

NEWSLETTER

TERM 3 ISSUE 2 – 2017

BELVOIR ST THEATRE COMPANY

World-class theatre experience courtesy of Belvoir St Theatre Company

On the 7th and 8th of June, 45 students and 3 teachers from Macksville High School travelled down to Sydney on a bus. The trip was aimed at Drama, Advanced English and HSC students. Before the students went on their trip to Sydney, they studied the script of the production they were seeing called *Mr Burns* by Anne Washburn. The trip was a great experience for students from the country to get the opportunity to see world-class theatre. The Belvoir St Theatre Company were kind enough to pay for the bus and gave us free tickets, and also threw in a free pre show workshop with the Director for the 45 students, giving them an inside look on how the production was made. The workshop informed the students on the key factors and techniques that are necessary to have a smooth flowing production. It was such a great experience to see how the actors interpreted the script to make it a full stage performance. The students and teachers thoroughly enjoyed the production and it was a great learning experience. We were proud to be a part of the theatre enrichment program that allows students from rural areas to experience world-class theatre. We would like to give a massive thanks to Jane May and the Belvoir St Theatre Company for giving us the opportunity to have been involved in such an amazing production. The *Mr Burns* production was better than we ever could have imagined and we would all love to do it again!

Ruby Moore and Johanna Walsh



Nathanael Carr, Sam Schmidt, Milly Gadsby

Sam Schmidt, Brent Stephens,
 Nathan Ireland, Callum Denison,
 Jiminka Laow, Aengus Hill,
 Colette Vernon, Victoria Wheaton,
 Chloe Northfield and Emily Whitehead



Sam Schmidt, Chloe Northfield, Amy Martin, Sophie Sutton, Clementine De La Hunty,
 Milly Gadsby, Sarah Watson, Victoria Wheaton, Colette Vernon, Nathanael Carr

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.

This week is the final school week for our Year 12 students. We are proud of the many and varied contributions this group have made to Macksville High School, and we hope their futures hold success and happiness for them. I would also like to thank the teachers of Year 12 who have worked tirelessly to prepare them for the HSC examinations ahead.

Thank you to the many parents and carers who attended our recent parent teacher afternoon. These afternoons provide opportunities to discuss your child's progress and for us to work together to achieve the best possible educational outcomes for our students.

Last week 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 dedicated team work tirelessly behind the scenes to keep our school running smoothly and supporting the learning and wellbeing of our students. A huge thank you to you all.

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



Back Row: Bill Down, Julie Ford, Nicole Thompson, Lea Hall, Debbie Perry-Turner, Kim Hicks, Therese Gilbert, Chris Welsh
Front Row: Sharon Cutcher, Glynis East, Mel Daly.

Absent: Christine Pollard, Jo Simon, Naomi Keays, Jennifer Degotardi, Deslie Howe, Richard Hughes, Anne Newley, Rob Perkins, Paul Evans.

YEAR 9 CASCADE CAMP

During Week 3, a group of Year 9 students visited Cascade Environmental and Education Centre as part of a withdrawal program. The visit was an opportunity for the boys to experience learning outside of the normal classroom and was a chance for them to take part in activities that could not be run at school. It was also a chance for the students to have time one on one with teachers and mentors who were present giving them the chance to discuss confidentially issues that were concerning them.

The teen years for boys of this age group can be very difficult and unfortunately, many of them either choose not to talk about issues or do not have someone to talk to. As teachers, we see situations where students make poor choices, not because they are “bad” kids but because they don’t know how to react to the situation. Boy’s advisor, Mr Luke Smith, spent time with each of the boys, advising, suggesting and guiding them within their school lives.

It was important that the activities were tailored to the group and our thanks go to the staff of the Centre who came up with activities that the boys really enjoyed. Much of one day was spent working on the mountain bike course, reshaping corners, fixing jumps and generally clearing away rocks and debris from the track. Naturally once finished it had to be tried out and we soon had a group of very exhausted but happy boys. Other activities included bushwalking to some absolutely stunning spots, camp cooking, making dampers and boiling a billy as well as sports such as cricket and basketball. One of the highlights for them was the chance to interact with the reptiles at the centre. Some were a bit hesitant at first but all soon joined in feeding the lizards and handling the resident python.

