

MACKSVILLE HIGH SCHOOL

Email: <u>macksville-h.school@det.nsw.edu.au</u> Website: www.macksville-h.schools.nsw.edu.au

NEWSLETTER

TERM 1 ISSUE 2 - MARCH 2017



PO Box 611 40 Boundary Street MACKSVILLE NSW 2447 Phone: 02 6568 1066 Fax: 02 6568 2802

FROM THE DEPUTY PRINCIPAL



Dear Parents, Students and Community,

Week nine is our anti-bully awareness week. During this week, 22-23 March, will see the launch of stymie at Macksville High School which will coincide with our Community of Schools partner, Nambucca High School's launch. Thursday will be our student introduction day to stymie and how to use it sessions, where they will also be given an anti-bullying band to support this important message.

So what is stymie? Stymie is an early intervention tool that allows us to follow up on incidents that involve our students. It is not, however, the magic fix all program. Stymie is a reporting platform which allows the reporter to make an anonymous notification when reporting incidents at Macksville High School. Students often find it hard to report harassment and intimidation for a number of reasons. Importantly, there is usually a bystander who is also aware of what is happening. Stymie was created by Rachel Downie to appeal to those bystanders who feel powerless to help, and give them a platform to empower the individual to make a difference, and help a victim. This does not mean that the victim themselves can't report, as they can. Unless the reporter is willing to supply their name, we will not know who has written the report.

As a school community, we will need to address appropriate relationships and interactions with one another, including how we should use technology and social networking. As part of the launch, there is a parent/care and community member information night designed to discuss these issues and how they impact on our teenagers. How can we best support our children and students to make the best and safest decisions, especially when online? Rachel Downie will discuss strategies parents and carers can use. The information night will be held *Wednesday 22 March from 5.30pm*, in the school hall.

I am very passionate about empowering our young people to become strong, independent and socially responsible individuals who will contribute positively to the future of our school and our community. Stymie is just the beginning of a journey of discovery and growth. We all need to contribute to building an inclusive and positive community at Macksville High School and I look forward to working with all our parents, students, staff and wider community to build successful young people.

Linda McGregor Deputy Principal

BREAKING THE CYCLE OF BULLYING AND HARM

stymie.com.au encourages bystanders to help and support their peers by making anonymous notifications using their site. These notifications will be about students who are being bullied or harmed or information about harm to the school community such as illegal activity. The notifications can include evidence such as screen shots of Facebook conversations or text messages and are automatically forwarded to the appropriate adult here at **Macksville High School**.

Macksville High School is committed to harnessing the power of bystanders to change the 'culture of acceptance' of bullying and harm in our community; a problem even the government admits is endemic amongst our youth.



Rachel Downie, Director of stymie.com.au will be presenting important information about our teenagers' use of technology on **Wednesday 22 March at 5.30pm at Macksville High School Hall**. Having trouble managing technology at home? Rachel will give you tips on how to manage kids' devices, set boundaries and which apps are creating problems in the lives of Australian students. For more information, please contact Linda McGregor, Deputy Principal on 6568 1066.

To find out more, please visit www.stymie.com.au

and www.facebook.com/stymieau

TECHNO PARENTING: HOW IS IT GOING AT YOUR PLACE? MACKSVILLE HIGH SCHOOL HALL WEDNESDAY 22 MARCH 5.30PM

Rachel Downie, Director of stymie.com.au will be presenting helpful and important information about your child's use of technology. Having trouble managing technology at home? Rachel will give you tips on how to manage kids' devices and which apps potentially create problems in the lives of students and in classrooms everywhere. You're not alone; Techno Parenting isn't easy! Take this opportunity to set some boundaries and take your techno power back.



SENIOR DAY – ALL ABOUT YR 11 AND YR 12

If a theme could sum up Macksville High School's Senior Day it would have to be 'All About You'. Held at Valla Beach Tourist Park on Monday 13th February 2017, the Senior Day is new initiative designed to support both Year 11 and 12 to manage the challenges of senior study, to enhance an understanding of health and wellbeing and to encourage students to form a sense of cohesion as the senior cohort at Macksville High.

