

NEWSLETTER

TERM 3 ISSUE 7 – AUGUST 2016

NAIDOC WEEK



Charlize Blair delivers "Welcome to Country" at NAIDOC Assembly on Tuesday August 9, 2016

This year Macksville High School commenced its NAIDOC celebrations with a whole school assembly during week 4. One of the highlights of the assembly was Year 8 student Charlize Blair's 'Welcome to Country'. Charlize is the first student from Macksville High School to perform an entire 'Welcome to Country' in the Gumbaynggirr language.

We were also fortunate enough to have Uncle Michael Jarrett attend. Uncle Michael performed a traditional song in Gumbaynggirr as well as telling us of his personal narrative and how he is connected and committed to the revitalisation of the Gumbaynggirr language. For the end of our NAIDOC week local Gumbaynggirr artist and performer, Tasman Jarrett, held a whole school concert on the hall steps. Many thanks to all involved and a particular thank you to Paul Evans for all his hard work in coordinating the event.

FROM THE PRINCIPAL



Dear Parents and Community,

The year seems to be flying past very quickly!

Education Week was a wonderful opportunity to celebrate being a proud public comprehensive high school. The annual Education Week V10 Awards ceremony was held at Nambucca Heads Public School where the outstanding efforts of Elizabeth Argue, (student) David Hall (community) and Wendy Graham (teacher), were recognised for their ongoing contributions to not only Macksville High School, but also to Public Education. Congratulations to all recipients.

Our NAIDOC week assembly with a theme of *Songlines*, was celebrated in early August. A special mention must go to Charlize Blair who welcomed us to country in Gumbaynggirr language. I would like to thank especially Uncle Michael Jarrett for his keynote speech and to Tasman Jarrett for his musical performance on Friday afternoon. Thank you also to Paul Evans for his organisation of the week's activities.

Sarah Welsh has been honoured by the Australian Defence Force Academy by receiving their Education Award for 2016. This goes along with the prestigious Sword of Honour for Excellence award she received last term. Congratulations to Sarah, and I know she will be an outstanding leader in the Defence Forces in the future.

Year 12 are just completing their Trial HSC Exams. These exams are important preparation for their final exams in October, but do not signal the end of courses. Vital revision will be occurring over the next few weeks and it is imperative that students attend. There are also many opportunities to seek assistance with all subjects, including each day in the Library here at school.

For many of our Year 12 students the external assessment for the HSC is being completed over the next few weeks with major works in Society and Culture, Industrial Technology Wood and Drama. All the best to these students – I am sure that your hard work and commitment will be rewarded.

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.

Keep working hard!

Erica Lyne
Principal



FUNERAL ATTENDANCE

Max Cleversley and Sarah Rose represented our school with Mrs O'Sullivan at the recent funeral for "Jim" Graham, who was the first school captain of Macksville High School. They are pictured here with his niece, Trish Reinten who was a casual teacher at our school and is now a teacher at Grafton High School.

After graduating from Macksville High Jim studied to become a teacher and taught English and Drama overseas in Scotland and then for 43 years at The Armidale School (TAS). His Eulogy was delivered by Peter Cussins, well-known for his directing, acting and singing roles in theatre and TV. He was inspired by Jim whilst attending TAS himself.



RESILIENCE FOR YOUNG PEOPLE PROGRAM

Year 9 have started RYPP (Resilience for Young People Program) in week 3 and a letter went home for parents/carers providing details about the program. The program is organised by Council and runs for 8 weeks, half of Year 9 will participate in Term 3 and the rest will participate in Term 4. This is a great opportunity for our students to hear from different agencies within the community about a range of issues.

Toni Jones
Year 9 Adviser

HSC MAJOR WORKS

Natasha Sergeev, Chatesa Craig, Peta Salter, Daniel Taylor and Andrew Smith, under the guidance of Mr Ally, attending to their HSC major works the day before they are due for completion on Thursday 11th August, 2016.



APPRECIATION – LEGACY LUNCHEON

Certificates of Appreciation were presented to the Year 11 Hospitality students for the great work they did preparing the meals for the Legacy Luncheon held in the MHS Hall on May 26.



JEANS FOR GENES DAY



Wyatt and Jessie Mola prepare nachos in the canteen to raise money for Jeans for Genes Day – Friday August 5, 2016.

