

# MACKSVILLE HIGH SCHOOL

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### **NEWSLETTER** TERM 2 ISSUE 5 – JUNE 2016



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### **ROMAN VACATION**



Congratulations to Max Cleversley who has been awarded the prestigious *Mama lena and Dino Gustin Foundation Scholarship* at a Public Education Foundation Award Ceremony at Sydney Town Hall.

This scholarship is for high school students to undertake an intensive Italian language course in Rome during summer holidays. Max who studies Italian through distance education went through an extensive selection process, including an interview with the selection panel. Max was able to demonstrate his aptitude and real interest in both the language and culture of Italy.

The scholarship will include a five-week intensive Italian language course in Rome, return airfares from Sydney to Rome and home stay accommodation.

"It is an amazing opportunity and I am very excited about receiving this scholarship and immersing myself in the Italian culture. I would like to thank my Italian teacher, my parents and Macksville High for their support."

Well done, Max!

### FROM THE PRINCIPAL



Dear Parents and Community,

Congratulations to Max Cleversley in Year 11 for being awarded the prestigious *Mama Lena and Dino Gustin Public Education Foundation Scholarship.* Max will be spending the end of year holidays in Italy immersing himself in the culture and language – an excellent way to develop his skills as he studies Italian for the HSC.

Congratulations to Sarah Welsh in Year 12 who was presented the inaugural Governor Sword of Honour for Excellence. She is the first recipient of this prestigious award for her work in the Australian Air Force Cadets, and it was presented to her by

the Governor of NSW, Mr David Hurley.

Congratulations also to Grace Single and Callum Caesar who have been awarded scholarships with the Roads and Maritime Services to support Indigenous students with their HSC studies, and a work experience program with the RMS.

Layla Maloney and Brittany Williams will be attending the UNSW Indigenous Winter School's Performing Arts program during the July holidays. It is wonderful to see that our students not only have the opportunity to apply for these programs, but also how successful they are.

We had fantastic weather for our Athletics Carnival at Scotts Head, with a focus on participating and having fun. It was great to see so many students competing in the many events and having fun. A significant number of students will move onto the next level of competition. Thank you to Mr Aaron Parker for his organisation to allow events to run smoothly on the day.

Throughout this term all of our students will be doing assessment tasks and exams which form the basis of the semester one reports. I would encourage all students to develop a study timetable and to do their best for every task. We do have support available for students through contacting their class teacher or year adviser.

To all of our students, keep working hard, and reap the rewards.

Erica Lyne Principal

### **MHS ATHLETICS CARNIVAL**

Our annual athletics carnival was held on Tuesday, 17 May. With excellent weather and outstanding participation rates, the day was very successful.

The students were well-behaved and enthusiastically cheered on their housemates. The house spirit and passionate display of house colours from the students and staff was remarkable. A special thank you to the senior students who put in the extra effort for their final school carnival.

A big thank you to all the staff members for their assistance on the day, allowing the carnival to run smoothly and effectively. Macksville High School would also like to express our appreciation to Richie Donovan for inviting us to make use of the Buzz Brazel Oval for our annual athletics carnival.

All students should be pleased with their efforts and should be congratulated on their high level of participation and excellent sportsmanship. There were a large number of talented athletes on the day who advanced onto the Nambucca Zone Athletics Carnival on Thursday, 9 June.

#### Aaron Parker Sports Organiser

#### **Total House points:**

1 <sup>st</sup> place – Briner	1114 points
2 <sup>nd</sup> Place – Taylor	1095 points
3 <sup>rd</sup> Place - Oxley	838 points
4 <sup>th</sup> Place - Graham	815 points

Year Group	Girls	Boys
12 Years	Abby Baxter (Carnival Champion)	Trent Clews
13 Years	Tiajuana Rosser	James Hamer
14 Year	Astrid Smith	Logan Jones
15 Years	Amy Martin	Blake Brunsdon
16 Years	Colette Vernon	Adam Nowland
17 Years	Jocelyn Pedrola	Chris Power
18 Years	Peta Salter	Harry Elson

