

NEWSLETTER

TERM 1 ISSUE 3 – APRIL 2017

FAREWELL TO MRS MENDHAM

A fun-filled night was held last Friday 31 March as the staff at Macksville High School celebrated Moyra Mendham's retirement. Moyra has been a permanent staff member at MHS for the past 16 years, five of which has been as Head Teacher Mathematics. Before that she was working as a casual/temporary teacher for some considerable years here but has been a teacher with the Department of Education in NSW and the ACT for 40 years – a lifetime of service to public education.

Moyra has been an outstanding member of our staff, a caring and devoted teacher who wants every student to be able to achieve to the best of their ability and has always gone out of her way to assist students, teachers and parents to reach the best possible outcomes.

We will miss Moyra, her boundless energy, enthusiasm and her big heart. We wish her a very happy and healthy retirement as she sets sail with her husband, Gary into the next phase of her life.



FROM THE PRINCIPAL



Dear Parents and Community,

I cannot believe that I am writing to you with only a few days left in Term 1. So much has been happening across our school, and as they say – time flies when you are having fun!

I would firstly like to recognise the career of Mrs Moyra Mendham, Head Teacher Mathematics who will be leaving us at the end of this term. Moyra has had 40 years educating students across NSW and the ACT, with a significant portion of that time here at Macksville High School. I would like to thank her for the contribution she has made to educating so many young people and her passion for mathematics. She certainly will be missed, and we wish her safe travels as she sails off into retirement.

Next term we welcome Mrs Tourmaline Bailey as our new Head Teacher HSIE. Tourmaline comes to us from Blaxland High School in the Blue Mountains, and brings a wealth of experience to the role. Mr Clay Urquhart will also be joining us in the Maths faculty, as the relieving Head Teacher Maths. I know the Macksville High community will embrace them both in their new appointments.

The Annual General Meeting of the P&C was held last week and I am pleased to announce the new office bearers. I would like to welcome:

President Karen Bodycote; Vice President Virginia Joyce; Secretary Lynette Howle; Treasurer vacant

The P&C meets on the fourth Tuesday of the month at 5:30pm in the Hospitality room. Our next meeting is May 23 and everyone is welcome.

We had perfect weather for our inaugural cross country colour run. I'm really not sure whether it was the students or staff who had the most fun! I would like to thank Mr Parker for his organisation around this event, and he is already planning improvements for next year's run.

The launch of our anti-bullying platform *Stymie* was very successful, with the creator of Stymie Rachel Downie presenting an interesting and powerful message around bullying statistics and on-line behaviour of teenagers today. We will be including further information for parents in our newsletters and will be organising another parent evening for those who could not make the first one. If you have any questions regarding *Stymie*, please contact our Deputy Principal, Ms McGregor.

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

Our students, along with most students across the state, have been participating in a survey – *Tell Them From Me* – a Department of Education endorsed survey about many aspects of student life. The results from this survey will be used to help us during our next School Planning phase this year, and continue to develop programs to ensure student success at Macksville High.

I would like to thank all the students, staff and parents who continue to make Macksville High School an outstanding learning environment. I wish everyone a safe Easter break, and look forward to working together again next term.

Erica Lyne
Principal

YEAR 12 ENGLISH STUDENTS GET 'AWAY'

On Wednesday 22nd March 2017, students from Mrs Robertson's and Mrs Hill's Year 12 Standard English classes travelled to Sydney to view a performance of Michael Gow's play 'Away' at the Opera House.

Set in 1967, 'Away' follows the lives of three families who are about to head for the coast for the Christmas holidays. At the story's heart are three mothers – one dealing with the loss of a child, one who fears losing her own, and one learning to let go. The complex backdrop of the Vietnam War and the social upheavals of the 1960s are also highlighted in a play which is considered to be one of Australia's greatest classics.

'Away' is our prescribed text for the Area of Study component of the Standard English HSC course and an opportunity to watch a live performance of the play was one that couldn't be missed. Produced by the prestigious Sydney Theatre Company, the performance allowed students to see their text come to life and offered a unique and memorable interpretation of the script.

Thank you to Mrs Robertson and to Mr I Smith for helping to make this excursion such a success. Thank you also to the students who attended – we were given many compliments about your exemplary behaviour and the way you represented Macksville High School.

Amanda Hill
Teacher



At the Opera House



Ready for the theatre!

