

NEWSLETTER

TERM 1 ISSUE 3 – APRIL 2016

BULLYING NO WAY!

Macksville High students had an “orange mufti day” on Friday 18th March to signify their support for Harmony Day and the National Day Against Bullying.

The school captains, Elizabeth Argue and Trent Stack, delivered powerful messages to the student body as they assembled in the school stadium. “We don’t tolerate bullying in our school!” The slogan associated with the campaign against bullying is “Take a stand together. Bullying No Way!”

Pocket cards were distributed to the students with information related to the bullyingnoway.com.au site and information for parents if they are concerned their child is being bullied constantly.

We raised over \$200 for the “Madeline and Alannah Foundation”, which was set up in memory of two young girls who were killed in the Port Arthur massacre twenty years ago. The Foundation supports those affected by violence and promotes the safety of all.

Mrs O’Sullivan spoke about the importance of acceptance and living in harmony with all those from diverse backgrounds and cultural beliefs. Respect and tolerance of one another were two other significant messages.

Let today be the start of a continued campaign against bullying in our community and the promotion of a positive attitude toward accepting others for who they are irrespective of their colour, race or creed.

Mrs Liz O’Sullivan



FROM THE PRINCIPAL



Dear Parents and Community,

The end of Term 1 has nearly arrived and all staff and students have been engaging in a wide range of opportunities across many areas of the school community. It is always a pleasure to see our students succeed in so many areas representing themselves and the School. We offer many extra-curricular activities and I would encourage all students to participate in areas in which they are interested.

Congratulations to Elizabeth Argue who was the Public Speaking and Overall winner in both the Regional Lions Youth of the Year and the Rotary's Public Speaking competitions. She now goes on to the District finals in Tamworth for the Lions Club and Taree for the Rotary Club during the school holidays. We wish her every success.

Year 12 are currently sitting their mid-course exams. Each examination period gives our students opportunities to develop their skills in preparation for the HSC. We wish them well.

Our P&C provides a valuable service to our school, including overseeing the running of our canteen which has been expertly managed for over 25 years by Ros Field. Any canteen profits are funnelled back into the school to benefit our students. Currently some of the P&C members have had all their children leave the school and we are looking at refreshing the membership of this important group. Our meetings are held at 6:30pm in the TAS block Hospitality room on the 4th Tuesday of each month. If you are able to give some time to volunteer in the school canteen it would also be greatly appreciated.

Overall the majority of students are in correct uniform each day and I congratulate these students for demonstrating respect for our school. As we head into the cooler weather please take the time to purchase our school jumper. I do understand that on occasion students are unable to be in full uniform, and I ask that you write your child a note and your child then gives it to their roll call teacher. If you are having difficulty in purchasing uniform, please contact the school.

Thank you to all the staff and students who continue to make Macksville High School an outstanding learning environment and to the many parents who continually support our school. I wish everyone a safe autumn break, and look forward to working together next term.

Erica Lyne
Principal

Pictured on the right: Elizabeth Argue with Mr Jim Crisp, Chief Judge and Ms Robin Parker at the Lions Youth of the Year competition



TAS NEWS

The **Y Food** class has been looking at the multicultural society we live in today, comparing the variety of foods we have access to in comparison to the limited resources available to the first settlers who migrated from England and other countries. The diverse ingredients used in food preparation has continued to grow. Many indigenous ingredients are being cultivated and grown commercially, and are often part of signature dishes in the very best restaurants.



Above: Sophie Ellis and Nicole Hicks



Above: Mickayla Ennis and Gabriel Farr

Earlier this term the students made wattle seed damper and lemon myrtle cookies. More recently the quinoa (pronounced “keenwah”) salad with poached chicken were dishes most had never prepared. The girls showed great perseverance as they finely chopped their mint, rocket, parsley and garlic. With the addition of sumac (a spice from the Middle East) and tomatoes, the salad was taking shape. Lemon juice and oil were added as a dressing, and once the three varieties of quinoa seeds had been heated, split and cooled all ingredients were combined. I think they were pleasantly surprised by the outcome. They have requested Italian dishes be on our next menu, so be prepared for your daughters gaining a love of sweet homemade pasta.

Mrs Liz O’Sullivan



Y FOOD COOKS UP A STORM

Pasta making is not something everyone can do confidently. Recently, however, my Year 9 & 10 girls created some very sweet **chocolate spaghetti** for their very first attempt at making pasta. They kneaded and kneaded and kneaded until they could knead no more. They passed their pasta dough through the rollers on the pasta machines over and over and over again until they were ready to cut the pasta into thin strips. The result was fantastic ! The colour and texture of their pasta was spot on, even after it had been boiled. They created a chocolate sauce to pour over the pasta before serving it. A dollop of ice cream and a fanned strawberry would have topped it off nicely !

