gifted and Talented Mathematics Competition.

At 5a.m. students met at Caltex and joined with Bowraville Central and Nambucca Heads High School in a bus trip to Armidale (thanks Mr Joyce, great driver!) After a look around the university grounds, the group assembled for the day's event.

Teams of four students participated in problem solving activities which emphasised cooperative learning and teamwork. In one activity, the teams can choose to solve simple 1 mark problems or more complex problems, which, if solved correctly, can earn the team 3 points. What a dilemma! What strategy shall we use? Lots of easy questions? (and low point score), or take the risk and try harder challenges? If a challenge was too hard, they can return the problem and exchange it for an easier problem. They cannot get help from their teacher as each teacher is assigned to a school different from their own.

The teams rotated about the hall so played against many different schools. Some schools were amazingly awesome but others we held our own against.

The students acquitted themselves well, looked great in school blazers and ties and were a credit to MHS. Thanks to all involved.

G Paix

ANNABELLE CRAVEN WRITES ABOUT THE MATHS DAY AT UNE

The three hour bus trip with Nambucca Heads and Bowraville was fun; we all got along nicely with friendly conversations going on left, right and centre. I thought when we left that the day would be fun but it was fantastic.

I had so much fun playing trivia games and competing in little competitions. We took 2 teams away. The female team was Chilli Burt-Perks, Maddison Roberton, Bianca McFadyen and me (Annabelle Craven) On the male team it was Brent Smee, William Douglas. Blake Howle and Mitchell Williamson-Roe.

We had such a fun time bonding with the other schools, making new friends and great memories. We finished a great day with McDonalds and another great bus trip. I would gladly go back and do it all again and I'm sure the other students would agree with me.

Annabelle Craven, Yr 8 student

UNIVERSITY SHIELD/BUCKLEY SHIELD ROUNDUP

Recent weeks have seen Macksville compete in the Rugby League University Shield Open's and Buckley Shield U14's knockout competition.

Round 1 saw the U14's progress following a forfeit by Nambucca side. The Open's team played Nambucca at Macksville Oval winning with a narrow margin 26 – 22. Jack Ireland played an outstanding game with 3 tries and 2 goal kicks to his credit. Tries to Jye Perkins, Max Hoysted, Jack Tonge and Nick Mills.



Round 2 saw both teams play against Melville High School at Kempsey. The junior boys played an amazing game, going out hard from the start to set the scene for a massive 56-4 win. Try scorers were Blake Brunsden, Ryan, Jordan Moore, Ulysses Craig, Layne Rouse, Flynn Watts, Logan Jones and Will Douglas. Many of these made possible by the plays set up by their supporting players with special mention to Connor Peterkin in Half Back. Congratulations also go to Will Douglas, making his debut goal kick in this game.



The Opens team fought a strong Melville side to finish in Draw (10all) Man of the match going to Tahn Smith. This game was later replayed at Smithtown Oval which unfortunately saw the boys lose in a closely contested match, lost only in the final minutes when Melville managed to score in the corner. Down 30 -0, the boy's attitude changed dramatically in the half time break resulting in them scoring 28 unanswered points in the first 20 mins of second half. Before then, Smith and Jordan Leckie (who had 3/3 kicks for goal) were sin binned for foul play. With only seconds left following the kick there was no time remaining for a reply. Final score Macksville 28 – Melville 34.

Round 3 for the U14's was played last Tuesday against Camden Haven High School at Camden Haven. The boys came prepared for a tough game knowing that Camden Haven have previously shown themselves to be a very strong side. The boys played an impressive defensive game in the first half with no tries scored in the first 10 for either side. First try was scored by Layne Rouse who managed to flop his way over the other team and



ground the ball. Injury saw Connor Peterkin on the bench for the rest of the game with Blake Brunsdon moving into half back.

Further tries in the first half came from Logan Jones and Ryan Atkins who made an impressive 80 break to score close to the posts. Successful Goal kicks from Blake Brunsdon saw the boys in the lead 18-4 at half time. In the second half Camden Haven fought back and Ulysses Roberts scored the

final try for Macksville. Camden haven scored 3 tries in the second half but only 2 Goal kicks were successful seeing the final whistle blow at Macksville 22 – Camden Haven 20.

This win made Macksville U14's the Zone winners and next week will see them play the semi-final in the Buckley Shield against South Grafton High School at Macksville High School at 11am.

I would also like to thank boys who have helped our teams with assistance in coaching and running water at games especially Toby Jeffery, Oliver Elson and Heath Galvin.