Thanks go to the staff at the centre and to our chaplain Mr David Hall who accompanied us and to Paul Evans who assisted with transport to Cascade.



HOME ECONOMICS

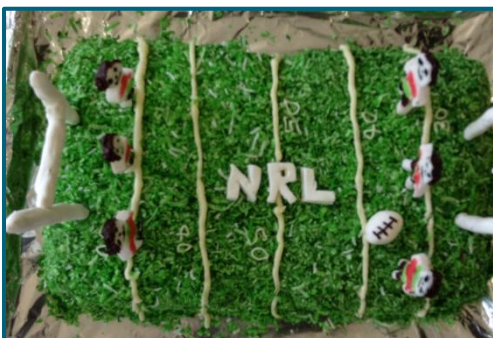
COOKING UP A STORM

Year 8 students in 8t1 and 8t4 have been creating some wonderful food items over the past thirteen weeks. Each fortnight they have a double practical lesson to further enhance their cooking skills. Anzac Slices were very popular, as were the Choc Chip Cookies and Pancakes. They had input into the ingredients they wanted for their stir-fried vegetables, meat and noodles, as well as their filled Jacket Potatoes. Hamburgers were also one of their favourite choices. Mrs Liz O'Sullivan



CHILD STUDIES 2

The child studies students have been focusing on the nutritional needs of young children. Their most recent task involves planning for a birthday party for a 4 year old, showing consideration for their dietary requirements. They made and decorated their own birthday cake during class time in weeks 7 & 8. Some of the themes chosen include "Fairies", "Shrek", "Under the Sea" and "Unicorns". It was great to see their ideas being baked and presented.



HOME ECONOMICS

YEAR 11 HOSPITALITY: FOOD AND BEVERAGE

All students studying Hospitality are required to complete 35 hours of work placement during year 11 and a further 35 hours during year 12. We have had students working in a variety of venues and some who have been granted RPL's (recognised prior learning) for existing experiences they have had whilst working in paid positions. The Macksville RSL has been very forthcoming in taking students on a regular basis. We have also had students at "Pizza This Pizza That", the "Star Hotel", "Stuarts Point Tavern", "Keppy's", "Subway" and "Nambucca Valley Care". Without the generosity of these businesses, our students would find it difficult to meet the practical requirements of their course. Thank you for your support.

Our most recent practical task was to create minestrone soup, which tested both the student's knife skills and time management skills, as they had to create brunoise onions, paysanne celery, macedoine turnips, jardiniere potatoes, concasse tomatoes and minced garlic, as part of their mise en place. Once the soup was prepared it was served with a toasted parmesan crouton. Club sandwiches are next on the list of practical experiences, which I am sure they will enjoy.

Harry Mitchell came back to visit students at our school recently to share his experiences in the Hospitality industry, since graduating from Macksville High. He is currently a 2nd year student studying a Bachelor of Business in Hotel Management at the "The Hotel School of Sydney". He is also the SRC Chair, Uni Mentor of THSS, a coordinator & peer mentor with the new venture Hot Cubator run through THSS. He will finish his degree with an internship in Vienna, Austria. Thank you Harry for sharing your journey with us and good luck in Vienna.

Mrs Liz O'Sullivan



Harry shares his knowledge on the career paths and study opportunities for our Food and Beverage students.



This is showcasing Shorna Tai's skills in creating great food!

ENGLISH – TEAM WORK

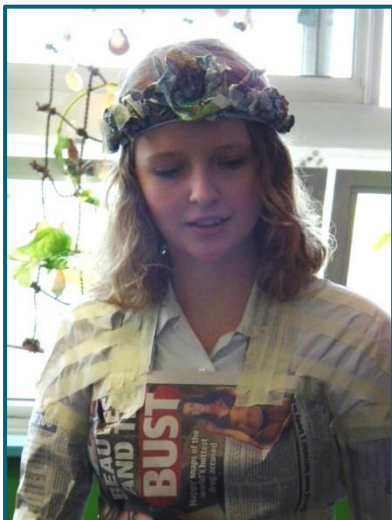
It is amazing what can be achieved with teamwork, newspaper and a roll of tape.