CROSS COUNTRY COLOUR RUN

On Wednesday the 29th of March, Macksville High School had its first ever Cross Country Colour Run. As our normal Cross Country was run slightly different, we were able to increase participation rates by more than 250%. This enabled both the competitive and non-competitive students to get involved (and even some willing staff).

There was an overwhelmingly positive feedback by both student and staff and it is anticipated that more colour runs will happen in the future for the school Cross Country.

After Graham House (the under-dog house) was in the led for almost all of the races, a single runner from Oxley managed to take out the winning house title for 2017. Well Done Oxley!

I am very proud of all students' efforts and congratulate all competitors on their fantastic effort and excellent behaviour.

Good luck to all the students that have qualified through to the **Zone Cross Country at Kempsey Race course on Friday May 19.**

Aaron Parker
Sport Organiser

FIRST PLACE - Oxley - 370 Points
SECOND PLACE - Graham - 365 Points
THIRD PLACE - Taylor - 245 Points
FOURTH PLACE - Briner - 228 Points

Age Champions - Boys

12 Yrs – Zane Jones
13 Yrs – Jack Peachman
14 Yrs – Tallin Rolf
15 Yrs – Zach Martin
16 Yrs – Blake Brunsdon
17 Yrs – Adam Nowland

Age Champions - Girls

12 years – Eve Gasser
13 years – Abby Baxter
14 years – Tamsyn Spear
15 years – Astrid Smith
16 years – Matiese Trisley
17 years – Colette Vernon
18 years – Shorna Tai



YEAR 11 SENIOR SCIENCE WATER TESTING

On Monday of Week 10, fourteen Year 11 Senior Science students were involved in a field study to test different water sources in the Macksville area. The trip examined different features of the local water sources and compared them based on their intended function.

The timing of the trip happened to be just after some heavy falls of rain in the area, and students' results were impacted by this. Many of the students were surprised to see that the water in both the duck pond and river was cleaner than expected.

The students showed their skill and ability to test the water based on what they had learned in their first topic. A top effort was put in by all students and some pleasing reports were submitted.

A special mention to Mrs Conway for helping transport the equipment on the day.

Luke Smith
Teacher



ANZAC DAY – 25 APRIL 2017

Macksville RSL Sub Branch is again having the Anzac Day service at the Macksville War Memorial in River Street on Tuesday April 25th and have once again invited our students to participate in the march and attend the service.

The march will form in Princess Street at 10.30 am and then proceed to River Street via Wallace Street and Wallace Lane prior to the service commencement at 11.00 am.

We would immensely appreciate if all students wearing their school uniform could attend this significant march.

Larissa Atkins
Teacher

YEAR 7/8 NETBALL DAY



Macksville High School was well represented at the local Year 7/8 Netball Challenge Cup on Wednesday 22 March. We had two Girls teams that participated in the day, playing five games each. The Blue team consisted of many new players to netball. This team was very competitive, winning one, drawing one and losing to teams that were more experienced. It was pleasing to see the team develop and improve over the day. Thanks must go to Zoe Baxter who took on the role of Coach for the day, as well as helping to train the team during her lunchtimes. Thank you must also go to the players from the Red team who all umpired for Blue team.

The Red team need to be congratulated for a stunning team performance all day. They were undefeated displaying fabulous skill and team work. This team now moves into the North Coast Finals which will be played in Port Macquarie on 25 July. We wish them all the best for this day. A big thank you must go to Annabelle Craven who volunteered her time to be the Umpire for this team.

The Year 7/8 Boys team are straight into the North Coast Finals so we wish the boys the best of luck as well. All teams have been training hard at lunchtimes and the effort put in by the players shows on court.

Finally, a massive thank you to all the parents who volunteered to drive our teams to the competitions. It is wonderful to have this support and I know the students enjoy the cheering as well.

Helen Black
Teacher



RUGBY LEAGUE 9'S

Forty-eight boys travelled to Coffs Harbour on 8 March for the Rugby League 9's round robin. Unfortunately, Coffs Harbour High School pulled out the day before which forced a major reshuffle of the draw.

The U16 Macksville team won all three games and were crowned champions. They beat Toormina High, St Pauls College and Bishop Druitt College.

The U15 Macksville team played with great spirit, despite having no reserves they won two games and lost one.

The U14 Macksville team had to beat Toormina High in their final game to be champions, however could not regather the lead. They missed out by one try.

The U13 Macksville team played two games and both were very entertaining matches, narrowly losing one and winning the other.