We wish the boys all the best as they prepare for their next game.

Martel Oehme

ECO WARRIORS

Most Year 7 students were introduced to a firsthand experience of life in the forests with the Dayak people of Kalimantan. The film showed 15 young graduate students from different countries carrying out projects to improve the environment which is being deforested by big multi nationals, planting palm oil plantations.

Different teams of the graduates formed to

- educate students around the world
- replant forest trees
- canvass companies who illegally bulldoze forest on land they do not own.
- set up Earthwatch...a fascinating app where students can sign in to observe any clearing of forest on Dayak land in the area, in real time and
- rehabilitate orphan orangutans in safe areas, to return to safe forests.

It is wonderful to see young people become aware of dangers to our natural environment, and learn what is being done to try to overcome the radical illegal clearing...

L Gilliland

YEAR 9/10 INDONESIAN ELECTIVE CLASS

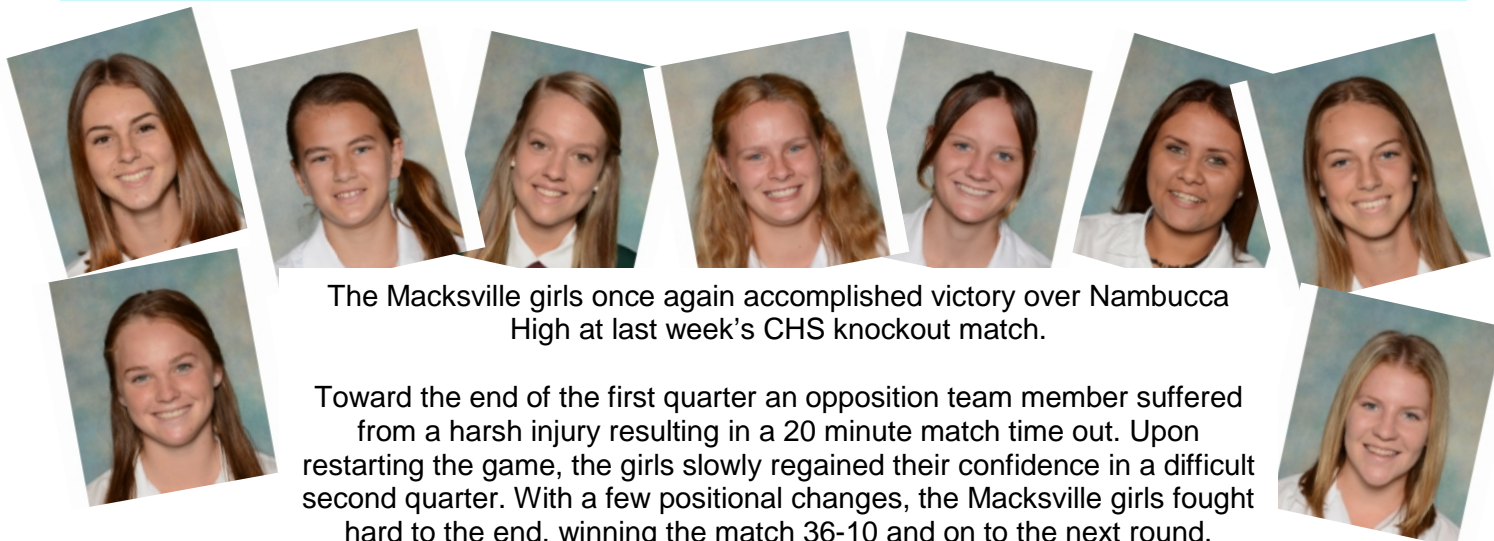
Students in year 9/10 elective learnt to cook last week, in class. *Sate ayam* was the speciality, with different flavours. Also, cutting salad vegetables, and adding the rice, so it is presented nicely.

We are most fortunate to have the herb and vegetable garden now producing, so students could pick some basil to add flavour with the vegetables and rice.

Parents who have not yet noticed the gardens near room K3, will be impressed to walk near there, to see the incredible work being done. Congratulations .

L Gilliland.

OPEN GIRLS' NETBALL



The Macksville girls once again accomplished victory over Nambucca High at last week's CHS knockout match.

Toward the end of the first quarter an opposition team member suffered from a harsh injury resulting in a 20 minute match time out. Upon restarting the game, the girls slowly regained their confidence in a difficult second quarter. With a few positional changes, the Macksville girls fought hard to the end, winning the match 36-10 and on to the next round. On behalf of Macksville High we wish Nambucca's injured team member well and for a speedy recovery.

