

NEWSLETTER

TERM 3 ISSUE 8 – SEPTEMBER 2016

INDONESIAN EXCURSION



Macksville High students - Maddison Roberton, Annabelle Craven and Josephine Graham with the Consul General and his wife and Mrs Gilliland.

Three Year 9 students of Indonesian recently enjoyed an exciting time in Sydney for the celebration of Indonesian Independence Day on 17th August. This was the first time these girls, Maddison Roberton, Josephine Graham and Annabelle Craven had attended such a formal event and they were excited to be officially presented to the Consul General of Indonesia, and his wife, at Rose Bay Consulate.

The flag raising ceremony is the highlight of the day, as it signifies the first ever Indonesian flag raising in Java at the end of WW2, which heralded the start of the Republic of Indonesia. The National Anthem was played and the Proclamation of Independence read out to the audience of over 100 dignitaries and guests. Our school dancers were invited to perform the Acehenese Dance and drumming sequence for guests. These girls initially learnt this dance in Year 7 and after many lunchtime and after school practises, they performed wonderfully. This drumming dance co-ordinates with a singing chant. After we four began to sing, we were joined in voice by Sumatrans who were overwhelmed to celebrate with us.

The dancers wore the traditional pink and blue costumes from Aceh, with gold thread songkat skirts over black embroidered long satin pants. This was in keeping with the day where all women wore silk kain (formal sarong), lace kebaya and silk selendang. Men wore suits or traditional batik shirts and peci (formal black high hats). Gardens were decorated with purple and gold satin covers around trees, red and white banners were placed along walls and chairs while water fountains and flowers also added to the occasion.

This was a wonderful experience for our students to enjoy meeting Indonesian people and practise speaking and learn about their culture. They were excellent ambassadors for MHS and like other MHS students who attended in previous years could become actual Ambassadors for Australia. This journey gives students a wider understanding of a world beyond Macksville. It was an exciting and happy excursion and big thanks to Jan Roberton our driver.

Leola Gilliland
INDONESIAN TEACHER

FROM THE PRINCIPAL



Dear Parents and Community,

As the HSC approaches for Year 12 and as Year 11 are sitting their Preliminary exams, I would like on behalf of the school community to wish them all the very best, and remind them to keep working hard to realise their dreams.

During August we celebrated SASS Recognition Week, where we recognised the valuable contributions made to the school by our Administration and Learning Support Officers, by having a special morning tea.

Our school has just completed the External Validation process. This is a new process for all Department of Education schools and one which has been highly valuable. The validation meeting was a culmination of months of work collecting evidence, reporting on our school and creating a submission for the Department across the areas of learning, teaching and leading. I would like to particularly thank Ms Kelli Dykes and Mrs Jenny Conway for their work in creating our submission. A panel of two external Principals came to our school to examine our evidence and map it against the School Excellence Framework. The validation was successful, and will help as we plan our next steps in continuous improvement. The final report will be available in the Annual Report in 2017.

As the term draws to a close, I would like to wish everyone a safe holiday and look forward to working together again next term.

Erica Lyne
Principal

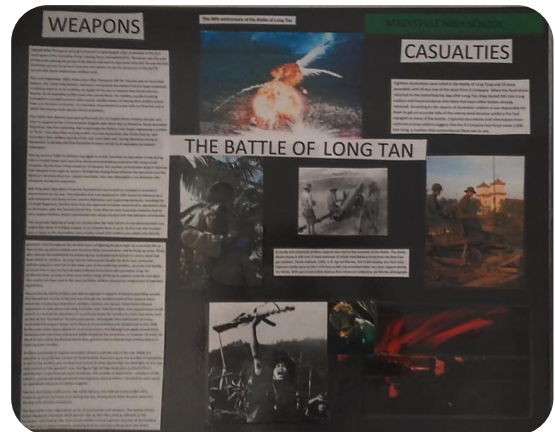
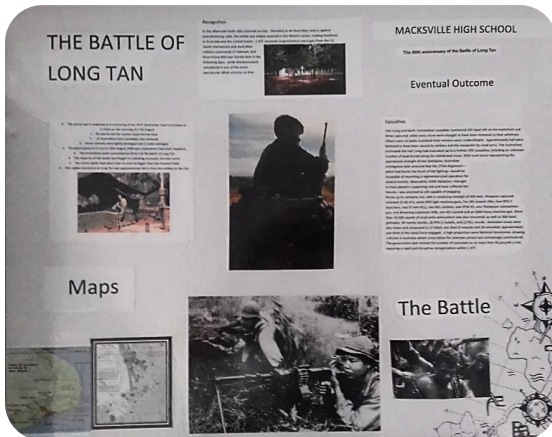


Our much valued SASS Staff celebrating SASS Recognition Week.