The whole of the Macksville High School boys that played were very well behaved and it was mentioned by the Country Rugby League Officials and several parents from other schools how proud we should be of them. Well done to all boys in the spirit you played and the way you conducted yourself!

Nathan White
Teacher



OPEN GIRLS SOCCER

Well done to the 2017 MHS Open girls' soccer team, what a fantastic day on Tuesday, 14 March. Although an evenly matched game, MHS succumbed to a narrow 1- 0 loss to Nambucca Heads High, knocking us out of the competition due to a tragic handball in the box late in the second half.

Our second game was a consolation to thank the girls travelling down to Port Macquarie. Another evenly matched game with Kempsey High resulted in a 1-1 draw.

All girls displayed great enthusiasm and sportsmanship on the day, despite the intermittent pelting rain.

Congratulations to Johanna Walsh who was picked for the zone team and will travel to Lismore to represent our school and zone.

A big thank you to our parent drivers, your time and effort is much appreciated; the team could not have played without you.

Laura Peisley
Teacher



*Standing from left: Tayla Crane, Keana Fishburn, Brooklyn Johns, Tazma Clifford, Jasmine Rose, Shakirra Silvia.
Kneeling from left: Mallee Goldrick, Kayla Turner, Johanna Walsh, Jiminka Laow. Keeper; Kate Single*

ZONE SWIMMING CHAMPIONS

The Lower North Coast Combined High Schools (CHS) Zone Swimming Carnival was held at the Macksville Aquatic Centre on Monday, 20th February and Macksville High in another fabulous team effort kept with tradition and were once again Zone Champions.

The day however would not have been possible without the help of the staff at Macksville Aquatic Centre, the support of the Macksville Marlins and the work of some wonderful volunteers; the sports coaching students from Macksville and Bowraville High Schools, the referees and some fabulous retired teachers who are happy to help us out.

From our swimmers there were some outstanding individual efforts on the day with three Macksville High School boys awarded age champions.

- In the 14 years Darcy Welsh impressed winning six events and placing second in another.
- In the 15 years Declan Sutton had an outstanding day winning all 7 of his events well ahead of his competitors.
- In the 16 years Heath Galvin came along to help out the team and won three events and placed second in another.

The girls had a great day too, with Kellie Tsujimoto, Matiese Trisley, Arrin Stirrat-Black, Gemma Summerville and Astrid Smith all having wins on the day.

As always it was in the double point scoring relays that allowed the Macksville team to swim away with the victory. Macksville placed first in the knockout relay, girls all age and open medley relays, second in the boys' open medley relay and third in the boys all age relay. In the 4x50m freestyle relays, the girls placed first in every age group they competed in including the; 12, 13, 14 and 17-19 years and the boys won the 16 years and placed third in the 13 and 14 years age groups.

A team of 20 students from Macksville High School headed to Kempsey to compete in the North Coast CHS Carnival on Tuesday, 7th March. Declan Sutton was once again our standout performer, winning all seven of his events at the carnival. He now goes on to compete in at the NSW CHS State Swimming Championships at the Sydney Olympic Park Aquatic Centre.

Declan also gained selection in the 400m events not swum at the North Coast Carnival and will compete in nine events in total, they include; the 50m, 100m, 200m and 400m freestyle, the 200m and 400m individual medleys, and the 100m breaststroke, backstroke and butterfly. The 200m and 400m events are timed finals for Declan, but in the 50m and 100m events the top 10 from the heats swim in the final later on the day so it will be a very busy meet for Declan.

Kellie Tsujimoto will also be competing at the State Championships again this year in her favourite event, the 100m breaststroke.

Our youngest relay team, the 12 years girls have also secured a state swim, Charlotte Cooper, Ella Castle, Luka Quinn and Charlotte Vinen will compete in the 4x50m freestyle relay. The girls had a great swim at Kempsey bettering their previous time by six seconds!

Good luck in Sydney to Declan, Kellie, Charlotte, Ella, Luka and Charlotte.

Congratulations to all our other students who competed at the North Coast CHS Swimming Championships; Abby Baxter, Arrin Stirrat-Black, Astrid Smith, Brin Trisley, Cooper Nunn, Darcy Welsh, Gemma Summerville, Isabella Patmore, Kyran Tsujimoto, Lani Walshe, Matiese Trisley, Saule Stasionis, Tallin Rolff and Zachary Rolff. We are very proud of your efforts.