#### The age championships on the day were:

#### **Records broken on the day included:**

Age Group	Event	Student	Record
12 years Boys	800 meter	Noah Thompson	3:04.40
15 years Boys	100 meter hurdles	Blake Brunsdon	16.81
18 years Girls	100 meter hurdles	Sophie Crowley	18.44
16 years Girls	Discus	Mikaela Donovan	55.52m
18 years Boys	Discus	Alec Gage	39.60m
18 years Boys	Javelin	Lawrence Vernon	50.28m
18 years Girls	Long Jump	Sophie Crowley	4.70m

## **ATHLETICS CARNIVAL IN PICTURES**

















### **SCHOLARSHIP SHOUT OUT**



Congratulations to senior students Grace Single, Callum Caesar, Layla Maloney and Brittany Williams on their scholarship success!

Grace and Callum of Year 11 have been awarded with an Indigenous HSC program with RMS – Roads and Maritime Service. They will be funded during studies and have been given the opportunity to participate in work placement at Sydney in a sector of their choice at RMS.

Next July, Layla and Brittany will be attending the UNSW Indigenous Winter School's Performing Arts program. This year approximately 200 students across NSW applied for 100 potential positions. Layla has also been participating in the Indigenous HSC program with RMS.

Macksville High School is very proud and to top it off, all of our applying students were chosen. They are very excited and we commend them.

We wish you all the best in your endeavours!

Brittany Atkins TEACHER

### **BIGGEST MORNING TEA**

Macksville High School staff members raised \$198 for the Cancer Council at their Biggest Morning Tea on Friday, 27 May. Staff from each faculty shared a plate, and a representative from the Teachers' Mutual Bank donated two raffle prizes.

Thank you to all who supported this fundraiser!

Liz O'Sullivan CO-ORDINATOR





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### **STUDENTS SHINE AT AIME PROGRAM**

On Thursday 12th May, eight MHS students travelled to Coffs Harbour Southern Cross University with Paul Evans, our Aboriginal Education Officer. They took part in a fantastic program called Australian Indigenous Mentoring Experience or AIME. The program involves university students and graduates volunteering to help Indigenous teenagers during their high school endeavours.

AIME's program manager at SCU's Lismore campus explains, "AIME's mission is to work towards education equality where Indigenous students perform and finish school at the same rate as every Australian teenager... What the Australian Institute for Sport is for athletes, AIME is for Indigenous students."

We had a really rewarding day, learning new things about ourselves, life skills and embracing our culture. MHS students look forward to being a part of the next AIME day!

Brittany Atkins TEACHER



Pictured from left: Keeden Bale, Paul Evans and Zeke Milgate

### **REFILL & REHYDRATE @ SCHOOL**

Macksville High School has been successful in applying for the Refill & Rehydrate @ School Grant. The grant is funded by NSW Health and it will provide \$1000 to purchase appropriate tapware to retrofit existing bubbler taps. This will create more places around the school where students can fill their water bottles up. The SRC are currently investigating the best locations for the new taps.

Larissa Atkins SRC CO-ORDINATOR



### **LEGACY LUNCHEON**

The Year 11 Hospitality students hosted the Legacy Luncheon on Thursday 26<sup>th</sup> May in the school hall. Under the guidance of their teacher, Mrs Larissa Atkins, they prepared and cooked some delicious meals which were devoured by the 52 guests who were in attendance.

They began with a choice of tomato or pumpkin soup, followed by either a steak and mushroom or vegetarian pot pie with potato au gratin, or a chicken breast wrapped in prosciutto filled with brie, spinach and sundried tomato served with beans, carrots, kumara mash and an optional pesto sauce. For dessert there was a choice of rhubarb and apple crumble or tiramisu served with ice cream and cream.

There were a few logistical obstacles to overcome, one being the distance from the kitchen to the hall. However, the students rallied together and with the assistance of Mrs O'Sullivan, managed to plate up the meals on the stage behind the curtains!

The Mayor for the Nambucca Shire, Rhonda Hogan, gave a short speech and made a toast to the wonderful work being done by the Legatees in supporting the dependants, especially children of those who served their country, who gave their lives or health in the course of their service.

