

NEWSLETTER

TERM 1 ISSUE 1 – FEBRUARY 2016

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YEAR 7 ARE OFF TO A FLYING START

We have had a great start to the year so far with a heap of new enrolments early on in the year. As the year adviser, I couldn't be happier with how everyone is settling in and just generally getting along. The feedback has been great from both staff and students. I am already seeing a surge of merit certificates pouring across my desk which is a reflection of just how well Year 7 is doing. I have organised a 'Fun Day' out to the Coffs Coast Adventure Centre and I am sure everyone is getting excited about that day coming up. It should be a good opportunity to meet some new people and have some fun in a great location. We have organised all sorts of activities such as archery, canoeing, a commando course and zorb ball. We already have lots of notes back, but keep them coming. We want everyone to come along. There has already been a bit of movement in classes as a few students were recognised as being ready for the top class and Maths are just about to start reorganising their classes too. This should make the Maths lessons more able to cater for individual students.

Jonathon Driver, Year 7 Adviser



FROM OUR PRINCIPAL

Dear Parents and Community,

I would like to welcome back all of our students, staff and our parent community to the 2016 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 2015 year 12 students, their parents and staff are to be congratulated on their outstanding results in the HSC. Over half of our students achieved the top bands of 5 or 6 in 28 different subjects across the senior curriculum, with 7 making the Distinguished Achievers list. Our Dux Alexandra Davis achieved an ATAR of 93.15, and is intending to study Law at the Australian National University in Canberra. A significant number of students were successful in gaining selection to study at university, in addition to a number of students 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 will be attending their team building excursion to Coffs Coast Adventure Centre later this term. Information regarding the excursion has been given out, and we would like to all students participate. The year adviser Mr Jonathan Driver has a full program of activities and I am sure they will have an enjoyable time getting to know each other.

We had a very pleasant day at the pool for our annual swimming carnival at the start of week 2. 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.

Each month our P&C meets here at the school at 6:30pm on the fourth Tuesday of the month. I would encourage all parents to attend as it is another great way to support our school. The next meeting is 22 February in the Hospitality room.

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 2016 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

SCHOOL LOCKERS

We now have a number of school lockers available for hire.

"have your own special place to keep all your belongings safe and secure"

The 12 month hiring fee is \$40 per year, plus a \$20 refundable deposit. Please contact the school on 65681066 or call into the front office for more information.

SWIMMING CARNIVAL

Another fantastic day for this year's swimming carnival, only made better by the number of our Year 12 students participating and making the day fun. The morning was very pleasant with the cloud cover but once it burnt off the afternoon became a little too hot.

Taylor took the overall points score back off last year's winner, Briner house. Final points – Taylor 1655 Briner 1455, Oxley – 1430, and Graham – 649. Once again the overall points tally indicated more participation by students across all years compared to the last 2 years..

NEW RECORDS WERE SET IN THE FOLLOWING EVENT:

F	12Yr	100m Breaststroke	Kellie Tsujimoto	1:41:18
M	14Yr	100m Breaststroke	Declan Sutton	1:23:47
F	20Yr	50m Backstroke	Jasmine Stanton	38:19
F	20Yr	100m Backstroke	Jasmine Stanton	1:27:97
F	12Yr	100m Backstroke	Kellie Tsujimoto	1:40:13
M	14Yr	100m Backstroke	Declan Sutton	1:11:46
M	14Yr	100m Butterfly	Declan Sutton	1:11:94
F	13Yr	100m Butterfly	Kate Payne	1:35:63
F	12Yr	100m Butterfly	Kellie Tsujimoto	1:44:07
U	12Yr	4x50 Medley Relay	Taylor House	2:29:57

AGE CHAMPIONS FOR 2016 ARE:

	BOYS	GIRLS
12 Yrs	Bradley Smith	Kellie Tsujimoto
13 Yrs	Darcy Welsh	Equal First Kate Payne and Gemma Summerville
14 Yrs	Declan Sutton	Ruby Smith
15 Yrs	Kyran Tsujimoto	Johanna Walsh
16 Yrs	Ryan Cartwright	Chloe Northfield
17 Yrs	Samuel Perkins	Jade Collits
18 Yrs+	Tannah Bradshaw	Jasmine Stanton

The zone swimming carnival will be held at the Macksville Aquatic Centre on Monday February 29. Please come along and support Macksville High's zone team.



Tannah Bradshaw (left) and Declan Sutton (right) in the 100m Breaststroke race



Welcome BBQ

The students in year 12 welcomed in the new year with a BBQ lunch on Friday 5th February. It was a great way to say 'hello' to each other before they became too focused on their studies. Thanks must go to Tayla Whatmough, Jessica Howard and Brodie Carr, who assisted me with the cooking and preparation of the sausages, bread and drinks.