BATTLE OF LONG TAN

Mr Webb, Head Teacher of HSIE, recently provided the Year 10 History 1 class with a challenging and rewarding task. In response to a request from the Nambucca RSL Club, Mr Webb directed 10H1 in a project that recognised the commitment of Australian soldiers in the Battle of Long Tan, Vietnam, 1966.

For the 50th anniversary of the Battle of Long Tan, 10H1 students created posters commemorating the event and Vietnam Veteran's Day held on 18th August. The three posters formed an integral part of a display in the foyer of the club. The Nambucca RSL Club is grateful for the respect and support of Macksville High School students and has acknowledged their efforts with a special certificate.



GRASS INDUSTRY PLACEMENT SCHOLARSHIP SUCCESS

In 2016, the **University of New England GRASS Industry Placement Scholarship** expanded to include students in schools in the Mid North Coast region. School visits were made to 29 secondary schools in the New England, North West and Mid North Coast regions. After interviewing applicants over a Skype connection, 30 students have been invited to attend the all-expenses paid industry placement scholarship student camp which will be held at UNE on October 10 and 11, 2016. We would like to congratulate **Elizabeth Argue** and **Eryn Lawler** of Year 12 who were both successful candidates for this scholarship.

Students attending this camp will be immersed into the exciting and broad range of exciting science based careers supporting agriculture and will discover the tertiary pathways to these careers for students at UNE. After working with the students on camp, 15 of these students will be offered the full UNE GRASS IPS. This includes the opportunity to complete a five-day industry placement (of the student's choice) to discover these careers and to work with internationally recognised scientists. We wish Eryn and Elizabeth success at the camp and we hope they are chosen for an industry placement.

The industry placements will run in November, December 2016, or January 2017 and students then report back on their scholarship experience through a report and presentation at the UNE GRASS IPS Student Reporting Back Session, held at Booloominbah, UNE on February 2, 2017 between 4-6pm. These presentations will put students on the big stage and will be offered to parents, industry leaders and the Vice Chancellor of UNE.

Both Elizabeth and Eryn have great skills in science research developed through their study of biology and current agricultural knowledge through primary industries.



YOUTH FRONTIERS

This year there are six students participating in the program from years 8 and 9. Students are working on projects that involve the community, both within the school community and the wide community. Students will present their projects at the Showcase on Wednesday 12th October 2016, 3.30pm to 4.30pm. Parents are welcome to attend and can RSVP to Mrs Jones by the 10th October. The students have written a few words about their projects:

This program encourages students to design, plan and deliver a project for the local community with the assistance of a mentor. I am organising Project Empowerment for our female students in Years 8-10. I have invited ex-student Billie McKay, winner of Master Chef 2015 to speak at my presentation in September, along with other amazing speakers. Billie will share her amazing journey since leaving Macksville High School and encourage and motivate our students to reach their full potential.

Maddison Robertson

My community project is organising activities with Year 8 students and focusing on the misuse of alcohol.

Kayla Turner

My project is to discuss Drugs with Year 8 students. I will have guest speakers coming into the school to better inform our students on the use of illicit drugs.

Sophie Wicks

I am organising a presentation looking at Mental Health. There will be guest speakers attending and a range of activities organised. The presentation will be aimed at Year 9.

Charlev Rumbel

I and my mentor are working on building a basketball court in Nambucca Heads.

I have petition sheets located around Nambucca i.e. Golf Club and have also attended a Council meeting. I will present the results of the project at the showcase.

Brent Smee

I am organising a netball competition between Macksville High, Bowraville and Nambucca High students. This is designed to encourage students to participate in sport and encourage school pride.

