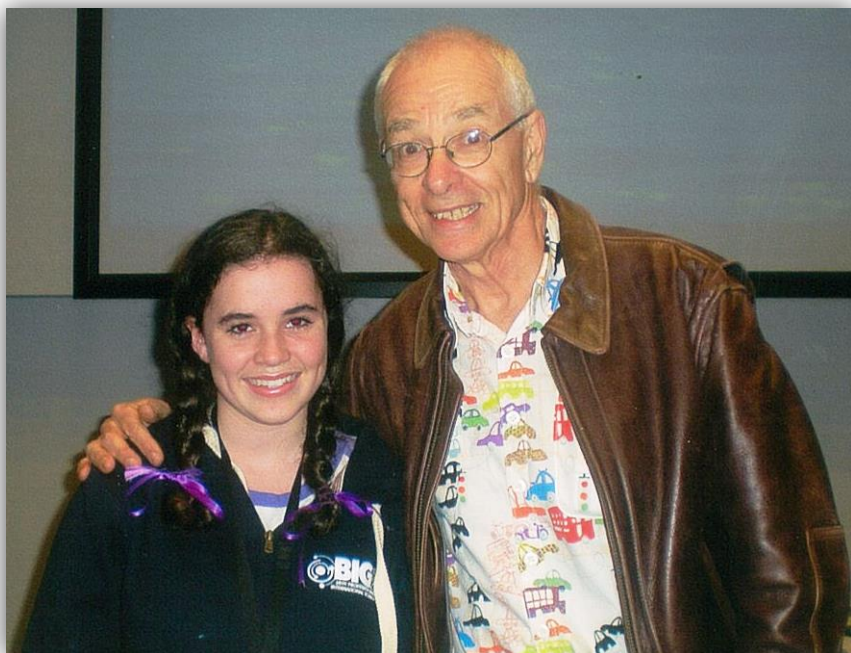


NEWSLETTER

TERM 3 ISSUE 6 - AUGUST 2015

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SCIENCE STUDENT MEETS WITH DR KARL



Harry Messel 38th International Science School

In the July school holidays, I was selected to attend the ISS and all scholars received a full scholarship. This covered airfares, food, accommodation and activities based at Sydney University, School of Physics. I was joined by 132 other scholars from all over Australia and the world including the USA, India, Thailand, Japan, UK, New Zealand, Singapore and China. During ISS a typical day started with a delicious breakfast at our accommodation at Kincoppal Rose Bay. Then we attended a lecture, the topics included cosmology, nanoscience, neurology, nutrition and nuclear fusion.

After lectures we headed off to various activities which included geology, vet science, engineering, psychology and visits to the nuclear reactor. The day finished with another activity and lecture including Dr Karl who taught us about belly button fluff and forensic science.

The nights and weekends were filled with a range of social activities organised by the Young Scientists of Australia. Social events included a trivia night, bush dance, movie nights, talent quest, harbour cruise, disco, visits to the Sydney tower, liquid nitrogen ice-cream, Max Brenner and a session in an Enigma Room (yes, I did escape)

Professor Harry Messel founded the ISS at Sydney University in the 1960. He passed away during this year's science school at the age of 93. He had contributed greatly to the science education in Australia. One of his most well-known pieces of advice was: All matter consists of atoms, all knowledge- of hard work"

During ISS, I was lucky enough to be one of the 15 selected to attend an official morning tea for sponsors and dignitaries. We also met the Governor of NSW at a café on a later date as he was unwell and unable to attend the function.

I had an amazing experience at ISS2015 and made friends from all over the world while learning many interesting things. I would like to thank Mrs Conway and Mrs Mendham for supporting my application. I would also encourage students in Yr 9 and 10 to apply for the 39th ISS in 2017.

Written by Shanae Conway Yr 11

FROM OUR PRINCIPAL

Welcome back for Term 3, another busy, but rewarding term ahead of us.