EVOLVING INTO LADIES SCHEME AND BUSH TUCKER GARDEN PROGRESS

The Evolving into Ladies Scheme is in its second year running with the structure changed to include the year 9 girls. The overall aim for the program is to equip young girls with the social, emotional and physical skills to assist in their development and interactions through adolescence into young ladies.

For the year 7 & 8 girls, the focus remains on traditional knowledge systems and Covey's 7 Habits which explicitly promotes personal leadership, growth, confidence and resilience. It is noted that there is no specific criteria for the program; a variety of skill sets is most effective in achieving



our goals which is in line with department guidelines.



The year 9 girls are participating in a slightly varied program this year whereby workshops will be delivered based on career building and goal setting courtesy of Brenda Neave. By the end of term, Brenda hopes to put the girls through practice job interviews. Thank you to Anne Gillin for her generosity in helping me to achieve such amazing community support. Local businesses such as Priceline are now donating time and products to be involved in the confidence building of our girls and enable them to envision their futures.

Following on from our 2014 bush tucker garden proposal, the construction of the garden is well underway with great plans ahead. Our expert bush tucker gardener, Damian, has been in regularly to expand the selection of plants, all of which he has kindly donated. Some vegetables are ready to eat now and there are classes already utilising the garden and foods. Our first session of EILS in term 2, 2015, was spent exploring the garden and helping Damian plant some fruit trees. Since then, the girls

have experienced soap making with coconut oil thanks to Ingrid Ridley as well as Pilates thanks to Jess Langham at Solitude Health. Additionally, our student teachers Sharon Bunyan and Jessy Cowan have done an excellent job in preparing the year 7, 8 & 9 girls for an Aboriginal artistic creation to brighten up the garden surroundings. We have a range of activities lined up for the remainder of the term such as a visit from local celebrity chef Clayton Donovan who will cook for the girls using ingredients from our own garden and speak to the girls about the role of nutrition in a healthy, balanced lifestyle.

Laura Cooper, Program Supervisor

CLOSING THE GAP—PROGRAM FOR ABORIGINAL OR TORRES STRAIT ISLANDER

The **Closing the Gap** program or CTG program is available to any **Aboriginal or Torres Strait Islander** person who:

- Has decided to see a doctor and take care of their health;
- Needs some support on their health journey.

Closing the Gap workers can:

- Work with you and your care provider to get access to free or low cost medications (through signing up for the Indigenous PIP program)
- Arrange a person to talk to and advocate on your behalf at the doctors or specialists

An Aboriginal outreach worker can catch up with you regularly to see how you are going, make sure your health is improving and support you to access other services if you need them.

Contact: Terry Donovan, Aboriginal Outreach Worker. Coffs Harbour office 02 6659 1800.

CARE COORDINATION & SUPPLEMENTARY SERVICES (CCSS)

What is CCSS? The Care Coordination and Supplementary Services (CCSS) program aims to improve the health and wellbeing of Aboriginal and Torres Strait Islander people with a chronic health condition. The CCSS program will provide you with a care coordinator who will work with you and your GP to help manage your chronic disease. A Care Coordinator can also:

- Help you to arrange specialist and other appointments
- Assist you to understand, follow and manage your GP management plan
- Visit you at home
- Assist with a range of medical aids

Deciding to take care of your health or managing a chronic disease can be difficult.

Arranging appointments, taking and understanding medication, making sense of the disease and effects it has on your health and wellbeing and that of your family, or even just knowing where to start. The CCSS care coordinator can help.

Contact: Rhiannon Mitchell, Care Coordinator. Coffs Harbour office 02 6659 1800

Note for Parents/guardians:

**Please notify the school office by phone
6568 1066, fax 6568 2802 or email:**

macksville-h.school@det.nsw.edu.au

**If you have a new phone number, new email or
new mailing address. This way the school can
keep records up-to-date.**

WHOOPING COUGH ALERT

We have provisional diagnosis of whooping cough at Macksville High School. To assist you in ensuring the health and wellbeing of

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Communicable Diseases Factsheet

Whooping Cough (Pertussis)

Last updated: 30 March 2015

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection.

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

COMMUNITY ANNOUNCEMENTS

HSC 2015

2015 Higher School Certificate Examination Timetable - Monday October 12 to Wednesday November 4. See NSW Students Online - your one-stop for everything HSC. The best place for information about the HSC is the Board of Studies, Teaching and Education Standards NSW (BOSTES) website *Students Online*.