Violet Capell

TIBETAN CULTURE DAY

The Year 11 Modern History class is studying the unit, 'Tibet's fight for survival in the modern world'. For centuries Tibetan art and culture have been expressions of the people's devotion to Buddhism, and in particular the Dalai Lama. Students have traced the resurgence of monasteries and Tibetan Buddhist practice after Communist Chinese repression. The skull is not feared as a symbol of death but represents rebirth through reincarnation. All of the artefacts pictured have been purchased at markets and antique shops in Australia.



David King
TEACHER



Refill & Rehydrate @ School


WATER

Did you know?

Water is essential for the optimal function of the body. Its many important roles include:

- Maintaining blood volume
- Regulating body temperature
- Cushioning joints
- Aiding digestion

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

 **Health**
Mid North Coast
Local Health District

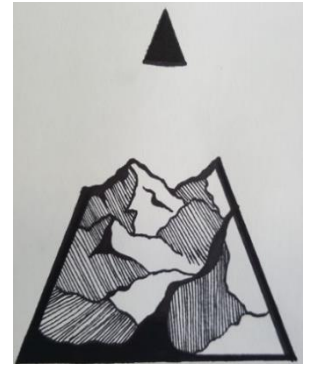
VISUAL ARTS UPDATE FOR TERM 3

Year 8 have been making plaster masks of their own faces and also dabbling in some henna art. They have been creating some fantastic results! Year 9 and 10 have also experimented with henna art and most recently have been using food to create art. The students have been using a range of food based products like food dye and coffee to paint with. They have also carved designs into apples and watermelons. The next step is to use pancake mix to draw with on a hot plate and then of course eat our art creations. Years 11 have been completing their landscape art assessment task and have also been busy studying for their preliminary exams and we wish them the best of luck! Soon they will begin planning for their major Visual Arts Body of Works. Stay tuned for updates on this. Year 11 Visual Design have been busy working on their own chosen design briefs and also have helped paint the backdrops for the musical. Make sure you catch the musical 'Summertime Blues' next term. Keep up the great work art kiddlets!

Please try and get your Visual Arts fees paid by the end of term! ☺

Thanks, Miss K Hardingham





FENCING

On Tuesday August 30, Macksville High School students from Z-PASS were fortunate enough to have Colin Phillips from the Mid-North Coast Recreational Fencing Club come to the school to conduct a group fencing session. Similar to the dragon boating excursion, none of the students had participated in this Olympic Games sport. The students received a brief history about the sport and got the chance to view a variety of swords that had been used throughout historical battles. They then learned some basic blocking, attacking and movement skills before they were able to duel each other. Students found out how skilful and exhausting this sport is but the overall consensus was that they all had a lot of fun.



Aaron Parker
SPORT ORGANISER

WINTER WARRIORS



On Thursday August 11th, a group of Macksville High School boys travelled out to Lake Keepit, Gunnedah to compete in the annual Winter Warrior Inter School Challenge.

Over 350 participants comprising of 50+ schools attempted the challenging 18km course. The course included 40 obstacles which began with a 3km run up to a ridge, then a 3km log and cinder block carry, and a 9km run with a variety of problem solving tasks: kayak climbing, water decanting, crawling, rock climbing, ball accuracy and mathematical challenges. After this, a gruelling icy mud-water obstacle course was undertaken including several full submersion tasks, hay bale climbing, tyre stepping, tyre mound navigation, tractor tyre dragging and flipping.



The Macksville High School group began their race at approximately 10.30 am with their custom made matching tee-shirts and finished in 1h and 59 minutes. The group, which comprised of Mr Parker, Adam Nowland, Jayden Brindley, Nathan Ireland, Dylan Cartwright and Callum Denison, finished the race first in their category, receiving the 2016 Championship medals.

Congratulations to all of the guys which I am very proud of! I am looking forward to MHS taking out the title next year.

Aaron Parker
SPORT ORGANISER

REGIONAL ATHLETICS CARNIVAL

On Thursday, 11 August Macksville High School students travelled up to Lismore to compete in the Regional 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 number of talented athletes on the day who advanced onto the State Athletics Carnival at Sydney Olympic park on September 7-9. These students and their events are listed below:

<i>Student Name</i>	<i>Event</i>
Mikaela Donovan (Year 10)	Discus Throw 16 Girls 1kg
Alec Gage (Year 12)	Discus Throw 17+ Boys 1.5kg Shotput 17+ Boys
Jessie Laverty (Year 8)	90m Hurdles 14 Girls
Jocelyn Pedrola (Year 11)	100m Hurdles 17+ Girls
Tiajuana Rosser (Year 7)	80m Hurdles 13 Girls
Lawrence Vernon (Year 12)	Javelin Throw 700gms 17+ Boys

Macksville High School is extremely proud of our students' efforts and fantastic representation of the Macksville spirit.