The day began with an option of a light breakfast prior to departure. Banana bread (kindly baked by Year 11 student Tammy Cross), fruit muffins and juice were on offer to remind students of the importance of eating breakfast and to provide sustenance to those who may have missed breakfast due to the early start.

Once at Valla, the morning sessions began with a welcome from our Principal, Mrs Lyne who encouraged our seniors to work hard and avoid a situation where they might look back at the senior years of school and think, "I wish I had...". This was followed by an informative presentation delivered by Mr Joyce regarding the use of apps and other programs to assist students with their organisation and study techniques. The next session involved students working to fill in a scaffold to help them to create a study timetable and recognise the time they have available for homework and study.

After morning tea our Deputy Principal, Ms McGregor, addressed the group in a segment entitled, 'Finding the Motivation'. Ms McGregor was able to pass on words of wisdom based on her wealth of experience, encouraging our students to set goals and to seek support if they find the challenges of senior study to be overwhelming.

The next part of the day involved students working in small groups, rotating through the Wellbeing Sessions. These sessions delivered information regarding 'Health and Nutrition', 'Stress Management' and 'Goal Setting' as well as allowing students to reflect on and evaluate their work/life balance in the 'All About You' session.

Lunch was next on the agenda and students were required to 'build your own healthy burger'. This was a well-received part of the day and allowed students to be energised for the team building activities in the afternoon. Students were able to choose to participate in activities such as Tennis, Yoga, Beach Volleyball, Touch Football, Archery and a Beach Walk/Art Sketch. A raffle and an evaluation concluded a busy, but extremely positive day.

A day such as this cannot operate without significant support and a big thank you needs to be extended to the wonderful staff at Macksville High who offered their time to guide our students in such a caring way – Mr Parker, Mr I Smith, Mr Shannon, Mrs Hughes, Mrs Sheather, Mrs Black, Mr L Smith, Mrs Urquhart, Mr Hill, Mr Evans, Mr Driver and Ms Lyle.

We hope that the Senior Day becomes a tradition at Macksville High School and we look forward to more opportunities to support our senior students as they strive to achieve academic success.

Mrs Robertson - Year 11 Adviser Mrs Hill - Year 12 Adviser

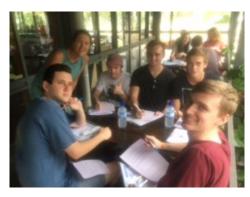
SENIOR DAY PHOTOS





















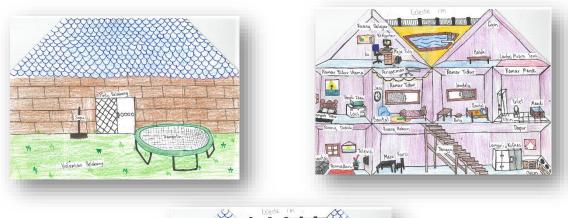




INDONESIAN REPORT

In Year 7 students have been studying traditional home styles in the Indonesian achipelago. This is one very creative example of wonderful drawings with labels in Bahasa on their origami paper model house. They will be on display in the school foyer after Tuesday.

Lee Gilliland Teacher





LANGUAGE EXTENSION CLASS FOR YEAR 7 STUDENTS

Students in New South Wales High Schools are required by the NESA (NSW Educational Standards Authority previously known as BOSTES) to study a "Language Other Than English" (LOTE) for 100 hours. To satisfy this requirement, Indonesian is taught in Year Seven at Macksville High School.

Students from Scotts Head Public School who commenced kindergarten in 2010, studied Indonesian in a bilingual program, where lessons were taught in both Indonesian and English. They are a talented group of fluent Indonesian speakers. To further their progress in this subject, the Macksville High Language Faculty has been supported by the Open High School (a school for distance education) which has donated resources to enable students to work at a higher level. Parents and staff are appreciative of the generosity of this gesture and wish all the students involved every success.

I would like to thank all the dedicated staff who have enabled this wonderful learning experience to take place.

Moyra Mendham Head Teacher LOTE

BOYS ZONE RUGBY LEAGUE TRIALS

Seventeen boys tried out for selection in the U15 team, whilst nine boys tried out for the Open boys' team in Wauchope on 24 February. The opposition was fierce, nimble, electric, hard hitting and had creative flair. However, the Macksville High School boys held their head up high and tried 110%.