MACKSVILLE HIGH MASTER CHEFS

The Year 9 and 10 students studying Food Technology with Mrs O'Sullivan have embarked upon a Master Chef Unit this term. Their focus is on Food Trends which they had a taste of last term when they had to create their own product using pastry as their key ingredient.

This term they began by creating a breakfast using the key ingredients of bacon, eggs, tomato and bread. Prior to their practical lesson they watched a short You Tube clip on 12 ways to cook eggs which gave them some inspiration for how they would present their breakfast. They were judged purely on presentation and the overall winner was Annabelle Craven, who created a frittata. She received the Chef of the Week award, a wooden spoon, and will wear the Macksville Master Chef apron in our next challenge which will relate to the knowledge and identification of herbs and spices. Featured below are some of the creative breakfast presentations.

Liz O'Sullivan



Annabelle Craven



SYDNEY DANCE COMPANY WORKSHOP

On Tuesday June 28th, 12 Macksville High School students attended a contemporary dance workshop at the Port Macquarie Glasshouse. The workshop was conducted by two Sydney Dance Company dancers, Richard Cilli and Jesse Scales.

The 2-hour workshop gave students the opportunity to learn contemporary technique, improvisation skills and repertoire from the company's regional tour performance Lux Tenebris.

A big thank you goes to Mr Joyce for being our bus driver for the day.

Ms Midson
Dance Teacher



Pictured – Kellie Tsujimoto, Kira Goodwin, Violet Capell, Ruby Moore, Lauren Laverty, Kayla Turner, Sophie Brabant-Blanch, Tayla Graham, Clementine De La Hunty, Ellie Welsh, Courtney Duffy and Johanna Walsh.

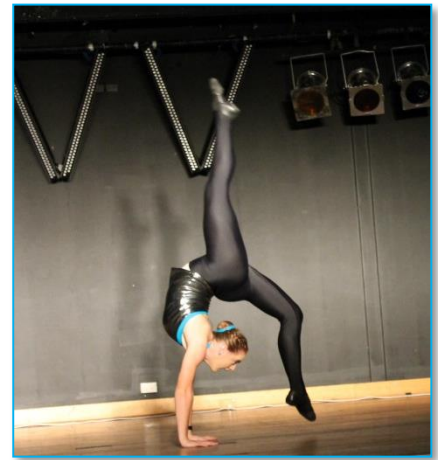
CENTRAL NETWORK DANCE FESTIVAL

On Thursday June 16th, the Macksville High School Dance Ensemble performed in the Central Network Dance Festival in Coffs Harbour. All 25 students worked tirelessly during sport time and lunch times in the lead up to their energetic jazz performance, titled 'The Trouble With Us'.

Macksville High School received praise from parents, event organisers and members of the wider community on an impressive performance. A special thank you goes to those students who sold chocolates in order to fundraise for costumes and all parent drivers and helpers on the night.

Congratulations to all dancers on your outstanding performance!

Ms Midson
Dance Teacher



STATE CROSS COUNTRY REPORT

On Friday July 22nd, Harry Elson travelled down to Eastern Creek, Sydney to compete in the state cross country. Harry was well prepared for the day after coming 1st at the zone carnival (Kempsey) and 6th at the regional carnival (Murwillumbah). Harry achieved 69th in New South Wales on the day, which is a huge achievement as NSW has a population of over 7.5 million people. Macksville High School is extremely proud of his efforts and fantastic representation of the Macksville spirit.

Mr Aaron Parker
(Sport Organiser)



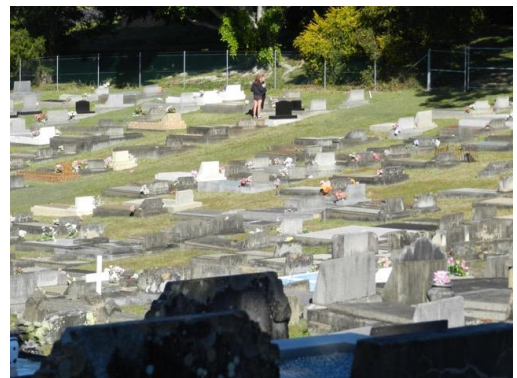
SWIMMING



Declan Sutton was named swimmer of the meet at the North Coast Combined High Schools Swimming Championships held in Lismore earlier this year.