You can visit Students Online at anytime to check your personal HSC details and other important information, eg examination timetables. For everything HSC: studentsonline.bos.nsw.edu.au

NEW SPORTS SHOW FOR 2NVR - THAT'S A WRAP

Sunday 5.00pm till 7.00pm- www.2nvr.org.au

This is the new 2NVR sport show Sundays at 5.00pm. Your presenters are Dallas Dent, Vicki Melouney & Donna Collins. We want the show to be about local sports, upcoming events, the discovery of young achievers, up to the minute results and any item of interest for broadcast. We will be available to do interviews either at our studios at 834 Rodeo Drive Tewinga, by utilising our outside broadcast van or use of hand held recorders at the venue.

Please contact **Donna Collins** 0419 707 874 or donna@2nvr.org.au OR Dallas Dent on dallas@2nvr.org.au or 0459 577 726

SCHOOL HOLIDAY ACTIVITIES

CRICKET FUN DAY: Macksville Ex Services Junior Cricket Club is hosting a Free Cricket Fun Day during this school holidays at Donnelley Welsh Oval. Lots of fun activities are planned for both girls and boys. Some cricket coaching tips, as well as other general sports skills. Open to all ages, all abilities and includes a free lunch. **Tuesday, 30 June, 2015 from 9am until 3pm, at Donnelly Welsh Oval.** Contact Paul Ireland, Nambucca Shire Council, 65680254.

FREE MOVIE FUN DAY: Watch a movie, have lunch and play some games. The day is supported by NSW Transport to encourage the use and knowledge of public transport; therefore we are catching the local bus to the cinema at Nambucca Plaza. All supervised; we have pick up and drop off at Bowraville, Macksville and Nambucca Heads bus stops. There is a limit of 20 places so you must register. Wednesday 1 July 2015. This activity is for 12-16 year olds. To register, contact Naj Hadzic, Nambucca Shire Council, 65680255.

NAIDOC WEEK: 5-11 July 2015. A number of activities are being organised for Bowraville, Macksville and Nambucca Heads. All welcome. The local NAIDOC Program will be available on the Nambucca Shire Council website soon. Visit www.nambucca.nsw.gov.au

GROUNDWORKS YOUTH CENTRE

(located at 22 Earl Street Coffs Harbour - across from the skate park in the community village)

Both girls and Guys aged 12-24 yrs are always welcome to drop in to Groundworks each Friday from 1 - 5 pm. Free table tennis, hookie, playstation and music. Commencing Tuesday June 30 - 3 x 3 hour Empowerment Sessions for girls: **Song Writing; DJ Skills; T-Shirts; Marionettes; Skating; Hooping.** For guys: **Stencil Graffiti; Song Writing; DJ Skills; Skating and Video Art.** Bookings are essential - phone 6648 3620 or www.jbys.org.au

VISIT YOUR TOWN LIBRARY

While your school libraries are closed don't forget that there is a wide range of books, magazines, DVDs and ebooks available through your public libraries at Nambucca heads and Macksville. Here are a few suggestions:

<i>Song for a Scarlet Runner</i>	by Julie Huntan adventure story with a bit a magic
<i>Counting by 7s</i>	by Holly Sloan.....a story of a 12yr old genius and her plans to avoid foster care
<i>The First Third</i>	by William Kostakis.....this story is about the first third of your life when you are embarrassed by the older members of your family or not?
<i>Are You Seeing Me?</i>	by Darren Groth....a story about a road trip, twins and disabled brothers
<i>Stay Where You Are And Then Leave</i>	by John Boyne....a story of WW1 and a hospital rescue
<i>Zac & Mia</i>	by A.J. Betts....about friendship, hospitals and questionable music tastes
<i>Singing the Dogstar Blues</i>	by Alison Goodman....a story about aliens and time travel
<i>Dropping In</i>	by Geoff Havel....a beat up couch, skateboards and a steep hill - what could possibly go wrong? (don't try the dip and gunk competition at home)

If a book is not available please ask for a reserve to be placed on it.



Afternoon activities for students who like any and all sports activities. It's a fun place to play sport and hang out.



**Where at?: Bowraville
Central School, High St.**



For any further enquiries please contact
Reno French Community Development
Officer at Nambucca Shire Council on
6568 0225

Commencement Date:
20/5/2015

Time: 3:30pm - 5:00pm

When: Every Wednesday

After School Activities

All school students
in the Nambucca
Valley are invited
to attend.
(not only for
Bowraville Central
School Students).

School Years:
4-12



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