Firstly, thank you to all of the parents, grandparents, relatives and friends who attended our Presentation Assemblies. It is wonderful to see the efforts of so many students rewarded for their academic, sporting and cultural achievements, and for trying their best. Congratulations again to all award recipients.

The Valley 10 Showcase was an outstanding success. Over 600 students from across the Valley performed on the evening culminating with all participating in the finale. Last week was Education Week and it is timely to take stock and celebrate being a proud public comprehensive high school. An event such as Showcase demonstrates the exceptional talents in our schools. A huge thank you to all the staff involved in the organisation and performances. In particular I would like to thank our performers and helpers. You were outstanding ambassadors for our school and did yourselves proud!

We welcome our exchange student Alice from Italy into Year 11. Alice will be with us until the end of the year, and we hope that she has an enjoyable time learning and sharing her experiences.

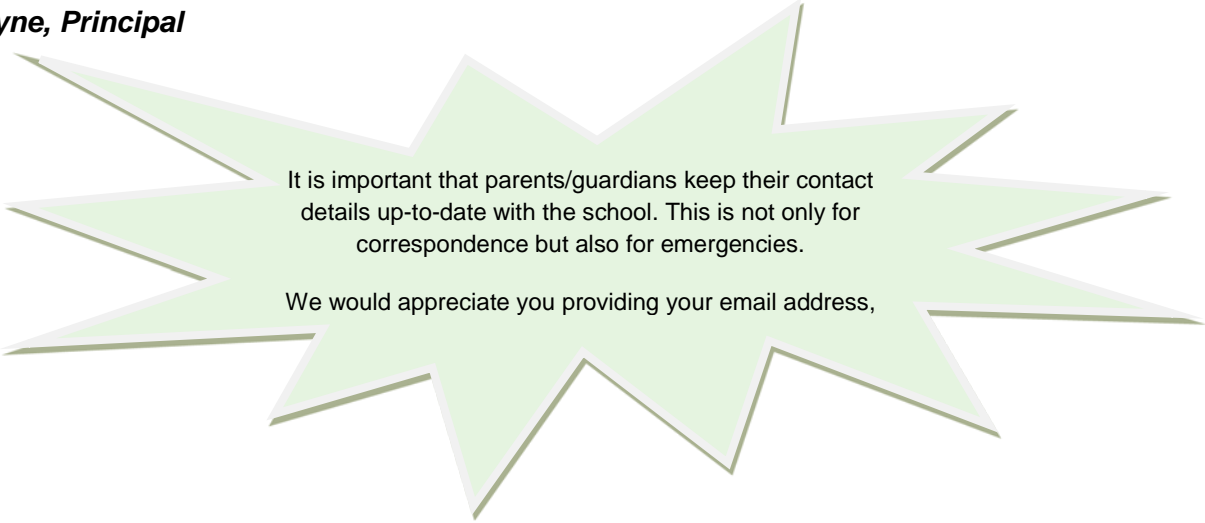
This is an important term for our senior students. Year 12 will be preparing for their Trial exams, completing major projects and working as hard as they can to prepare for the all-important exams next term. Year 11 is in the final stage of their Preliminary courses, with assessment and exams to conclude at the end of the term.

One of the greatest predictors of success is full attendance at school. It is important that students commit to their studies and make the most of the time they have at school to enable them to be proud of their achievements in all years. SMS messages go out to parents and carers after roll call. If we do not have your details, or they have changed, could you please contact the school. If your child is away from school, you can reply to the SMS, with a valid reason such as sickness.

Year 10 students will continue with their subject selection process, with individual interviews being conducted over the next couple of weeks. Year 8 will also have the opportunity to select their electives for 2016 later in the term – more information will be coming soon.

Each month our P&C meets here at the school at 6:30pm. I would encourage all parents to attend as it is another great way to support our school. The next meeting is 25th August in the Hospitality room.