WALKING FOR SPORT

Students doing "walking for sport" explored the Macksville cemetery recently, paying respects to those who have passed, learning more about the history and significance of cemeteries in relation to their ancestors.



YEAR 12

Year 12 students don't have too many year meetings left to attend this year.

In a recent meeting students received details of their Formal to be held on Tuesday 8th November plus other relevant information pertaining to their future opportunities.



Refill & Rehydrate @ School

WATER

Did you know?

Adolescents (12 - 18 years) should aim to drink 1.6 - 1.9L of fluids each day. This is equivalent to approximately **6 - 8 cups**.

Remember to drink extra fluids in warm weather and when participating in physical activity.



Health
Mid North Coast
Local Health District

Learn more about water at
www.betterhealth.vic.gov.au

CAREERS CORNER

YEAR 12: WHATNEXT? SESSIONS

Schedules for upcoming events relating to transitions from school have been distributed to year 12 students. Copies available from careers office.

UAC pins UAC pins should now have arrived in your mail. Use this pin if you are applying for university or equity scholarships through UAC. BOSTES student numbers are also required, registration should be completed on studentsonline.bostes.nsw.edu.au

SRS The **school recommendation scheme** is UAC's early entry scheme. Students applying for this are required to attend an early entry session to complete the school component of paperwork required for application.

Scheduled sessions are in the Prac Firm - 1pm on August 15, 19, 22 or 26.

UNE and SCU have their own early entry scheme for applicants within our region and therefore are the only universities available for direct application (without using UAC). Direct early entry applications for UNE and SCU are made online but still require attendance at an early entry session.

We request that students have applied by **Sept 7**. Please see Miss Cooper if any issues.

EAS The **Educational Access Scheme** is available for university applicants who have experienced disadvantage throughout HSC studies. Please refer to <http://www.uac.edu.au/eas/> to check eligibility and required documentation.

ES **Equity scholarships** are available through UAC even if only applying direct to SCU or UNE. For more information got to: <http://www.uac.edu.au/equity/>

TFN **Tax file numbers** are required if you want to be eligible to defer your tuition fees under Commonwealth supported positions/ FEE-HELP (formerly known as HECS).

YEAR 10

Students online Year 10-12 students are encouraged to activate their BOSTES students online account. Hard copy certificates such as HSC (Higher School Certificate) and RoSA (Record of School Achievement) are being phased out. Access to results and certificates will be via the students online account. Activate online at: studentsonline.bostes.nsw.edu.au

TFN Tax file numbers can no longer be issued through school. Please find more info at: <http://www.macksvillehighcareers.com/?page=tfn>



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

PARENT INFORMATION

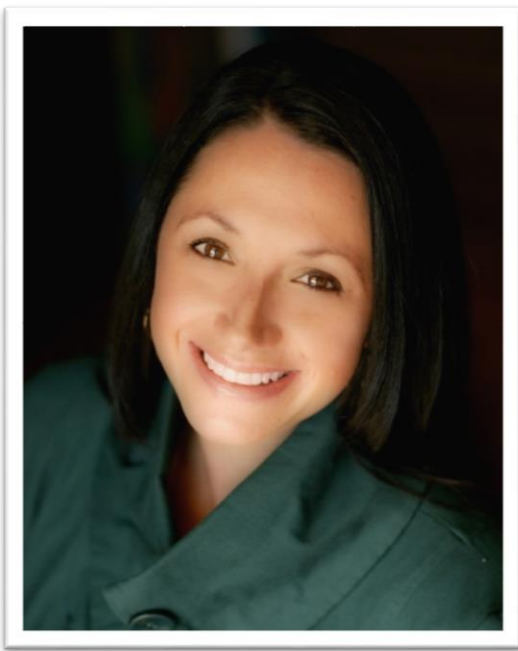
STUDENT ASSISTANCE

Student Assistance is still available for help with subject fees, excursions and uniforms. Forms are available from the office.

YEAR 7 ENROLMENTS FOR 2017

Application for Enrolment were mailed out to our prospective Year 7 students for 2017 last week. Please contact the school's office if you didn't receive one and have a Year 6 student intending to enrol at Macksville High School.