Liz O'Sullivan



### **RELAX - REWIND - RENEW**

Louise Beisler – Friday counsellor – is offering a quiet 'Chill Out Zone' for senior students in the second half of lunch every Friday. Year 11 and 12 students are starting to feel the pressure associated with the heavy workload and the approaching HSC, and may benefit in many ways from learning to practice relaxation and mindful meditation. When practiced regularly, these techniques are believed to reduce stress and anxiety. Self-esteem is often improved as the students learn to sit quietly with themselves and learn to solve problems from within.

Many techniques will be shared over the coming weeks, some on CD and some will be counsellor directed. To date, we have done general muscle tensing and relaxing, body scan, letting go of intrusive thoughts and breathing activities. Visualisation, guided imagery, mindfulness focusing and mindful walking techniques will be shared. Ten students have joined in so far and have been participating fully and respectfully. A life skill to be enjoyed, we hope?



Louise has been trained in relaxation and mindfulness techniques for years having worked for Young Persons Mental Health, and has seen the benefits to her clients. Mindfulness is based on an ancient Buddhist practice and has been adapted to living in harmony with oneself and the world. It is now widely used in mental health.

### **NSW COMBINED HIGH SCHOOLS RUGBY TRIALS**

Year 12 student, Jake Steward, recently trialled at the NSW Combined High School Rugby Union trials in Camden South. The North Coast team finished in eighth place in NSW with Jake performing extremely well in all games (Sydney South West, Western, North West and Sydney North West). His tackling in defence and scrummaging were key features of his excellent gameplay. Jake was a great ambassador of Macksville High and displayed outstanding sportsmanship both on and off the field.

I am very proud of his efforts!

Aaron Parker SPORT ORGANISER



### **STAR MERIT PHOTOS**

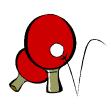


## SPIN IT TO WIN IT!

On Tuesday May 31, Alex Bonser, Alec Gage, Will Roberton and Lawrence Vernon represented Macksville High School in round 4 of the North Coast Zone Table Tennis knockout. They versed Coffs Harbour Senior College and won all 6 singles and doubles matches. The boys now qualify for the regional final against Kingscliff High School in early June.

Congratulations to all boys involved and best of luck for your regional final!

Amanda Midson TEAM MANAGER





### **BILL TURNER U/15s SOCCER REPORT**

#### BOYS

Macksville High School under 15s Boys recently competed in the Bill Turner Cup, a state wide soccer competition. It was a home game played at Macksville Soccer Club and the opposing team came from Bellingen. The home team was somewhat inexperienced but what they lacked in game time they more than made up for in enthusiasm and stamina.

The game started well for Macksville with the Bellingen boys confused and rattled by our unorthodox style of play.



A solid defensive line held the onslaught at bay, with strong efforts from players such as Kaine Watson, Calijah Craig, Ryan Atkins, Cody Rofe, Rhys Ferguson and Will Douglas. While up front, ever dangerous attack, were Blake Brunsdon, Jack Rogan and Jack Burt. They wreaked constant havoc. To steady the ship in the middle of the park there were the dazzling skills of Kamden Walker, supported well by Blake Howle, Arjae Pritchard and Mitchell Williamson-Roe. At goal keeper, one of the standout performances of the day was achieved by Jordan Moore, who showed high levels of agility and fearlessness to stem the flow of goals.

In the end the score did not reflect the closeness of the match, with the Macksville boys going down 9 - 1. Although it wasn't the best result, the game was played with a very positive spirit and this was indicated by the smiles on all the boy's faces.



#### GIRLS

This game the girls ran onto the field with minimal training sessions and only 11 players. Based on last year's results against Bellingen, they knew it was going to be a tough defensive game, especially with no substitutes. Each of our experienced players had a hard leadership role in directing our inexperienced players around the field which I commend them for- it's not easy for these girls to boss around their peers. Sasha Frost held up the back line with Kayla Turner, Charlize Blair and Jazmyn Horne.

Johanna Walsh was everywhere we looked, directing

the midfield with Mallee Goldrick, Ryleigh Freeman, Dakota Fuller and Tayla Graham as an attacking midfielder. Sophie Wicks was up the front waiting to seize opportunities to move the ball forward with Johanna. Of course a big thanks to Kate Single for stepping in to be goal keeper for the game. The girls excelled in maintaining a positional formation and a high level of team morale and sportsmanship was displayed from those representing MHS on the day. Unfortunately, the opposition was too strong and the game was lost 7-0. I am however pleased to note the improvement upon last year's Bill Turner results (15-0). We are getting there girls!