Erica Lyne, Principal



It is important that parents/guardians keep their contact details up-to-date with the school. This is not only for correspondence but also for emergencies.

We would appreciate you providing your email address,

CALENDAR DATES

AUGUST

7	Jeans For Genes Day (Jeans only not mufti)
12	Yr10 into Yr11 - interviews in the school library
13	Yr 7/8 Social 6pm Hall
18 - 20	Yr7 - Yr11 - AgQuip excursion Gunnedah
19	Yr10 into Yr11 - Interviews in the school library
25	P&C Meeting 6.30pm Hospitality Room
26	2Star BBQ Canteen Pergola

UNIVERSITY OF WESTERN SYDNEY HSC BOOTCAMP



In Week 9 a group of Yr 12 girls attended an Aboriginal HSC bootcamp held at the University of Western Sydney.

The bootcamp provided opportunities to participate in workshops for various HSC subjects with exam writers and senior markers presenting information about how to approach each examination. Our brand new accommodation was on the Penrith- Kingswood campus, a close walk to our lectures.

The Macksville High girls acted as great representatives for our school and reaped benefits from the days. The university facilities were brilliant and the kind hospitality to our rural group was overwhelming. Thanks to Shirley Gilbert for arranging the study days and pushing for higher achievement in Aboriginal HSC results.

Miss Laura Cooper

Pic at left: Inekia Small, Jaiden Walker, Laura Cooper, Mikaela Bartlett, Yasmine Hillery



HALF YEARLY PRESENTATION AWARDS

This year we again divided the final presentation assemblies. We created 2 assemblies that allowed us to celebrate the diverse achievements of many students. The 'formal stage assemblies' recognised the achievements of the students being awarded highly commended and encouragement awards. These awards are particularly special as they are given to students that have shown diligence, commitment and dedication.

Students have worked hard to improve their learning and have shown dedication in a particular subject. These awards may not necessarily be based on academic grades and are awarded directly by the classroom teacher.

The assemblies were very successful and allowed for the year advisers to offer their direct congratulations. It also provided an opportunity for students in their stage groups to sing the National Anthem and deliver the important Acknowledgment of Country.

The official presentation assembly was held on Tuesday 21st July and focused on the students receiving outstanding academic awards and a variety of special awards. We also presented a special acknowledgement that celebrated 100% attendance of students. We were happy to present these awards to students from all years from 7 to 12. Congratulations to the students who received this prestigious award.

Mayor Rhonda Hoban presented a signed cricket bat in commemoration of the recent passing of Phillip Hughes. This was a wonderful gesture from Cricket Australia which was appreciated by the school community as were Mrs Hoban's kind words.

At this assembly we were also able to present a variety of sporting awards, celebrating the local and regional success of our athletes in swimming, cross country and athletics.

Thank you to the talented students that performed. Max Cleversley and Elliot McAllister played piano pieces that demonstrated skilful ability. We also had a preview of the upcoming showtime acts: Colette Vernon and Daisy Peachman performing a haunting Sam Smith song. Jiminka Laow from Year 9 performed an original song illustrating her skill as a talented singer/song writer. We also offer our thanks to Jade Collits for singing the National Anthem and Tannah Bradshaw for offering the Acknowledgment of Country.

Both assemblies were a celebration of the academic, dedicated and sporting students that attend Macksville High School. Many parents attended and it was wonderful to celebrate this important occasion with them.



CAREERS NEWS

Term 3 is a very busy and important term for our students in both Year 10 and Year 12.

Year 10 students will be provided with the available subjects lines for Year 11 2016 this week. They will need to now select the 6 subjects that will make up their Preliminary pattern of study. It is important that both students and parents attend an interview with our Senior School Coordinators to discuss and confirm their subject selection. These interviews will take place in the school library on Wednesday 12th and 19th August. Parents should have received information regarding booking an interview on www.schoolinterviews.com.au. If you have not been provided with the necessary passwords, please contact the school front office.