9English1 continue to amaze and impress me with their creativity and their ability to think outside the bounds. This class broke into groups of four and each created an outfit that, by the rules, had to have at least two parts. Through the whole process, each group worked cohesively and enthusiastically, it was an absolute pleasure to hear and watch them in action.

The results from this amazingly talented group were five outfits that were impressively different and totally individual. We had a model for each group and here we see the results on those models.

Finn Stephens is sporting a Jockey's outfit, including helmet and goggles. Elouise Ennis is fitted out in a wedding dress, which includes a long veil, bouquet and wedding ring (all made out of newspaper). Amy Cameron is wearing a beautiful summer dress with criss-cross detail on the side and the back of the dress; the second aspect of this outfit was the headband resplendent with flowers of decreasing size. Our fourth group created a stunning Spartan soldier's uniform, with cloak, shield and helmet on Tyler Cody. Group number five worked on all aspects of an Hawaiian ensemble, which included flip-flops, a lei, bracelet and hibiscus as a hair decoration. This costume was completed with hula skirt and top.

"As a classroom teacher I couldn't be more impressed by a group of students," Marilyn Sheather



TECHNICAL AND APPLIED STUDIES (TAS) NEWS

Some great things have been happening in the TAS department across all years.

Year 8 Design and Technology have been embracing the design process and have produced some interesting and interactive children's toys. Whilst in the junior engineering class some amazing bridge building is being achieved.

Year 9/10 Automotive are currently working on and learning about different mechanical systems on motorcycles. They're performing general maintenance on a 125cc thumpster and doing top-end rebuilds on an XR 400, KV 100 and a C90.

Our senior students are also producing some outstanding results. The Metals and Engineering students are developing skills and knowledge which is evident in some terrific practical projects. In a different engineering realm our senior students have been learning the fundamentals of flight and having a lot of fun doing it. Experimentation and modelling are key factors when gaining this knowledge.



Boyd's truck



Gemma and Abby with moustache and hedgehog



Mark, Kamden and Jamison in the workshop.



The Auto Crew

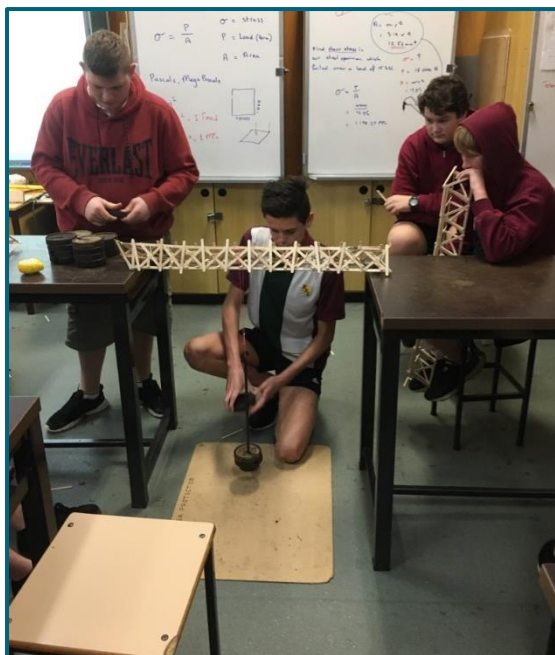


Kyran and Brandon with star picket remover and gear shifter.



Jacob, Toby, Callum and Ryan with their magnificent flying machines.

TECHNICAL AND APPLIED STUDIES (TAS) PHOTOS



Zeke, Declan, Ethan and Riley - bridge testing.



Dylan and centre punch.