Finally, our gratitude goes out to the ongoing support of the Moran family at Macksville Soccer Club who not only allowed us to play on their grounds but opened the canteen and assisted in officiating too.

### **ZONE CROSS COUNTRY REPORT**

On Friday, 27 May twenty-seven Macksville High School students travelled to Kempsey to compete in the Lower North Coast Cross Country race. More than half of the students that went to compete on the day have qualified for the North Coast Cross Country race in Murwillumbah on Friday, 17 June. Three of our students were also age champions on the day which is a very high achievement. These students were Trent Clews, Johannah Walsh and Harry Elson. Good luck to all of you!

I am very proud and congratulate all students on their fantastic efforts and excellent behaviour whilst representing Macksville High School. I would also like to thank Jocelyn Pedrola and Tyler Watts for their efforts as helpers on the day.

As always, we would like to acknowledge and extend our gratitude to the parents who drove and accompanied students for the day.

Aaron Parker SPORTS ORGANISER

MHS North Coast Cross Country Qualifiers		
Age Group	Student Name	Position
12	Noah Thompson	2nd
12	Trent Clews	1st
12	Abby Baxter	3rd
13	Caleb Wassens	5th
14	Astrid Smith	3rd
15	Amy Martin	5th
15	Ruby Moore	6th
15	Johannah Walsh	1st
15	Blake Brunsdon	2nd
15	Angus Johnson	6th
16	Tahlira Jarrett	3rd
16	Adam Nowland	5th
17	Chris Power	2nd
17	Tomas Steward	5th
18	Harry Elson	1st

### **DIGGING UP THE PAST**

Year 11 Modern History students have been examining antique coins and cap badges. Their teacher, David King encourages them to find and document historical artefacts. 'Primary sources are the foundation of historical research', he said. 'They bring history to life. I trawl through weekend markets in search of old books, coins and artefacts. The silver coins and army badges are European and American, and were all bought at second hand markets in the Nambucca and Bellinger Valleys.'

David King TEACHER







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### **CAREERS CORNER**

#### IMPORTANT DATES - YEAR 10 INTO YEAR 11 SUBJECT SELECTIONS

6 June	Student Information Day – Period 1 and 2
21 June	Parent Information Evening – Hall – 6.00 pm
27 June	Subject selection will need to be back
17 – 18 August	Interviews will be held (more information to come)
24 – 25 August	Interviews will be held (more information to come)



Like our facebook page for latest information and key dates 'Macksville High School Careers'

### YEAR 10 INTO 11 SUBJECT SELECTION HANDBOOK

The 2017 10 into 11 subject selection handbook has now been distributed to students. If your child was absent it is vital that they visit the careers office to pick up a booklet and receive any important information they missed in preparation for their senior studies. The parent information night is being held in the hall on June 21, 6pm. Upon completion of the information night, subject selection will be available online. Bookings for subject interviews will also open on June 21. Between now and then is a fantastic opportunity for discussion around future aspirations and subjects that will best suit your child in achieving the best possible educational outcome.

### UNIQUE STUDENT IDENTIFIER (USI)

Every year almost four million Australians build and sharpen their skills by undertaking nationally recognised training. All students doing such training need to have a Unique Student Identifier (USI). This includes students doing Vocational Education Training (VET) when they are still at school. The USI is a reference number made up to ten number and letters that:

- creates a secure online record of your recognised training and qualifications gained in Australia, even from different organisations
- will give you access to your training records and transcripts (available in mid-2016)
- can be accessed online, anytime and anywhere
- is free and easy to create and
- stays with you for life

To find out more, please visit: <u>https://www.usi.gov.au/students</u>

### **PARENT INFORMATION**

### PARKING AND PICKING UP STUDENTS

Parents and carers please be aware of the restricted parking times and bus areas outside the front of the school in Boundary Street. Fines have been issued recently to parents dropping off and picking up students.