In the U15's Logan Jones was named as Five Eight, Toby Kinnear as Prop, Finn Stephens as Utility on the bench and Steven Borg as a shadow reserve.

In the Open's Blake Howle was named Prop, Finn Laverty as Hooker, Luke Ormandy and Mitchell Morrison in the second row, Jasper Valentine-Boxsell on the bench and Clay Saville as shadow reserve.

The boys played against the Northern Zone at Macksville on Monday 6 March. Mitchell Morrison and Luke Ormandy successfully made it through in the Open Boys, while Logan Jones got selected for the U15's team. Well done to all who tried out for the selection, and congratulations to Mitchell, Luke and Logan. They now go on to the North Coast Team selection trials played in Grafton on 30 March.

Nathan White Teacher



MATHS GOES TO THE MOVIES

The latest buzz word in education is "STEM" an acronym for Science, Technology, Engineering and Mathematics. When the Macksville High School Mathematics Faculty heard the movie "Hidden Figures" was showing at the Nambucca Heads Cinema, we thought here is a way we can demonstrate the link between all these areas in one excursion. It is a powerful motivational movie which encourages girls in particular to study in these fields. The Australian Mathematical Science Institute organised private screenings for girls in Sydney to promote STEM.

On Thursday 2 March, 122 students from Years 8, 9 and 10 viewed the movie. Students had been given a worksheet beforehand outlining some of the plot line to assist in their understanding of the story.

The movie tells the true and untold story of the importance of three African-American women who worked as "computers" (women who solved complex mathematical equations by hand) to enable the Americans to put a manned capsule in space.

The movie was set in 1961, before the advent of the "machines" which have since been called "computers." NASA was one of the first American organisations to install an IBM computer. The machine was the size of two normal classrooms and was so large the technicians could not get the machine through the door. The ladies became proficient in using the computer programming language FORTRAN, an "optional topic" taught in mathematics and examined in the School Certificate examination. Hidden Figures brought back memories of early computing studies lessons at university where data was entered using the punch card system.

Examples of mathematics demonstrated included: writing large and small numbers using scientific notation (Year Nine), factorising quadratic equations (a topic Year Ten will learn soon), calculating the trajectory of the space capsule from elliptical to parabolic orbits (Year Twelve topic) and determining the latitude and longitude of the landing point for the capsule to five decimal places (by hand) to name a few.

The movie was a living answer to the much- asked question by all Year Seven students:

"When are we ever going to use this?"

(Algebra) and even though the mathematics was at University level, students could not help but gain an appreciation of the relevance and more critically, importance of mathematics to the success of the space program.

On arriving back at school, students gathered to discuss the answers to the worksheet with Chloe Azzopardi from Year Eight showing an excellent insight into issues raised. Life in the 1960's was a clear surprise to some students with racial and sexual discrimination strong themes running throughout the movie. I thoroughly recommend this movie to all and hope I never have to answer *that question* again!

Hidden Figures demonstrated the following life - long important skills for the students of today:

- be adaptable; when your job is on the line, think fast and retrain in a job where your skills will be needed
- do not let seemingly unsurmountable obstacles get in your way but fight for what you believe in
- step outside your comfort zone and reach for the stars
- you will never ever know if you never ever try. Face the fear (of the unknown) and do it anyway.

I would like to thank those teachers who covered our classes enabling the excursion to go ahead and to the staff at the cinema for their professionalism and patience.

Moyra Mendham Head Teacher Mathematics

GIRLS RUGBY LEAGUE UPDATE

Friday, 24 February saw Macksville play in the Oaks Plus cup at Geoff King Motors Oval in Coffs Harbour. This was a great opportunity for our girls to participate in tackle rugby league and gain some valuable coaching from NRL development team members.

Both our Under 14's and 16's teams performed very well with the 14's winning 4 of their 6 matches and the 16's 3 of their five. There were many outstanding plays during the day and it was exciting to see some of our new year 7 girls getting in and showing some real potential. Kira Atkins and Chloe Azzopardi who both scored their first tries in League with excellent support from the team and Lillah Hoffman was consistently outstanding in all games played.

In the 16's the girls displayed great team work and managed to keep their cool up against some heavy defence resulting in every match being tightly contested.