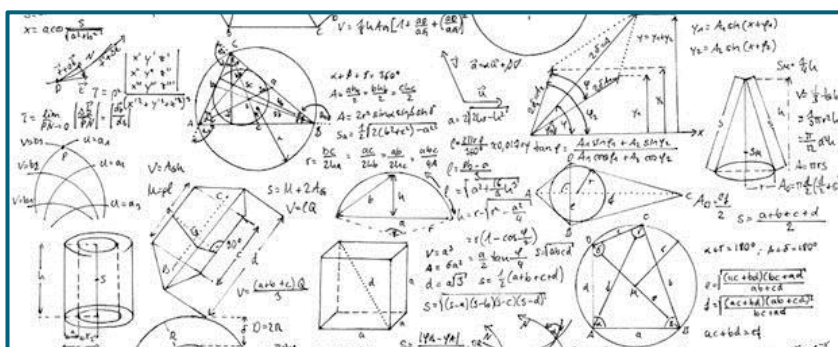
MATHEMATICS CORNER

Term three has been an eventful one for Mathematicians. Year 7 have completed their 'Zoo' project where they explored different 2D shapes and designed suitable animal enclosures based on specific requirements. This was to complement their study of the Area and Measurement topics.

Year 8 completed a 'Food & Nutrition' project, which encouraged students to analyse their own diet and compare to recommended healthy food plans. They also had to convert between calories and kilojoules and calculate suitable average daily energy requirements for a range of ages, both male and female.

The senior school have been busily preparing for their next stage learning. Year 11 have completed their Yearly Exams and will roll into HSC content in term four. Year 12 have finalised their studies with their class teachers and have been diligently completing past HSC papers, honing exam techniques and refining mathematical thinking skills.

Congratulations to all Year 12 students and good luck with preparations for the HSC exams. Please remember to contact the Mathematics faculty if you would like any assistance with past papers, exam questions/techniques or study support leading up to the exams.



WINTER WARRIOR 2017

On the 9th of August, a group of 12 Macksville High School students accompanied by Mr Parker and Ms Black set out on a 5 hour long car trip to Gunnedah to compete in the 2017 Winter Warrior. This story below is a recount from two of the students.

“After a long time in our very squishy car, we finally made it to Lake Keepit at 6:30pm. By the time we got there, we were starving and ready to eat. They gave us dinner and took us to our rooms. After dinner, Mr Parker gathered us and gave us a pep talk about what to expect in the race the next day. Once he was done, we settled in our rooms for a much needed good night sleep.

We woke up the next morning and headed to the dining hall for breakfast. Once we were full, we had our knees and ankles taped up by the teachers and headed down for a warm up and stretch. The crowd started to arrive and the excitement set in. At 10:00am, over 200 competitors readied at the start line to begin our 18km race. The countdown started, and before we knew it we were off. We began our race with a 5km rough terrain and mountain run. Once we got to our first pit stop, we were met by a huge pile of logs and tyres. Within our team, over the next 3km, we had to carry one log and 2 tyres. As we came to the end of the carry, our legs were really starting to burn.

We were relieved by cups of water and a giant slip and slide. We ‘fanged’ it down and so began the next leg of our run. We were faced by a bunch of obstacles, including going through water that reached -1 degrees. The water was so cold that there wasn’t enough oxygen in it that even the fish were dying. And let me tell you, when we were in shoulder deep water, my legs felt like they were going to fall off. After a bunch of other obstacles we were met with on our run, we finally made it to the assault course. The course contained over 40 obstacles. Within the course we needed a great deal of teamwork and determination. One part included a number of fences that we had to eventually swim under, getting muddy water in our mouths nose ears and even our eyes. There was also a 15m long trench full of deep mud and freezing water. This obstacle was tough and several of us started to get cramps in our legs. We massaged out our legs and finished the obstacle course.

As we thought we were near the finish line, we were faced with even more obstacles and running, which included a dark maze, which killed our knees. The boys finished with a time of 1 hour and 59 minutes. They came second in their division and third overall. The mixed team finished with a time of 2 hours and 18 minutes and came 3rd in their division. At the end of the race, our bodies were numb and aching and our throats were ‘dry as a chip’. We were given a well earned steak and sausage sanga and lots of water.

Competing in Winter Warrior was a great experience and we all really enjoyed doing it. We are all thankful to have had the opportunity to be involved.

We would all like to say a big thank you to Mr Parker for organising this excursion and both Mr Parker and Ms Black for giving up their time to drive us and making it all possible.