Congratulations girls on a great job !

Mrs Liz O'Sullivan



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



YEAR 8 ABORIGINAL TASTERS CLASS

The students in this class have covered a variety of topics since the start of the term. Bush tucker covered the way in which food was collected or hunted and then prepared and cooked. The students explored the bush tucker vegetable garden prepared by others last year. There is an abundance of vegetables and herbs on display. They discussed the types of weapons used for defence and for hunting and the materials used to make them.

Mr Ally is now assisting the students to design and make their own “bull roarers”, which are ultimately a surfboard shaped piece of timber connected to a rope or string that can be swung around to create a roaring sound, used to communicate messages to others further away.

We have talked about the traditional Aboriginal games played by children in the outback, using footballs made from kangaroo skins and jumping over sticks placed further and further apart, to name a couple.

The students coloured a picture of a turtle at the start of the term and recently had the opportunity to decorate a waterhole picture, using the traditional dot painting technique. Thanks must go to the art department for supplying the paints and wooden sticks.

Mrs Liz O’Sullivan

RAY ELLIS MAKES A DAMPER



The Year 8 Aboriginal Studies class was treated to a very special demonstration of “damper making” by the very talented Ray Ellis.

Ray is usually seen riding the lawnmower around the school or trimming vegetation and generally keeping our school looking beautiful. Many of you may not be aware of his love of cooking, so this is why he is being featured in our newsletter.

The students have learned about “bush tucker”, but I thought they needed a taste of Ray’s delicious damper to bring their tastebuds to life. The damper was not cooked in hot coals or in a camp oven, but in our electric oven in the Food Technology Room. We discussed how grains would be pounded to create flour in the traditional way. We served our damper with golden syrup, sometimes called “cockey’s joy”, as the cockatoos just love it! Honey ants

might have provided the nectar or bush bees may have produced the honey for those living in the outback. To enhance its flavour, lemon myrtle powder was added to the dough during the preparation process.

Thanks Ray for sharing your culinary skills. Everyone loved your damper !!

Mrs Liz O’Sullivan



SCHOOL CROSS COUNTRY

Despite a huge downpour of rain at lunchtime, fingers were crossed that all would fine up for the Cross Country running event.

The weather held off, the starter's gun went off and the students ran from the top oval, down around the bottom oval, up to the top again and then onto the local streets nearby, returning to school via the pine forest and then back up "heartbreak hill" to the top oval again.

As they passed Mrs O'Sullivan at checkpoint one they looked keen and full of energy, but by the time they reached the final checkpoint where Mr Werner and Paul awaited them, many were puffing and holding their sides, praying their stitch would soon go away. Others streaked through the final checkpoint, knowing they only had 200mts to go before they reached the finishing line.

It was great to see Ms Hughes and Ms Lyle out there running with the students too.

Mrs Liz O'Sullivan



YEAR 7 SUBWAY VISIT

Students in Year 7 were delighted to be able to practise using their Bahasa speaking skills during class recently.

Why is this different from any other day? Because on this occasion students walked to Subway during class time and ordered a meal speaking only in Indonesian! Students were assessed on their speaking skills and were relieved when the meal they had requested was served.

The new manageress was particularly impressed with the behaviour of the first class to visit and said "Their behaviour was the best she had witnessed during her work on the Gold Coast." Well done! All other classes were equally well behaved and we thank Mrs Gilliland for organising this opportunity for students.

Moyra Mendham, Head Teacher LOTE



CALCULATORS

A large number of students are not bringing a scientific calculator to class. This impacts students' learning as staff members are unable to instruct students in the correct use of the functions on the calculator and thus affects students' grades. Is the calculator lost? Or perhaps your child has not yet informed you that the use of calculators is compulsory in NSW and Australia wide Mathematics exams? In particular, Year 9 and Year 10 will complete a half -yearly Mathematics examination during week 6 of Term 2 where use of a calculator is critical.

Calculators can be purchased from the Front Office at a cost of \$20 and are critical to your child's success in Mathematics. Student Assistance is available for parents who may need help to finance this purchase. Please ensure that your child brings his/her calculator to school each day, so staff can assist your child achieve his/her potential. Thank you.