Congratulations to all the girls in a fantastic day and in particular Astrid Smith, Emily Hall, and Jaimaya Rosser who were all selected to attend a training camp with Jillaroos captain Ruan Sims and Brad Fittler.

Special thanks to the many parents who helped on the day and supported the girls.

Martel Roraduri Teacher



'TELL THEM FROM ME' SURVEY

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: http://surveys.cese.nsw.gov.au

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 13 March and 7 April.

Macksville High School has participated in this survey previously and we have been able to gain a better understanding of the needs of our students. Copies of a FAQ document are available from: http://surveys.cese.nsw.gov.au/information-for-parents.

Peter Joyce Head Teacher Administration

SUPPORT FOR PARENTS

As part of the community it is important that schools recognise financial impacts on their parents/carers and offer support.

- <u>Saver Plus</u> an initiative of the ANZ bank and the Brotherhood of St Laurence; it gives individuals and families on low incomes an incentive to save. Participants receive up to \$500 in matched savings over a 10 month period to go towards education related costs.
- 2. <u>Learning for Life</u> a program run by The Smith Family that provides emotional, practical and financial support to disadvantaged young people with their education.
- 3. <u>A start in life</u> supports the education of young underprivileged Australians.
- 4. <u>Good Shepherd Microfinance</u> offers people centred, affordable financial programs to people on low/limited incomes including the No Interest Loans scheme.
- 5. <u>Centrelink Payment finder</u> suggests payments and services for a wide range of individuals and families including:
 - a. Child Care benefits
 - b. Youth Allowance
 - c. ABSTUDY
 - d. School Fees Allowance.

Families of students who board their children away from home to complete their secondary education can apply for:

Living Away From Home Allowance

<u>YEAR 10</u>

Students have now all commenced career lessons for year 10, once per cycle. The first lesson was used to disseminate information regarding the upcoming work experience block, which students were given an information sheet addressed to parents and carers.

In week 11 of term 1 (**3rd- 7th April**), all year 10 students are encouraged to undertake a work experience of their choosing and organisation. Instructions to students have been as follows; 1. Student is required to introduce themselves to an employer and ask about a prospective work experience week in their business

2. Upon the employer agreeing or requiring more information, students are to retrieve the follow up paperwork from me

3. Paperwork is to be filled out and signed by all parties involved (student, host employer and parent/carer)

4. All paperwork must be returned to me and approved by the 20th March.

Some extra notes:

If the student's placement requires accommodation away from home, even if it is with family, an extra form (FORM A) must be sought and signed, indicating who the student will be staying with.

If the student will be travelling in a vehicle with an employer e.g. trades-person driving from house to house, an extra form (Travel Form) is required to be completed.

There is a list of prohibited activities

here: https://www.det.nsw.edu.au/vetinschools/worklearn/ProhibitedActivities.html

Other activities planned for the year include the development of a digital portfolio, personal skills and qualities tests, an excursion to the Coffs Harbour Careers Expo (25th May) and workshops delivered by regional universities.

Additionally, in term 2 the students will be issued with a subject handbook for their year 11/12 subject selections. A student information session will be held during school time as well as a parent information evening session. Dates for these events will be distributed soon.

<u>YEAR 12</u>

UNE Schools open day is on 5th May. Excursion notes have been distributed and are due back along with money by 17th March.

I kindly ask for year 12 to wait until term 3 before applying through any early entry university schemes. It is appropriate, however, to look for scholarships or private institutions such as Bond in case of early closing dates.

YEAR 11/12

Please activate your Student's Online account. This will be important for accessing results. <u>https://studentsonline.bostes.nsw.edu.au/</u>

Don't forget to 'like' our Facebook page, Macksville High School Careers.

There is also much information to be found on our school careers website, www.macksvillehighcareers.com

Laura Peisley (Cooper) Careers Advisor

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 (e.g., 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

REGULAR SCHOOL ATTENDANCE - CONTINUED

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

CALCULATORS

Students across all years are reminded that a scientific calculator is required for all mathematics lessons. Each lesson teachers instruct students in the use of specific functions on the calculator and questions are set in examinations which require the students to demonstrate this knowledge. Calculators may not be borrowed for use during assessment tasks or in formal exams, and the use of mobile phones as a calculator is not permitted. A large number of students are not bringing calculators to each lesson and this impacts their learning.