It was no doubt one of the hardest, most challenging things we have done, but with great teamwork and dedication in the end it was definitely worth it. Can’t wait for next year!”

Sophie Sutton & Ruby Moore

(MHS Students & Winter Warriors)



WINTER WARRIOR – PHOTOGRAPHS



INDONESIAN CORNER

Congratulations to the Year 7 Indonesian students for their fantastic results in the Australia-wide Language Perfect competition.

Macksville High School has achieved first place out of 25 in the 'small schools' category and 14th out of 82 overall when including schools of all sizes.

It is a particularly pleasing result because the majority of these students are studying their first 100 hours of Indonesian language. Points are allocated only for correct answers for vocabulary questions and therefore it highlights the focus and speed with which students are completing the competition questions.

In each of the four year 7 classes, certain students have concentrated well and have completed additional vocabulary at home.

Some of the top achievers are:

Krystal Cant, Ryan Mullen, Tamika Wright, Ares Toth, Kate Weatherall, Joe Young, Tommy Martin, Wezley Brown, Malachy Walker, Toby Hill, Henry Peachman, Jack Peachman, Isabella Patmore, Cleo Urquhart, Cooper Nunn and Henry Stranlund.



All students are to be commended on their dedication in learning languages at Macksville High School.

INDONESIAN IDOL CONCERT, CAMDEN SYDNEY

On August 22nd and 23rd ten students from our Year 10 Indonesian class travelled to Sydney for an Indonesian Idol concert. They had a wonderful time travelling to Sydney and participating in this rich, cultural experience.

It is amazing girls can still find things to talk about after 9 hours on the train to Camden. This excursion was the "first" train journey for several students, and for over half the students it was the first time they had attended a live music concert. It was really good that we had learnt the words for these songs in class, so everyone could join in the singing at full volume during the concert.

Michael Jakarimilenia was the key singer and his songs and personality created a very positive and happy atmosphere. Students were confident with speaking and listening and joining in the dances.

Our girls enjoyed being at a different school, joining in playground games, and being spoilt with a special bag of goodies for lunch for our train journey. Kids from other schools were friendly too and our students enjoyed talking with them. Students were enthusiastic and "Indonesian Raya" is their favourite song now.

These girls were exemplary in their behaviour and demonstrated a positive attitude throughout the excursion. It was a pleasure to take them on an excursion. L. Gilliland



Playing 'Domikado' (an Indonesian children's game) to pass the time on the train.



UNDER 16 BOYS RUGBY

Under 16 boys Rugby campaign comes to an end.

The Swampies Under 16 boys Rugby team finished their 2017 Buchan Shield CHS Rugby campaign with a narrow loss away to Tomaree High School in the State Quarter Final. The boys had earlier been pushed through the Mid North Coast competition as victors and had to travel to Byron Bay to contest for North Coast honours. Despite an early start, long trip and late arrival the boys defied their lack of preparation to emerge victors 27-10. The forwards played very well with Will Douglas dominating the lineouts and our scrum being dominant throughout. Jordan Moore and Calijah Craig were great on the fringes initiating much of the attack and putting on some massive hits in defence. Representative Rugby players Harvey Taitumu and Blake Howle were dominant in contested possessions winning penalties and clean ball. Connor Peterkin and Lachlan Jones controlled the backs skilfully unleashing attacking raids from Ulysses Roberts, Blake Brunson and Logan Jones. Ryan Atkins benefited from his inside backs to score a brace of tries. Overall, it was a very polished effort against very strong opposition.

Thanks also to the Under 16 girls team who came as spectators but also had a friendly match against Ballina High. Playing full field Rugby 7s in very hot conditions the girls acquitted themselves well but lost 22-20. Sarah Watson and Johanna Walsh lead from the front, while Emily Hall was in everything. Bree Ferguson and Zayla Castle were massive in defence. Sienna Harris and Cheyenne Mills also played strongly and Tiajuana Rosser shut down many attacking raids with classic cover defence. Congratulations to Jemasen Fitzsimmons on her Swampettes debut.