And the Winner is....

Congratulations to Elizabeth Argue, who came first in the semi-finals of the Rotary Public Speaking competition recently. She will compete in the State finals to be held in Taree during the holidays. We wish her all the very best.

Study Periods

May I remind students that their study periods are to be used effectively to revise work, complete assessment tasks and research other tasks assigned to them. They are not meant to be recreational periods for eating, chatting or playing computer games. We want you to succeed and attain the goals you have set for yourself so you need to remain focused.

Words of Advice

As the year progresses there will be motivational speakers imparting their words of wisdom to you. There will be opportunities for you to visit universities to gain more knowledge about the campus and the courses available. The year will fly by so you need to get your work done for every subject now and seek help if you are facing difficulties which impact on your achievements.

Welcome to our New Students

Jessica White and Ben Boyd are two new students to our year 12 group this year. We hope they enjoy their final year here at Macksville High. We have approximately 80 full time students in our cohort now.

Being a Role Model

As role models for the student body, it is important that students wear the correct uniform every day. It is not acceptable for girls to be wearing shorts, unless it is during a practical PE or PASS class. Skirts and shorts are acceptable if they are made from uniform fabric. Boys must be mindful that they are also wearing their grey shorts and uniform shirts. If you have difficulty with your uniform, please see the ladies at the front office, as we do have a uniform pool of second hand clothes and some student assistance may be available upon application.

YEAR 12 NEWS - CONTINUED

10 Tips for Studying

1. Plan your study time into 50 minute blocks. Take a break. Reset your brain for maximum concentration.
2. Schedule what you will do during break times. Refresh your mind by moving your body - walk the dog, dance, go for a run.
3. Focus on understanding rather than memorising. The more you understand the less you have to remember.
4. Make posters of important dates and equations and stick them up in your room, in your shower (laminated) or on the back of the toilet door.
5. Use wordle.net to create word clouds of key themes and topics.
6. Visit Khan Academy online. Khan will tutor you for free with online videos.
7. Sleep 9.25 hours per night for optimum brain function. Keep a notepad on your bedside table to stop diarrhoea of the brain and make notes if you can't sleep.
8. Know the schedule of exams and allow plenty of time to get there. Avoid the early morning rush.
9. When it all gets too much, go sit in a tree to get a fresh perspective.
10. Be Positive. A positive mind set will not create talent but it will release it.

Making the Most of It

Our swimming carnival would not have been such a success without the colourful input of our year 12 students. Golfers teeing off the starting blocks, boys and girls in tutus and bikinis and students attempting to straddle seals and dolphins certainly entertained the spectators ! There was also some very serious competition on the agenda too.



INVITATION

MACKSVILLE HIGH SCHOOL P&C ASSOCIATION



ANNUAL GENERAL MEETING

at the conclusion of the
General Meeting

TUESDAY 22 MARCH 2016

COMMENCING 6.30 PM
Macksville High School - TAS ROOM T12

INTERESTED PARENTS & COMMUNITY
MEMBERS ARE INVITED TO ATTEND

**ALL POSITIONS WILL BECOME
VACANT**

☎ 0438 647 700 FOR MORE INFORMATION

2016 P&C Meeting Dates

Term 1

23 February
22 March – AGM

Term 2

26 April
24 May
28 June

Term 3

26 July
23 August

Term 4

20 September
25 October
22 November
13 December – Xmas Dinner

***Meetings start at 6.30 pm unless
otherwise stated***

UNIFORM POOL

Our uniform pool is running low on supplies at the moment. We would greatly appreciate if you could send in any unused or secondhand uniforms that are no longer needed. Thank you.

STUDENT ASSISTANCE

If you require financial help with your student(s) subject fees or uniforms, you may be eligible for some assistance through our Student Assistance Scheme. An application form can be obtained from the school office or from our website.

UPDATE YOUR DETAILS

An 'Update Your Details' form has been mailed out to all our families. It would be appreciated if you could complete and return this form as soon as possible and certainly before 4 March 16. It is vital that all your details are up to date in our records, not only if we need to contact you in emergencies but also for school funding purposes.

CAREERS CORNER

www.macksvillehighcareers.com

I've put together a new website.

UAC/VTAC/QTAC
VET

It's a "One Stop Shop" for everything you need with Career Planning and help.