The Sharp calculator model EL 531- WH can be purchased from the front office for \$20. Student assistance may be available for families who are unable to purchase this item.

The NAPLAN examination will be held in May for students in Years 7 and 9 and requires students to use a calculator. Please ensure your child brings a calculator to each lesson to maximise his/her chance of success in Mathematics.

Should you have any queries in this regard please contact me at school on 6568 1066.

Moyra Mendham Head Teacher Mathematics

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 April Miller on 6568-1453. Hours are approximately from 9am to 2pm. Free lunch for volunteers and \$7.00 worth of canteen purchase for your child or grandchild on the day.

Your help is very much appreciated.

April Miller Canteen Manager

WORK HEALTH AND SAFETY REMINDER

Macksville High School is sensitive to the needs of students, staff and the community. A number of students and staff are allergic to aerosols, deodorants and perfumes. Use of these products can cause severe asthmatic and anaphylactic reactions which may require a person to be hospitalised. We want Macksville High to be a safe school for all. This cannot occur if students use aerosol products in the classroom.

We ask that all students follow the policy of *"No aerosol deodorants at school "*and *"No wearing of perfume at school"*. This should ensure a safe environment for all.

Students who are found to have an aerosol can in their possession will have it confiscated and the incident noted. If there are further offences the discipline code will be enforced.

We ask all staff, students and visitors to the school to observe the signs around the school to ensure Macksville High School is a safe workplace. Your co-operation is appreciated.

For further information on how asthmatics can be affected I recommend the following website:

https://www.asthmaaustralia.org.au/nsw/home

Moyra Mendham Head of the Work Health and Safety Committee

SCHOOL FEE INVOICES

Subject fee invoices are being posted out this week. Payments can be made in person at the front office, or via credit card on our website:

http://www.macksville-h.schools.nsw.edu.au/

CANTEEN ASSISTANT – CASUAL POSITION

Macksville High School P & C Association is seeking to employ a Canteen Assistant for casual employment. You must have or be willing to obtain a Safe Food Handling Certificate and Working With Children Check.

If you are interested, please send resume (including 2 current references) to email: <u>antonia.wood1@det.nsw.edu.au</u>

If you have any questions, please call Anita Wood on 0422 655 988.

Applications close 3.00 pm on Wednesday 22 March 2017.

Anita Wood P & C Committee

COMING UP

<u>MARCH 2017</u>	
17	Year 11 Biology Field Work
22	Stymie Parent Information Evening – 5.30 pm - Hall
23	Boys RL Country Cup – Coffs Harbour
24	Open Touch – Wauchope
27	"Away" English Excursion to Sydney
27	Year 11 Senior Science Excursion - Macksville
27 – 7 Apr	Year 12 Half Yearly Exams
28	Rugby 7's – Coffs Harbour
29	MHS Cross Country
29 – 30	SLIKK Excursion – Darlington Beach
30	U15s & Open Boys RL North Coast Trials - Grafton
30	Year 9 & 10 NSW Touch All Schools – Port Macquarie
<u>APRIL 2017</u>	
3 – 7	Year 10 Work Experience
7	Last day of Term 1
26	Term 2 resumes

DO YOU HAVE AN OLD CAMERA AT HOME?

The Macksville High Photography Department would love to have any old camera you might like to donate. Film or digital, preferably working or just needing new batteries would be great.

Thank you.

David Sheridan Teacher

COMMUNITY NOTICES



Attention all netball enthusiasts...The Nambucca Valley Netball Association (NVNA) welcomes any new players to register now for the 2017 Competition. Our member numbers are growing which makes for a more skillful, enjoyable and diverse competition. We have playing divisions from ages 7 up to seniors/mixed, as well as NetSetGo for ages 3-6 years where players receive a bag of freebies and an opportunity to have fun and learn some basic skills. So if you, or someone you know, is interested in playing or being involved in netball in any way, please contact our Secretary (nvnasecretary@hotmail.com) or enquire via our Facebook page 'Nambucca Valley Netball Association' and we will help to find a local club you can become a part of.