Moyra Mendham, Head Teacher Mathematics

NAPLAN

I would like to remind parents of Year 7 and Year 9 students that the nationwide NAPLAN Mathematics exam takes place on Thursday, 12th May. The first 40 minute paper comprises 32 non-calculator questions and is followed by a paper consisting of 32 calculator based questions. I urge all parents to check the whereabouts of their child's calculator and ensure they bring their calculator to school every day.

I take this opportunity to wish all students every success in this exam and encourage all students to read all questions carefully and give of their best. Take the time to work through questions carefully and make sure you carefully erase any wrong answers.

Moyra Mendham
Head Teacher Mathematics

WEDNESDAY SPORT REQUIREMENTS

Dear Parents/Carers,

Sport is a compulsory requirement of successfully completing the school curriculum. Students are required to attend Wednesday afternoon sport to meet the allocated hours required by the Board of Studies.

There is a new process for students who may not be able to attend sport.

To be excused from sport a student must be injured or have an illness. Students with a pre-existing illness must have a note from the parent or carer. All students wishing to be excused from sport **must** see Ms Dykes in the English staff room, notes need to be handed in to her by **Recess** on Wednesday.

Students wishing to be excused from sport without a note or a legitimate reason must attend sport detention. During sport detention students who are able will be participating in basic physical activity (such as walking, rubbish collection and school cleaning).

Students who attend sport detention more than once without justification, will receive a letter home and will attend **two** Executive detentions on Thursday and Friday. Failure to do this will result in an immediate Level 3 and a Monitoring Card.

Please contact the school if you have further questions.

Kelli Dykes,
Head Teacher

SCHOOL LOCKERS

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

SYDNEY UNI CHANGES AHEAD IN MATHEMATICS

Recently all schools received information regarding an extremely important development in the selection process to attend Sydney University to study a degree in various faculties from 2019. I include the link for interested parents and students.

<http://sydney.edu.au/study/admissions/apply/entry-requirements/undergraduate-academic-requirements/mathematics-prerequisite.html>

The University has decided to reinstate the use of a prerequisite to enter some courses offered. From 2019, students who wish to study a degree in economics, commerce, engineering, Information Technology, pharmacy, veterinary science, science and other subjects, will be required to have completed the course “Mathematics” at the HSC level and gained a Band 4 result (approximately 70%). 70 courses will require this prerequisite to be met. (For complete list see link.)

Students in Years 9 and 10 have been informed of this development so they can begin their preparation early to ensure they do not miss out on studying the degree of their choice. To achieve at this level, students will need to be studying the Advanced Mathematics course (Stage 5.3) in Years 9 and 10 and getting a very good grade in this subject. They will need to choose Mathematics (the old 2 Unit course) in Year 11 and 12.

At this stage no other universities have indicated they will follow suit. However, watch this space! It is thought that many universities will reintroduce the idea of prerequisite subjects in the future. If you have any questions re this please do not hesitate to contact me.

Moyra Mendham

Head Teacher Mathematics

The screenshot shows the University of Sydney website. The top navigation bar includes links for Study, Campus life, About us, Research, Alumni & giving, and News & opinion. A search icon is on the right. On the left, a sidebar menu lists: Study, Admissions, Apply, Entry requirements (highlighted), Undergraduate academic requirements, and Mathematics course prerequisites (highlighted in red). The main content area has the title 'Mathematics course prerequisites'. Below the title, it states: 'To apply for some courses, students are required to complete mathematics through their high school studies.' The text continues: 'The University is introducing mathematics course prerequisites for some courses from 2019 to help students thrive in their science, technology, engineering and mathematics related degrees and prepare them to tackle future career challenges.' A section titled 'Meeting the requirement' explains that students need to achieve Band 4 in the NSW Higher School Certificate (HSC) Mathematics (not General Mathematics) or a similar result in equivalent interstate or IB subjects to enrol in a range of courses, including economics, commerce, engineering and IT, psychology, pharmacy, veterinary science and science. A note at the bottom states: 'Please note, students who defer their offer to study at the University in 2018 are not required to meet the mathematics course prerequisites. These students will be assessed on current requirements for their chosen course.' On the right side of the page, there is a red box with the text 'Ask a question', 'Call 1800 793 864 or ask a question online.', and a right-pointing arrow. A vertical sidebar on the far right contains the text 'Share' and social media icons.