Thank you also to all the family and friends who took time out of their busy schedules to come along to the carnivals and cheer on the Macksville High School team.

ZONE SWIMMING CHAMPIONS - PHOTOS



Boys age champions - Left to right - Heath Galvin, Darcy Welsh and Declan Sutton

Girls relay - Left to right - Charlotte Vinen, Charlotte Cooper, Ella Castle, Luka Quinn



Pictured left - Kellie Tsujimoto and Declan Sutton

GETTING YOUR TECHNO POWER BACK!

I'm just going to say it.

It is irresponsible for you to give your child unsupervised access to a device that allows them free and open access to the world and all of its dark and uninhibited places, without appropriate levels of protective supervision.

All too often, I am having conversations with parents who feel as though they have 'lost control' over their children's level of engagement with technology. This is a concern, because losing control means that you are giving away a level of protection. Nationally, our teens spend 33 hours per week (outside of school) connected. That's almost a full-time job.

Your kids do not need a 30 or 40-something year old friend. It is much harder for you to set protective boundaries if you have a friendship with them. In your home, you are the boss. Your job is to love, nurture, provide, teach values and protect. It does not matter if your child pays for the 'phones or the internet access'. Your home, your rules. You are the experienced grown up charged with providing a safe environment.

80% of what most Australian children do online is hidden from their parents and carers. **80%!!**

We have been persuaded into thinking that our kids are entitled to more privacy than we would often allow our - grown up - partners. I have experienced first-hand how this unsupervised access is disaffecting their peer relationships, their self-esteem and their learning. 25% of young Australians are unhappy with their lives and our youth suicide rates are the highest they have been in 10 years.

Unless you know how to use their devices, where they go on them and who they invite into your house with them, you have no control over who they are spending (significant amounts) time with. This means that you also don't know who is having an effect on their feelings, values and attitudes. You also won't know if your child is not treating others with respect.

Through experience, I have found a couple of ways, which may help you, regain some footing in actively supervising your child's use of technology. They are all very simple and they work. And, please note my use of the words 'actively supervise'! Passive supervision doesn't solve anything! There is no point in reducing their connection time from 33 hours per week to 10 hours per week if you're still not checking what they are doing.

Know which sites your child holds membership to and have the passwords I suggest that if they are a member of *ask.fm* or use *kik*, that they need to be taken off it. Your kids do not need to be using anonymous forms of communication. It provides a platform for them to be untruthful and to watch stuff that they need not be watching. Allowing this, takes away their responsibility for anything they may say to others or others may say to them. A lack of consequence for things kids are saying to each other is having disastrous effects on their emotional intelligence.



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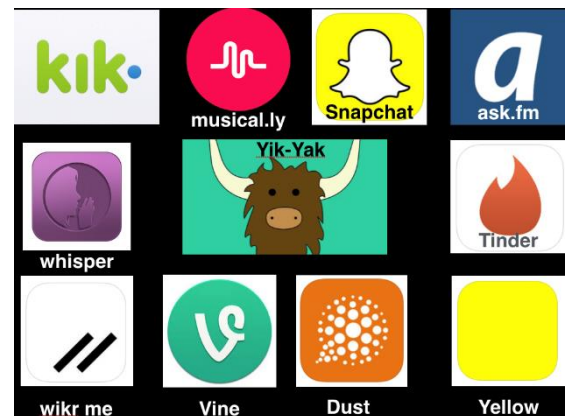
GETTING YOUR TECHNO POWER BACK - CONTINUED



Know how to change the Wi-Fi password Only let your kids have access to the password when they've done their jobs their homework, or fulfilled whichever responsibilities you need them to. This is the now-day equivalent of my Mum not letting me ride my BMX until I did my jobs! You can Google how to do it, it is very simple. Many, many kids, set alarms and wake up when the grown-ups are asleep to access the internet. Find out what "flavour" your modem is (Belkin or Netgear for example) and search "How to change Belkin modem password." You can change the password every day if needs be. Xbox and PlayStation time is limited by this too.

Know their social networking friends Our children hang out in 'virtual villages'. There are many of them speaking with each other about everything, for hours on end. You need to know who else is having an input into how your child thinks and the concepts they are exposed to. Kids share all kinds of porn, images and messages that we would not approve of. I'm not joking.

These are some of the apps we know are creating trouble in the lives of Australian kids. Google them, read up on them and decide if you think they are safe. The reason they are listed here is because they are problematic. Also look up 'chatroulette'.