Bus zone times in front of the school are 8.00 am - 9.00 am in the mornings and 2.30 pm - 4.00 pm in the afternoons. Parking across from the front of the school is prohibited 8.00 am - 9.00 am in the mornings and 3.15 pm - 4.00 pm in the afternoons.

### ONLINE PAYMENTS

Parent online payments will be available by accessing a link on our website. The set date for this link to be live is 10 June. Permission notes for excursions, activities, etc., will in the future have a reference payment to use. For current excursions, please be very specific for what you are paying for in the reference area. If paying school fees, please use the description on the invoices sent out Term 1. Further instructions can be found on the school's website.

### NEW PROCEDURES FOR BUS PASSES

Bus pass applications (for new enrolments and change of address) are now to be completed online instead of using paper forms through the following link:

#### http://www.transportnsw.info/school-students

If you do not have access to the internet, the contact phone number is **131 500** where you will be assisted with completing a phone application.

### MINDMATTERS SURVEY REMINDER

MindMatters is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people. It is based on the principle that the best mental health strategy is one that prevents issues from arising in the first place. For this reason MindMatters helps schools promote positive mental health through the whole school community, and aims to prevent mental health difficulties in students by taking steps to improve relationships and resilience.

Data is invaluable in building a mental health framework at Macksville High School. Your input is imperative so please complete the survey so we can identify what we do well and which areas of student wellbeing need additional support and resources.

The Mind Matters survey aims to ask parents questions about mental health, student wellbeing and the school environment prior to implementing the program within our school. The results set a baseline then we will resurvey at intervals throughout the year to measure our progress and identify areas of need.

Please complete the survey at the following link. The survey is anonymous and your participation and feedback is greatly appreciated.

#### http://www.mindmatters.edu.au/surveys/survey-start?id=parent-family-survey---907-586478a882584aa3b615

### **PARENT INFORMATION**

### KEEP KIDS SAFE: #parentscheckthecheck!

Parents or carers who engage the services of a private tutor or coach have an important role to play in helping to keep their children safe.

From **1 April 2016** adults who provide private tuition or coaching services to children will need to obtain a new Working With Children Check.

The Certificate for Self Employed People will no longer be valid after their expiry date and the certificate holders will need to apply for a new Working With Children Check.

Parents or carers should ask their child's tutor or coach for their name, date of birth and their Working With Children Check number.

They must then go online and verify the tutor or coach is not barred from working with children in NSW.

Verifying that a tutor or coach can work with children is quick and easy – just follow the simple steps at <u>www.kidsguardian.nsw.gov.au/parentscheckthecheck</u>

If you suspect that an adult is providing services to children without a Working With Children Check you can go online to make a confidential report or phone (02) 9286 7219.

Help to keep kids safe by sharing **#parentscheckthecheck** with your family and friends through your own social media networks.

#### ABSENCES

A reminder to please respond promptly to the schools SMS' advising of absences and partial absences to avoid any unexplained absences on your student's records.

### DRIVING STUDENTS TO EXCURSIONS AND SPORTING EVENTS

There is a new Statutory Declaration to complete, which has to be witnessed by an 'authorised witness', for parents/carers volunteering to drive students to excursions, sporting events, etc., along with a 100 point proof of identity (even if you have a Working with Children Check number as we still have to comply with the Department of Education's policy on child protection). This only needs to be completed once while your student remains at MHS. We also need to sight the originals of your licence and registration papers.

While we are very grateful for our parent/carer helpers, and appreciate that there is often late notice involved with arrangements, it is a legal requirement that the school will have the correct paperwork *fully completed* before the excursion/event. If you have already completed a previous Declaration, you will not be required to complete this new Statutory Declaration but may need to update your licence and registration details when you next volunteer.

### VISITING THE SCHOOL

All visitors (including parents), are to present at the reception area in the school's office. Please do not enter other buildings/rooms without gaining permission to do so.