SCHOOL CALENDAR

APRIL

- 27 Years 7 – 10 return – Week 2 Timetable
- 28 Year 11 – 12 return – Week 2 Timetable
- 28 'Lovebites' – Year 10 – Library
- 28 Boys & Girls Touch Football – Port Macquarie
- 28 CHS Bowls – Kempsey
- 29 – 30 Bellingen Cattle Show
- 29 Open Rugby League Uni Shield - Gillet Oval



MAY

- 2 Year 11 Debating – Macksville High School Library
- 2 UNE GRASS Presentation – Year 11 & 12
- 3 Year 9/10 Da Vinci Decathlon – Port Macquarie
- 3 Year 7-12 Parent/Teacher Interviews - MHS Stadium**
- 4 U13 & U15 Rugby Union Cup – Coffs Harbour
- 5 'Lovebites' – Year 19 – Library
- 6 Year 12 UNE Excursion – Urunga
- 6 Year 11 Dive – Macksville Pool
- 9 – 13 Cattle Team Beef Week – Casino
- 9 U15 Boys & Girls Bill Turner Cup (Football) – Macksville Soccer Fields
- 11 Year 8 Uni Bound – Hall
- 16 Year 7 & 9 Immunisation - Hall**

HOLIDAY ACTIVITIES

school holiday cartoon workshops
with phil judd from comic-express.com

BUNKER GALLERY, 14-16 APRIL

ADULT WORKSHOP 14th APRIL
5:30PM-7:00PM (AGES 16+)
The Adults workshop

KIDS WORKSHOP 'CUTE MANGA MONSTERS' 15th APRIL
10:30AM-12:00PM (AGES 7-15)

KIDS WORKSHOP 'cartoon aliens' 15th APRIL
2:00PM-3:30pm (AGES 7-15)

KIDS WORKSHOP 'create your own dinosaur' 16th APRIL
10:30AM-12:00PM (AGES 7-15)

KIDS WORKSHOP 'create your own monster' 16th APRIL
2:00PM-3:30pm (AGES 7-15)

Only \$20 p.p.*
all equipment supplied!
bookings essential by 8 april
phone 6651 7343

BUNKER CARTOON GALLERY
MORE THAN JUST GOOD FUN!

JOHN CHAMPION WAY (OFF CITY HILL DR), COFFS HARBOUR (OPEN 7 DAYS 10AM-4PM)

WELCOME TO GO4FUN

Go4Fun
HEALTHY LIFESTYLE PROGRAM

Dear parent,
Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?
Go4Fun runs for 10 weeks after school or on weekends during the school term, and children attend a fun filled two-hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?
Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practice.

START UP PACK
Your child will receive a start-up pack including a:
• Go4Fun backpack,
• Go4Fun t-shirt,
• Go4Fun water bottle.
Your child will also earn up to **three bonus attendance rewards** over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.

WHAT RESULTS ARE WE LIKELY TO SEE?
Since Go4Fun began in July 2011, we have helped more than 200 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4Fun children now:
• have a reduced waist circumference
• eat more fruit and vegetables each day
• drink less soft drink
• are more active and meet the physical activity guidelines
• spend less time in sedentary activities
• have improved self-esteem

WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?
"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents."

"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." See, Paul Macquarie

"Even though we knew the nutrition and exercise information before we started, it's helped us so much. Malinda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." Tracey, Coffs Harbour

ENROL TODAY!
Registrations for Term 2, 2016 programs are now open at:
Coffs Harbour
Tuesdays, 4pm to 6pm starting 3rd May
Venue: Tyalla Public School, Joyce St, Coffs Harbour

Register at Freecall 1800 780 900 or online www.go4fun.com.au

NSW Health
Mid North Coast
Local Health District

Go4Fun



Bike Safety Workshop

FREE Aboriginal Bike Safety Program

- @ Bowraville Hennessey Tape Oval
- Run by **Cycling Australia**
- Teaching bike safety and awareness skills
- Basic bike maintenance
- Receive a **free** helmet and bike service
- Bring your own bike with you!
- Morning Tea provided

Contact: Reno French 02 6568 0225

Where: Bowraville Hennessey Tape Oval

When: Tuesday 12 April

Time: 9AM - 12PM

Age: 5-12 years

Youth Week Free Movie Day!