Have a central location for computers This is all about active supervision. The dining room table, the breakfast bar, the lounge room; make sure you can see what they are accessing.

Take their 'phones at bedtime Set an alarm on your own 'phone to remind you. If your child makes a fuss about this, you've just answered whether or not they've already been tempted to do the wrong thing. I literally have kids fall asleep in class because they are not getting enough sleep (I don't think it is my teaching!). Kids do not need to be texting or networking with their friends or playing games right up until the second they fall asleep. Their brains need a chance to refresh, which means they need quiet time.

I'm not saying it is easy and I do know how hard it can be. You have to be consistent and strong. Speaking with other parents will also help.

With kindest regards and lots of luck!

Rachel Downie
Director
stymie.com.au

CAREERS CORNER

Southern Cross University Get Psyched at SCU

Year 11 and 12 students interested in studying psychology are invited to attend an information day at Southern Cross University's Coffs Harbour campus. Students and teachers will have the opportunity to explore the field of psychology through a series of interactive workshops.

Date: Wednesday 31 May 2017

Time: 10am - 2pm

Venue: Southern Cross University, Coffs Harbour campus

For further information contact your Career Adviser or email Peter Marshall at peter.marshall@scu.edu.au

Keep up to date with our events by following us at [SCU Future Student Facebook page](#)

Southern Cross University Young Engineers – School Holiday Program

Year 9 to 12 students interested in pursuing studies and careers in engineering are invited to join us at our new engineering precinct for our Young Engineers event.

Date: Thursday 13 April 2017

Time: 8.45am - 2.45pm

Venue: Southern Cross University, Lismore campus

Registration: Closing date 30 March 2017

For further information: [SCU Young Engineers](#) or email Maree Savins at engineering@scu.edu.au

Laura Peisley
Careers Advisor

STUDENT TRAVEL CONCESSION CARDS



School students aged 16, 17 and 18 years or older wishing to travel on any NSW TrainLink Regional services can obtain a NSW Senior Secondary Student Concession Card from the school which will entitle them to a Child Fare.

For more information, please visit:

www.nswtrainlink.info

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

PARENT / TEACHER BOOKINGS



Book School Interviews Online

Dear Parents/Carers

Parent/Teacher/Student interviews for YEARS 7 – 12 will be held at 3.30pm – 6.30pm on Tuesday 2 May 2017 in the school stadium.

You can now book interviews at times that suit **YOUR FAMILY BEST**.
Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS CLOSE ON Monday 1 May 2017 at 3.30pm

School event code
h6caq Go

Go to
www.schoolinterviews.com.au

Enter THIS school event code:
(h6caq) then follow the 3 simple steps below.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don't have access to the internet at home, at work, at a friend's house or on their phones, please phone the school on 6568 1066 where our administrative staff will assist you. Interviews are strictly 5 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address you used when you made your original booking. Parents wishing to change their interview times after the closing date should contact the school directly on 6568 1066.

We would love to hear what you think about online booking. If you get time, click on the 'Contact us' button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school's name and suburb.

COMING UP

<u>APRIL 2017</u>		
3 – 7		Year 10 Work Experience
7		Last day of Term 1
26		Term 2 Resumes
27		Open Boys/Girls Touch KO & Trials - Wauchope
<u>MAY 2017</u>		
2		Parent-Teacher Evening – Stadium
4		Rugby Union 7's – Coffs Harbour
5		UNE – Armidale – Year 12
8 – 12		Year 11 Half Yearly Exams
16 - 17		MHS Athletics Carnival
16		Science and Engineering Challenge
16		U13/U15 RL Country Cup - Kempsey
19		Mini Muddies – Wauchope – All Years
19		Zone Cross Country - Kempsey
22 – 2 June		Years 9 and 10 Half Yearly Exams



thank you!

A big thank you to Mrs Buys for the beautiful flower arrangements on display in our foyer and office every week this term!




NYW NATIONAL YOUTH WEEK **YOUTH WEEK 2017** **FREE MOVIE NIGHT** **MONDAY APR 10**
NAMBUCCA COMMUNITY & ARTS CENTRE

FREE feature film!
+ Emo The Musical

Plus heaps more!
+ Free food
+ Free music
+ Local short films

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<http://bit.ly/2nxbNqJ>

5PM
EMO THE MUSICAL

SCREENWAVE