MEET NATALIE JUPP, SCHOOL CHAPLAIN



Natalie began as School Chaplain in June of this year, she is available Tuesday, Thursday and Fridays.

A school chaplain's role is to support the emotional wellbeing of students by providing pastoral care services and strategies that support the emotional wellbeing of the broader school community regardless of faith or beliefs.

Pastoral care is defined in the Commonwealth Chaplaincy Programme Agreement as:

'the practice of looking after the personal needs of the students, not just their academic needs, through the provision of general spiritual and personal advice.'

Providing students, their families and staff with support and or appropriate referrals, in difficult situations such as when students are facing personal or emotional challenges.

For more information about Chaplaincy:

www.mychaplain.org.au

COMING UP

SEPTEMBER 2016

Week 7	1	U15 Basketball Zone Knockout Y12 School Leaver Talk
	2	Y12 Geography Field Trip – Solitary Islands Y12 UNE visit – MHS Library
Week 8	8	Year 11/12 Chemistry Excursion
Week 9 & 10	12 - 23	Year 11 Exams
Week 9	13	Youth Frontiers
Week 10	19	Years 7 & 9 Immunisations
	20	U14/16 Country Cup – Forster
	22	Year 12 Farewell Assembly
	23	Last day of Term 3

OCTOBER 2016

Week 1	10	Term 4 Commences
	12	Youth Frontiers
Week 3	27	Year 8 Science in the Bush - Armidale

COMMUNITY NOTICES



Macksville Falcons Touch 2017 NSW Junior State Cup TRIALS Sunday 28th AUGUST

Macksville Falcons Touch Association invite all touch footballers to trial for our representative teams to participate in rep carnivals and at the Junior State Cup at Port Macquarie 17-19 February 2017. Trials for boys and girls

- 10's – born 2007 or after - 9:00am to 10:00am
- 12's – born 2005 or after - 10:00am to 11:30am
- 14's – born 2003 or after - 11:30 to 1:30pm
- 16's – born 2001 or after - 1:30pm to 3:30pm
- 18's – born 1999 or after - 3:30pm to 5:30pm

Expression of interest form must be completed online by 21.8.16.

For more details and to fill in the expression of interest form go to <http://macksvilletouch.sportingpulse.net/>

For further details please email: macksvilletouch@gmail.com





\$3000 to be won
on sporting equipment for your school*

Village Sports is excited to announce the introduction of a new incentive for the 2016 event, The Doctor on Duty Schools Challenge with cash prizes for the schools with the highest number of participants to spend on sporting equipment. The aim of the Doctor on Duty Schools Challenge is to encourage participation across the region from local school children.

How it works

When students enter the event they are asked to select their school from a dropdown menu. The schools are broken up into categories based on numbers and the school with the highest percentage of participants in each category will receive cash to spend on sporting equipment.

The more students who participate, the more chance their school has of winning.

* See website for more details.

enter now! villagesports.com.au





NAMBUCCA VALLEY NETBALL

2017 REPRESENTATIVE SQUAD SELECTIONS

OPEN TO ALL NETBALLERS TURNING 11 AND ABOVE IN 2017

SUNDAY 11th SEPTEMBER 2016		
@ Marion Woods Netball Courts Macksville		
9.00am	11 YEARS 12 YEARS 13 YEARS	PLEASE ARRIVE 1/2 BEFORE YOUR AGE ALLOCATION FOR WARM UP
11.00am	14 YEARS 15 YEARS	
1.00pm	17 YEARS AND OVER	

FOR MORE INFORMATION CONTACT:-

HELEN BLACK 0448 384 477

nvnasecretary@hotmail.com

NICKY HALLETT 0429 685 160

REGISTRATION FORMS MUST BE SUBMITTED BY

SATURDAY 3RD SEPTEMBER 2016

HAND INTO CLUBHOUSE OFFICE OR TO NICKY HALLETT OR EMAIL

TO nvnasecretary@hotmail.com OR MAIL TO

PO Box 292 Macksville NSW 2447 (Attention to Representative Coordinator)

HOPE TO SEE YOU ALL THERE!

IF YOU ARE UNABLE TO ATTEND SQUAD SELECTIONS YOU MUST SUBMIT A LETTER WITH YOUR REASON TO BE CONSIDERED TO NICKY HALLETT OR TO nvnasecretary@hotmail.com