Aaron Parker
SPORT ORGANISER

*U15 boys 4 x 100m relay team members from
left to right: Nathan Fitzgerald, Ryan Atkins,
Sam Lenthall, Blake Brunsdon*



DRAGON BOATING

On Tuesday 16 August Macksville High School students from Z-PASS went to the Nambucca River for a Dragon Boating excursion. This links into the Olympic unit they are currently studying. Rick Fry (pictured at the back) from the Local Macksville Dragon Boating Club, facilitated the day as the boat's sweep and was responsible for keeping the crew safe on the water. Two members from the Port Macquarie Dragon Boating Association also came to help the students learn skills in this Olympic sport.

This was a fantastic team building exercise and physical challenge for the students.

Aaron Parker
SPORT ORGANISER



GIRLS ANNUAL SOCCER GALA DAY

For the second year running, Macksville High School has participated in a girls' soccer gala-day held at Macksville playing fields (home to Macksville Soccer Club). MHS kicked the day off against Kempsey High School, an evenly matched team. Unfortunately, an own goal put KHS ahead 1-0. Not long after, Lilly Borg struck back, slotting one from the top of the box. Final match score was 1-1.

Game 2 for MHS was playing Melville High School. Macksville put on slightly more pressure in this game displaying some fantastic passing around the field. This resulted in goals from Zoe Baines and another from Lilly Borg to win the game 2-0.

Shout out to Shakirra Silvia and Jiminka Laow for their tireless efforts through the middle and marking opposition out of the play.

Thanks to all the team who played; Lilly Borg ©, Peta Salter, Zoe Baines, Jiminka Laow, Shakirra Silvia, Sasha Frost, Kayla Turner, Dakota Fuller, Ryleigh Freeman, Sophie Wicks, Charlize Blair, Jazmyn Horne and Erica Liebe.

Also a big thanks to MHS Sports Coaching class for organising the day and yet again the Moran family from Macksville Soccer Club who always support our soccer endeavours.



CAREERS CORNER

Year 12

It is a busy time with university early entry applications currently being processed. Students need to be aware of key dates (link below for all dates). Main dates include:

- 30th September:** have payment to UAC and SRS application complete.
End November: keep an eye for university correspondence indicating your early entry offer. Decide which course you want to take (if more than one accepted) and CHANGE that preference to number 1 by **5th December**. You will receive the offer through UAC on **9th December** (you can only gain an offer for your first preference in the SRS offer round).
15th December: HSC results released.
16th December: ATAR released and BBQ at riverbank.
6th January: have preferences changed by this date for main round offers released on **18th January**. Match your preferences to your ATAR for best outcome.

<http://www.uac.edu.au/documents/customer-service/factsheets/fact-sheet-important-dates.pdf>

Upcoming courses to think about:

RSA/RCG held at school in Dec. 2-day course. Cost \$240

Certificate 1 Hospitality including RSA/RCG/Barista/Safe food handling - 2 week course in Nov/Dec. Cost \$300. More information will be provided as soon as possible.

Lastly, I wish Year 12 best of luck for the future. Early next year there will be a destination survey sent to students. It would be truly helpful to get as many responses as possible for our school data. Best of luck in your transition and looking forward to hearing about your successes!

Year 11

University excursions will begin with the year 11 cohort kicking off with the QLD universities trip in term 4. There are limited spots available so students will need to be quick to reserve a place!

The SCU Seniors Day is also approaching on 25th October. Early next term students will receive a permission note to attend this excursion- it is highly recommended to attend this day if students wish to pursue university as it gives a foundational understanding of courses available and university life.

Year 10

During the next few careers lessons, students will undertake a career personality test. On the 4th November, career professionals from University of New England will be delivering workshops to examine student results from the career personality test. It is encouraged that you speak with your child at home- they will have the option to include your email address in the test results for your interest.