LATEST NEWS AND EVENTS
WORK EXPERIENCE
DO AN INTERESTS TEST
FIND A JOB
CHOOSE A UNIVERSITY
GAP YEAR
CREATE A RESUME
DEFENCE CAREERS
YOUTH ALLOWANCE

CHECK IT OUT NOW!

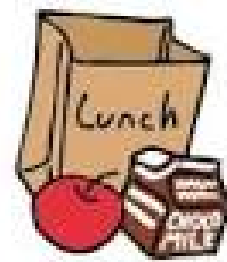
Ms L Cooper
Careers Adviser

THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT

HELPERS NEEDED

The school canteen is in desperate need of volunteer helpers. If you are a parent, grandparent or carer and are able to assist, please call Roslyn Field on 6568-1453. Hours are approximately from 9am to 2pm.

Your help is very much appreciated.
Roslyn Field, Canteen



HELPING LEARNER DRIVERS



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver
at a **FREE** two hour workshop.

The next workshop in your area will be held:

TIME & DATE:	VENUE:	BOOK NOW ON:
Thursday 17 th March 2016 5:30pm – 7:30pm	ETC 13 Bowra St Nambucca Heads	www.etcld.com.au/rms 1300 359 968

Helping learner drivers become safe drivers



PARENTING WORKSHOPS

THE TEENAGE BRAIN STORM

Free Workshop

Tuesday 29th March
9.30am-12.30pm
@ The Bellingen Youth Hub
Cnr of William and Church Streets

Workshop covers:-

- Changes in the adolescent brain
- Understanding mood swings
- Why peer pressure is so powerful
- Keeping your cool with the angry teen
- Adapting to the changes in the relationship with your child

*Morning tea & Child Care provided
*Bookings essential limited numbers—Ph 0429 839 473

KEEP CALM AND COMMUNICATE

Are you struggling to communicate
with your teenager?

Free Workshop

Tuesday
22nd March
9.30am – 2pm
@ The Bellingen Youth Hub
Cnr of William and Church Streets

Workshop covers:-

- Understanding your child's emotional development
- Dealing with conflict
- Effective communication
- Managing Stress
- Mindful Parenting

*Morning tea, Lunch & Childcare provided
*Bookings essential limited numbers—Ph 0429 839 473

COMMUNITY NOTICE BOARD

Join the Bellingen Bulldogs Junior AFL Football Club in 2016!

Boys and girls aged 6-15 are invited to join the fun and learn new skills playing AFL footy.



BELLINGEN BULLDOGS
JUNIOR AFL F.C.

Matches are held on Sunday mornings and weekly training happens on Tuesdays from 3:45pm at Bellingen High School.

Sign up at our REGISTRATION DAY at Burdett Park in Fernmount on Sunday 28 February from 10:00-11:30 and receive your 2016 footy kit.

Or register online at www.playafl.com.au. (Just enter your postcode or look up the Bellingen Bulldogs FC, then follow the prompts).

More club info can be found at www.bellingenbulldogs.wordpress.com or contact Club President Budge Bihary on 0411 720 593 or bellobudge@bigpond.com.



2016 REGISTRATION

TO REGISTER GO TO:

<https://reg.sportiqpulse.com/regofrm.cgi?formID=44772>

ONLINE REGOS ONLY

REGISTRATION CLOSING 24 TH FEB (WED) 2016

@ 9PM

NO LATE ENTRIES WILL BE ACCEPTED

NEW & OLD PLAYERS WELCOME!

For further information call

Jane 0427 147 186 or Reigan 0401 402 573

CALENDAR DATES

FEBRUARY

- | | |
|---------|---|
| 23 | P & C Meeting 6.30pm in Hospitality Room |
| 24 - 25 | Yr 12 Dive – South West Rocks |
| 26 | Yr 11 Biology Excursion – Scotts Head |
| 26 | University Roadshow |
| 29 | White Card Course |
| 29 | Zone Swimming Carnival – Macksville Pool |

MARCH

- | | |
|---------|---|
| 1 | Yr 7 Excursion – Coffs Harbour |
| 7 | Yr 7 & Yr 9 Immunisation |
| 8 | Regional Swimming – Kempsey |
| 8 – 11 | Yr 11 Primary Industries Excursion – Taree |
| 9 | Hamlet – Bowraville Theatre (Senior English) |
| 9 | Coffs NRL 9's |
| 15 – 18 | Yr 11 Dive – South West Rocks |
| 16 | 2 Star BBQ Lunch |
| 17 | Driver Education Talk – Library 5.30pm |
| 18 | Harmony Day – Mufty |
| 22 | P & C Meeting – AGM 6.30pm in Hospitality Room |