Zootopia

- Free tickets for young people
- Ready Mob - health info for youth
- Staff in attendance
- Bookings through Council essential - 60 spots

Tickets must be booked by Friday 15 April

Contact: Reno French 02 6568 0225
Email: reno.french@nambucca.nsw.gov.au

Where: Majestic Cinema Nambucca Heads

When: Monday 18 April

Time: 10 am

Age: 12 - 25 years

School Holiday Activities

FREE Open Mic. & Chill Out Space for Youth @ the Macksville Show

Special Guest Performance by Tas Jarrett

- Open microphone for young people who want give it a go - sing, perform, dance - bring your music
- Space for young people who want to sit down and take a break
- Note: you need to purchase a ticket to enter the Show
- Free water and youth related information available

Contact: Naj Hadzic 02 6568 0255

WHERE: Macksville Show Ground

WHEN: Saturday 9 April 2016

Time: 4:30PM-8:30PM

AGE: Performing space 5-25 years

Bowraville Theatre Free Movie Day

MINIONS movie will be screened

- Snack bar will be open to purchase snacks
- Supervised
- Free BBQ provided

Where: Bowraville Theatre

When: Thursday 14 April 2016

Time: Lunch 12:30

Movie at 2pm

Age: All ages

This event is delivered by Nambucca Youth Centre and Nambucca Shire Council

Please Check Nambucca Shire Council website for information www.nambucca.nsw.gov.au

NSW Family & Community Services

NAMBULLA SHIRE COUNCIL

Nambucca Youth Centre

2016 PROGRAMS

BLUE STAR

BLUE STAR is a youth development and leadership program created by PCYC to assist in creating "young leaders for tomorrow" in our local communities. The program gives practical, real-life skills that young people can apply to work and family, helping them on their way to becoming great community leaders.



CITIZENSHIP

Citizenship is your first step in your leadership journey with PCYC NSW! By committing to complete our Citizenship level, you will be required to attend two camps (dates below) and complete a minimum of 20hrs of volunteering at your local PCYC in between. On completion you will receive your First Aid Certificate, a Certificate 1 in Active Volunteering, as well as have the opportunity to complete your Duke of Edinburgh Award – Bronze level.

CITIZENSHIP – SUMMER GROUP

CAMP 1: 18 – 21 Jan – Myuna Bay Sport & Rec

CAMP 2: 11 – 14 Apr – Sydney Academy of Sport

CITIZENSHIP – AUTUMN GROUP

CAMP 1: 11 – 14 Apr – Sydney Academy of Sport

CAMP 2: 4 – 7 Jul – Myuna Bay Sport & Rec

CITIZENSHIP – WINTER GROUP

CAMP 1: 4 – 7 July – Myuna Bay Sport & Rec

CAMP 2: 26 – 29 Sept – Myuna Bay Sport & Rec

2016 BLUE STAR LEADERSHIP GROUP

Leadership is the next level of your leadership journey with PCYC NSW. By committing to our Leadership level, you will be required to attend 3 camps (dates below) and complete a minimum of 30hrs of volunteering at your local PCYC in between. Leadership gives you the confidence to become a young leaders within your community and gives you the tools to develop and lead an activity within your local club.

CITIZENSHIP – SUMMER GROUP

CAMP 1: 18 – 21 Jan – Myuna Bay Sport & Rec

CAMP 2: 11 – 14 Apr – Sydney Academy of Sport

CAMP 3: 4 – 7 July – Myuna Bay Sport & Rec

FOR MORE INFORMATION, CONTACT:

Blue Star Co-ordinator

Mob: 0407 252 913


Email: bluestar@pcycnsw.org.au
or contact your local PCYC club

pcycbluestar.org

PCYC | POLICE CITIZENS
YOUTH CLUBS


2015-2016

NSW Family Energy Rebate




Department
of Industry
Resources & Energy

\$150*
TOWARDS
ENERGY
BILLS



Do you have
dependent
children
in your
household?



**TWO MINUTES TO
FILL IN A FORM**

[https://applications.fer.
trade.nsw.gov.au/](https://applications.fer.trade.nsw.gov.au/)

* eligibility criteria apply

**APPLY
ONLINE
NOW!**

**Apply before
11pm
16 June 2016**

FOR MORE INFORMATION & ASSISTANCE

PHONE - Service NSW 13 77 88

EMAIL - fer.program@trade.nsw.gov.au

WEB - www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

WANTED



**TEAMS ARE WANTED FOR A NEW
JUNIOR BASKETBALL COMPETITION!**

**YEARS 4, 5 & 6 PLAY TOGETHER,
AND HIGHSCHOOL AGE PLAY TOGETHER.
ONCE YOU HAVE A TEAM SORTED (DON'T WORRY..
WE CAN FIND YOU A TEAM)CALL US TO REGISTER!
STEVE 0418614035 MICHELLE 0428414829
VISIT OUR FACEBOOK PAGE
"NAMBUCCA VALLEY BASKETBALL CLUB"**

REWARD

**"SATISFACTION OF PLAYING A GREAT GAME
WITH ALL YOUR MATES!"**

**COMPETITION STARTS TERM 2
AT MACKSVILLE HIGH MONDAY ARVO'S**