Year 12 have also now been provided with the UAC book to help them make decisions about University pathways. There will be many information sessions held for Year 12 over the next few weeks discussing applying for university, early entry procedures, scholarships etc. Attached to this newsletter is a calendar of those events. Please encourage and remind your child to attend the sessions relevant to their pathway once they leave school.

An excellent source of information for both students and parents is our careers website, www.macksvillehighcareers. Please can you visit this page, and also go onto our facebook page and like it. Messages and important information will be posted on both the website and facebook page over this term. Finally, if you or your child has questions regarding university requirements, please do not hesitate to contact me on 65681066.

Mrs Lynda Shrubbs, Relieving Careers Adviser

CANTEEN ROSTER

AUGUST 2015

Monday	10	S Compton
Tuesday	11	Helper Needed
Wednesday	12	Helpers Needed
Thursday	13	E Petith
Friday	14	Helpers Needed
Monday	17	S Compton
Tuesday	18	Helpers Needed
Wednesday	19	Helpers Needed
Thursday	20	D Jackson
Friday	21	H Jaeger
Monday	24	S Compton
Tuesday	25	Helpers Needed
Wednesday	26	Helpers Needed
Thursday	27	E Petith
Friday	28	Helpers Needed

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

IMPORTANT INFORMATION FOR PARENTS AND 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.

YEAR 12 'WHAT NEXT' INFORMATION SESSIONS

To help you make decisions about life after secondary school, information sessions on different topics will be offered over the next few weeks. Simply turn up with a pen and paper and an open mind.



Week 3 - Library

Tuesday 28/7 - Preparing for University session - Period 2 and assembly

Help! I want to apply to University, but how do I apply? How many courses can I apply for? What is my pin? What are bonus points? What are Education Access Schemes?

UAC Questions answered all in one handy session



Week 4 - Library

Parent Meeting 6pm Thurs 6/8 - Applying for University

Lunchtimes Tues 4/8 and Thurs 6/8 - EAS Scheme, QTAC/VTAC application

Info on the EAS Scheme – may be needed for some early entry schemes

I am interested in Queensland Uni's or I also want to maximise my opportunities for applying for Southern Cross or UNE, or Griffith through QTAC, and use my UAC preference for something else. QTAC Questions answered all in one handy session



Week 5/6 - These ones will be held in the library

Thursday 13th August - 1pm

Friday 14th August - 1pm

Thursday 20th August - 1pm

Friday 21st August - 1pm

Early Entry to Uni...How do you apply? Application forms will be provided and the process will be explained.



DEADLINE FOR ALL APPLICATION FORMS IS FRIDAY 4th SEPTEMBER, 2015

Week 7 - Library

Tuesday 25/8 - How is my HSC mark calculated???????????????? - assembly time

Week 8 - GUEST SPEAKERS - Monday 31/8 (SCU) - Pd 3+4

Tuesday 1/9 (UNE) - Pd 1 and (CSU) - Pd 2

Will be 'hands on' sessions to help with early entry, scholarships etc

Week 8 - Tuesday 1st September - lunch - Prac Firm

Bring your laptop, and we will walk thru the process of completing your UAC application.



EARLY ENTRY DEADLINE IS THIS FRIDAY 4TH SEPTEMBER, 2015

Week 9 - Friday Pd 3 and 4

Maybe you're over all this study? Want to find a legal way to increase your bank balance?

ITS TIME TO GET A FULL TIME JOB

Information on how to access assistance from employment agencies and job network websites.

Week 9 Friday Period 3 and 4



So.... You think you would like to go to TAFE next year? Great choice! We look at course options, costs, important dates, opportunities for articulation to uni and the application process.