Use the Macksville High Careers webpage to find everything careers!

Trending:

Scholarship search <http://www.macksvillehighcareers.com/?page=scholarships>

Career search <http://www.macksvillehighcareers.com/?page=job-and-career-search>

Lodging your first tax return http://www.careertools.com.au/docs/first_tax_return.pdf



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

REGULAR SCHOOL ATTENDANCE

Why must I send my child to school?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. From 2010, all New South Wales students must complete Year 10. After Year 10 - and until they turn 17 - students must be:

1. in school, or registered for home schooling, or
2. in approved education or training (eg TAFE, traineeship, apprenticeship) or
3. in full-time, paid employment (average 25 hours/week) or
4. in a combination of work, education and/or training.

Once enrolled children are required to attend school each day it is open for instruction.

Principals are legally responsible for maintaining accurate records of student attendance. When reasons for absences are provided to the school by parents, principals are accountable for their decision to record a student's absence as justified. Principals may decline to accept as satisfactory an explanation for an absence and will record that absence as unjustified.

Principals may request medical certificates or other documentation when absences explained as being due to illness are frequent or prolonged. It is the responsibility of parents or carers to make sure that their children attend school each day that the school is open for instruction or other activity. It is important to understand that parents (including carers) may be prosecuted if children of compulsory school age have recurring numbers of unjustified absences from school.

Must I send my child every day?

YES: for your child's whole educational career. This is a time where your child's teacher can focus carefully on your child's learning needs for the future. Secondly, having a good routine and being punctual are important skills for your child to develop.

Why is regular attendance school important?

Regular school attendance will help your child to succeed in later life.

Attending school every day makes learning easier for your child and helps build and maintain friendships with other children.

If your child misses learning the basic skills in the early years of school, they may develop learning problems in later years.

What should I do if our family is going on holiday in school time?

Families should try to arrange holidays during school vacations.

If your family holiday is during school time, inform the school principal in advance and request leave and/or an exemption from school.

Depending on the circumstances and duration of leave, you may ask the school to provide tasks that can be completed while your child is absent.

Must my child attend all activities, including daily fitness and sport?

YES: sport and other fun activities help the healthy physical development of children. As a normal school activity, students must attend.

Do not keep your child away from school for the following:

- Birthdays
- Shopping
- Minding other children
- For routine check-ups or care such as hair cuts
- Minor family events.

Medical and other health appointments for your child with specialists such as dentists or doctors should be made either before or after school or during the school holidays.

What should I do if my child has to stay away from school?

It is important to let the school know when your child will be away and the reason for your child's absence.

All absences must be explained to the school at which the child is enrolled. The principal of the school has the right to question parents' or carers' requests for their child to be absent from school, or an explanation given for a child's absence from school.

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. The principal may seek support from a home school liaison officer or Aboriginal student liaison officer, regional officers who support school, you and the school to discuss the issues and provide support.

Who are home school liaison officers and Aboriginal student liaison officers?

Home school liaison officers and Aboriginal student liaison officers have been specially trained to help you with your child's attendance.

They work with school communities to encourage all students to maintain regular patterns of attendance.

For further information about the Home School Liaison Program you should contact the program manager at your local Department of Education and Training regional office. Contact numbers can be found at the website address: www.det.nsw.edu.au/contactus/index.htm or by telephoning 131 536.

Do you have problems with getting your child to school, for some of the following reasons?

- Won't get out of bed
- Won't go to bed
- Can't find their clothes, books, homework, school bag ...
- School lunches not ready
- Dawdles over breakfast
- Homework not done
- Watching television late at night or when they should be getting ready for school
- Mum planning a day out
- Test / presentation at school

Here are some suggestions which are based on 'setting regular routines'

- Have a set time to be out of bed
- Have a set time to go to bed
- Make lunches the night before
- Have a set time for starting/ending breakfast. A routine is important.
- Set time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday

SCHOOL UNIFORM REMINDER FOR TERM 4

The wearing of correct school uniform each day is part of being a successful student at Macksville High School. Wearing school uniform shows good skills in organisation, a willingness to follow rules and be part of a team and makes the school a safer place for all students and staff. We would ask that parents and guardians support the school in ensuring that their child wears the correct school uniform each day. Some current issues with uniform are outlined below:

- 1) Black shorts are only to worn on Wednesday, on other days students should change for PE or electives. On other school days boys should wear grey shorts or pants and girls should wear a regulation checked skirt or long shorts/ pants in the correct school colour. (Maroon for juniors or bottle green for seniors). Girls should not wear tights/leggings to school as pants.
- 2) White T shirts are not part of our school uniform. School shirts should have short sleeves, a collar and buttons, they can be plain white or MHS sport polo shirts.
- 3) Representative clothing may be worn as part of uniform at school BUT these are only for school sports and activities NOT weekend/community sports.
- 4) Students must wear full school uniform for official occasions and to attend excursions.
- 5) Fully enclosed footwear must be worn every day and is a WH& S to participate in practical subjects.

If your child does not have uniform to wear on a certain day please provide them with a note with valid reason and a timeframe to fix the issue. Students out of uniform (with or without a note) must see a Head Teacher to get a uniform slip before school.

Student assistance is available to assist families to provide uniform (applications forms are available at the office.)

Students unable to wear school uniform or on mufti days or Seniors on Wednesday MUST still wear suitable casual attire. Suitable attire for school is enclosed shoes, no ripped or torn clothing, no inappropriate/offensive slogans or images on shirts/hats, no tights/leggings as pants, no singlet or midriff tops and shorts should be a respectable length.

COMING UP

SEPTEMBER 2016

Week 9 & 10	12 - 23	Year 11 Exams
Week 10	19	Years 7 & 9 Immunisations
	20	U14/16 Country Cup – Forster
	20	P & C Meeting – Starts 5.30pm
	22	Year 12 Farewell Assembly
	23	Last day of Term 3

OCTOBER 2016

Week 1	10	Term 4 Commences
	12	Youth Frontiers
Week 2 & 3	20-22 27-29	School Musical
Week 3	25	P & C Meeting – Starts 5.30pm
	27	Year 8 Science in the Bush – Armidale
Week 4	31 to Nov 4	Primary Industries Excursion

NOVEMBER 2016

Week 4	3	Year 11 GRIP Leadership
Week 5	7	Year 10 / Year 11 School Leaver Talk – MHS Library
Week 5	8	Year 12 Formal – Macksville Ex-Servicesman's Club
Week 6	14 - 18	Year 9 and 10 Yearly Exams
Week 6	17 & 18	Year 11 RISKK – Coffs Harbour
Week 7	21 – 25	Year 8 exam week
Week 7 & 8	21 – Dec 2	Year 10 Swim and Survive
Week 7	22	P & C Meeting – Starts 5.30pm

COMMUNITY NOTICES

PHOTOGRAPHIC COMPETITION

The Mid North Coast Local Health District MNCLHD (NSW Health) has launched a national photographic competition called **Your Health Link Photographic Competition**, with the theme **Healthy Life Healthy You**. The competition is designed to increase health literacy and is open to all Australian primary and high school students.

There are over **\$45,000 in prizes** which includes prizes that support healthy school canteen programs or similar initiatives. The competition has 3 categories: Schools (Primary and High School), Mobile and Open 18+ (open to all Australian residents).



YOUR HEALTH LINK
PHOTOGRAPHIC COMPETITION
PANORAMA: HEALTHY LIFE HEALTHY YOU
Entries close 1 November 2016

Over **\$45,000**
in prizes
to be Won

Categories

			
Primary	High School	Mobile	Open 18+

www.yourhealthlinkphotocomp.com.au



Join the fun!

JNR. DOLPHINS

swimming Australia

OPTUS

**Macksville Marlins Amateur Swimming Club
Registration Night**

Macksville Marlins is a family friendly swimming club for swimmers of ALL AGES and ABILITY. We are offering the new Optus Junior Dolphins program this season with FREE MEMBERSHIP for swimmers aged 7 and under as well as a bonus Dolphin bag and T-Shirt!

Get involved in Australia's most popular Olympic and Paralympic sport!

Date: Wednesday 5 October
Time: Registrations from 5pm
Location: Macksville Memorial Aquatic Centre
Phone: Lyndel Sutton 0409 681 207
Email: macksvillemarlins@gmail.com
Facebook: Macksville Marlins