## **COMING UP**

## <u>JUNE 2016</u>

8 - 10	N/Coast Creative Writers Camp – Valla
9	Zone Athletics Carnival – Nambucca Heads
10	Grief and Loss Workshop
14	U14 Buckley Shield - Macksville
15	Open Netball - Kempsey
15	U13/U15 Country Cup Finals – Port Macquarie
16	Dance Festival – Coffs Harbour
17	Regional Cross Country - Murwillumbah
21	Year 10 into 11 Parent Information Evening – Hall – 6.00 pm
27 – 28	Rugby Union 7's – Sydney
27	U13/15/18 Rugby League Northern State Country Cup
28	Sydney Dance Company – Port Macquarie
29	Youth Frontiers
30	Year 12 University of Newcastle visit

## <u>JULY 2016</u>

1	Last day of Term 2
4 – 18	Winter holidays
19	All students return for Term 3



### Census of Population and Housing

The Census provides a snapshot of Australia's people and their housing. It helps estimate Australia's population which is used to distribute government funds and plan services for your community.

### 2016 Census Field Officers

We are seeking up to 38,000 Census Field Officers to join our team and play a role in shaping the future of Australia.

#### **CENSUS FIELD OFFICERS:**

- Are casual positions, with flexible working hours
- Earn \$21.61 per hour (inclusive of 25% loading)
- Must be comfortable with using a computer, mobile or tablet device
- Will be responsible for making contact with households to make sure that everyone can complete the Census

### Apply now at abs.gov.au/careers

## **GRIP NATIONAL LEADERSHIP CAMP 2016**

Would you like to develop valuable leadership skills whilst having enormous fun during the July school holidays? Students in Year 10-12 are invited to participate in a national leadership camp being held in Sydney, hosted by the GRIP Leadership team. Teenagers from around Australia will be gathering for this 4-day camp from July 3-6. GRIP Leadership is well known for organising Australia's largest student leadership events and helping students reach their potential as a leader. Full details available at

## www.gripleadership.com.au/camp



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The Conservatorium Mid North Coast invites singer aged 9-14yrs to audition for the **CHILDRENS CHORUS** for the upcoming opera **THE MARRIAGE OF FIGARO** 

SATURDAY 13 August, 7.30pm Glasshouse, Port Macquarie



#### APPLICATIONS FOR THE NEXT ROUND OF BLUE STAR CITIZENSHIP IS NOW OPEN!!

**BLUE STAR** is aimed at young people aged 16 – 18 years

On completion participants are able to gain their first aid certificate, certificate 1 in Active Volunteering and also choose to complete their Duke of Edinburgh Bronze Level Award!

Program cost: \$100

#### FOR AN APPLICATION PACK PLEASE REPLY VIA EMAIL OR CONTACT YOUR LOCAL PCYC!!

Applications close Friday, 24 June 2016 – places are limited!

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GIRL GUIDES MEET NEAR YOU! Laughter, learning, friendship and fun... come and discover at Guiding what's done!

Nambucca Valley Guide Unit (For girls 10 – 13 years old) Tuesdays 5pm-6.30pm Nambucca Valley Senior Guide Unit (For girls 14 – 17 years old) Tuesdays 6pm-8pm

Guide Hall, Cnr Briner & Park Streets, Macksville Contact Leonie Holley 6568 7013 or email: leonieholley171@gmail.com







5:30 – 7:30pm Riverside Park Macksville (cnr Princess and River Streets)

All welcome to celebrate the Community Launch of Nambucca Valley Community Access Trial.

This innovative new trial will help more Nambucca Valley kids get the specialist health services they need through a unique partnership between the Nambucca Valley Community, Royal Far West and Bupa.

Excellence in Child Dental Services



#### Call today on 1300 65 16 25

### All children under 18 yrs of age can receive FREE DENTAL CARE

#### through the Mid North Coast Local Health District.

PARENTS DO NOT NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.



Please call 1300 65 16 25 if you would like your child to have a check-up.

IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL **1300 65 16 25** TO BE TRIAGED.

### **SCHOOL HOLIDAY ACTIVITIES**



Roger Fletcher is the creator of Australia's longest running adventure comic *Torkan*. He will take you step-by-step through the creative process, from character development to a finished adventure comic of your own! Check our Facebook page and website for more information soon...



#### BUNKER CARTOON GALLERY COFFS HARBOUR

For more information, please visit www.bunkercartoongallery.com.au

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