OPEN GIRLS' NETBALL SUCCESS



From left: Brooke Chapman, Katelyn Seymour, Peta Salter, Matiese Trisley, Shenay Blanch, Jess Seymour, Mikaela Donovan
Georgia Craven, Laura Cooper. Injured Emily Hall

Congratulations to the open girls netball team who defeated Coffs Harbour High School on Wednesday 22nd July. It was a tough match and remained close throughout. The opposition were quick and skilful.

At half time, we were only 5 goals up however we were able to maintain that lead to end on a final score of 43-33.

Our shooters in particular were impressive, each with at least 90% successful shots. Our defence in the opponent goal circle was also spectacular, often gaining back possession off the rebound.

The girls have worked hard inside and outside of school to remain well trained and I commend them for their autonomy and independence without super coach Helen Black. The girls are now combined North Coast champions with Tweed River. Both North Coast teams will head to Wollongong in week 8 to compete in the state finals.

We hope to welcome Emily Hall back to the team for the finals series.

Miss Laura Cooper

UNDER 15S GIRLS SOCCER

The under 15 girls played round 2 of the Bill Turner Trophy on Thursday 30th April after obtaining the bye in round 1. The team travelled to Connell Park, Bellingen, for the much anticipated football match- of course with weather threatening to interfere. On the whistle the girls realised the great skill and experience of the Bellingen side and unfortunately were unable to match it, conceding a goal in the first 30 seconds. The next hour was just as difficult for the Macksville High girls, primarily playing a defensive game with the occasional run by Johanna from centre back all the way up into the opposition half.

The final score was 15-0 but this proved to make no difference to the confidence of our side; as soon as the group came back to school they asked when we have

training next! Thanks to the girls throughout the game for demonstrating their willingness to learn, ongoing enthusiasm and team spirit. Recognition for fantastic performances and improvements goes to

Johanna Welsh, Shakira Silvia, Anna Robertson and Krystal Thompson. As we are now knocked out of the competition we look forward to arranging some friendly matches with local schools, so the girls will be happy to know that training will recommence shortly. **Miss Laura Cooper**



Team: Krystal Thompson, Kayla Turner, Charlize Blair, Jiminka Laow, Sasha Frost, Mallee Goldrick, Olivia Rogers, Anna Robertson, Johanna Walsh, Shakira Silvia, Courtney Duffy, Gabi Farr, Dakota Fuller, Sophie Wicks

COMMUNICABLE DISEASES FACTSHEET

We have provisional diagnosis of whooping cough at Macksville High School. To assist you in ensuring the health and wellbeing of your child, we have reprinted below the NSW Department of Health's Fact Sheet on Whooping Cough (Pertussis) for your information.

If your child displays symptoms similar to these, we encourage you to contact your Doctor as soon as possible. Students diagnosed with Whooping Cough must not attend school until their Doctor gives them clearance to do so.

Erica Lyne, Principal



Communicable Diseases Factsheet

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

Whooping Cough (Pertussis)

Last updated: 30 March 2015

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.

Whooping Cough (Pertussis)

page 1 of 2

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>

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

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



MACQUARIE University

Your journey starts at
Open Day
SATURDAY 12 SEPTEMBER 2015

Macquarie's unique learning opportunities will help you achieve your ambitions – no matter how sky high.

Join us at Open Day 2015

- attend mini lectures
- get academic advice
- explore our campus and facilities

Shape your future

Pick up your copy of **Shape your future** today to learn about our exciting courses.

openday.mq.edu.au

IMPORTANT NOTICE FOR STUDENTS

Reminder: Students need to purchase a USB or other storage device to save their computer work. Some of the laptops do not have access to the student drives and students are unable to save their work.

MHS USB's \$15.00 for 18gigs.

If you'd say **yes** to a life-saving transplant ... have you said **yes** to becoming an organ and tissue donor?

Have the chat that saves lives!

Discover, Decide, Discuss organ and tissue donation today

donatelife.gov.au

DonateLife
Week 2015
SUNDAY 2 AUGUST – SUNDAY 9 AUGUST