The coaching staff were disappointed to find that our promised home Quarter Final was in fact another long trip, this time away to Tomaree High School down near Warner's Bay. Leaving at 6am was not popular but we wanted to get there in time to warm up. Unfortunately, the relentless "Splendour Flu" saw us undermanned with seven starters out due to illness. Despite this, the boys played very well and started strongly. A litany of dubious penalties saw the home side gain dominance in possession and the coach and parents scratching their heads in bewilderment. Tomaree scored, Macksville fought back and so it went with the final score 21-19 to the home side. The boys were disappointed and angry but never gave up and showed great sportsmanship. Blake Howle was again dominant at the breakdown. Alexander Howard stepped up as prop and led the way from the front in tandem with Tylor Ballard. Zach Martin was a revelation on the wing scoring once and having a couple denied by the linesman. Overall, it was a gutsy team effort.

As coach, I could not be prouder of this bunch of lads. They are a real team and a pleasure to coach. Everyone in the school and wider community should be proud of their efforts. Well done lads.

Mick Baines

CAREERS CORNER

Southern Cross Scholars 2018

To celebrate the launch of a new range of innovative degrees, Southern Cross University has doubled its scholarship pool for 2018 with the addition of 40 new \$2,500 scholarships.

The new \$100,000 scholarship program will not only help attract talented students to new programs, but also help create a cohort of student leaders ready to contribute to the University and the community.

Current Year 12 students commencing first year of University study in 2018 can apply for these new scholarships before 30 November at scu.edu.au/scholarships

Head-Start 2018

Year 10 and 11 students are reminded that Head-Start 2018 registrations close on 13 October 2017. Please visit scu.edu.au/headstart for information and online registration.

U/15s BASKETBALL – PORT MACQUARIE INDOOR SPORTS STADIUM

On the Thursday 31 August, two teams of Basketballers from Macksville High School travelled to Port Macquarie to compete in the Lower North Coast team play-offs.

Both teams performed admirably and were only beaten by the eventual winners in each division.

The boys' team were the first to play. They came up against a talented Bowraville team where they led at the end of the first quarter. Unfortunately, the opposition managed to nail some three pointers, which sealed their victory 26 – 37.

The next game featured the girls playing Nambucca. Although the Macksville side were very inexperienced, they tapped into their natural athletic ability and gave their opponents a serious lesson in team work and skill. Macksville ran out convincing winners 68 – 8.

The boys were next, also against Nambucca. Macksville were scoring at will and were sharing the baskets around the team, displaying great sportsmanship. The result was very similar to the girl's game, 66 – 10.

In the final match for Macksville on the day, saw the girls face Port Macquarie, who were obviously well drilled and experienced campaigners. The Macksville team was a little shell shocked at first and this saw Port Macquarie open up a considerable lead. However, a massive defensive effort allowed Macksville to stay in the game. After the second quarter the game got super exciting. The Macksville team showed amazing improvement, doing things on the court that they hadn't previously and coming within one basket of the lead. Unfortunately, they ran out of time, but were so close, losing 35 – 40.

All the players on both teams enjoyed the day immensely and competed with respect and fairness. Special thanks goes to the parents that assisted with transport to the venue. Without them it would not be possible.



Back row: Jacob Moore, David Styles, Solomon Hill, Declan Sutton, Ethan Joyce

Front Row: Elijah Cooper, John Panaguiton, Toby Hill

Some of the girls in action.

The full team are Abby Baxter, Sienna Harris, Meg Laverty, Lilly Bartlett, Gemma Summerville, Tiajuana Rosser, Wulaaran Walker, Arrin Stirrat-Black



TOUCH FOOTBALL – MATIESE TRISLEY

On 16 September 2017, Matiese Trisley competed in the 18's Girls Touch Football Australia's National Youth Championship tournament. The NSWCHS team were undefeated during the competition, and beat the Queensland team (Queensland secondary schools touch - QSST) who had held the title for the last two years.

During the game, QSST mounted a spirited comeback to try and steal victory; however, the NSW girls held them out and defeated QSST 7-6.

When chatting with Matiese about the tournament she said; "It was really good to come in as the under dogs, no one expected us to win, so there was not a massive amount of pressure on us. Before coming up against QSST, only one team had scored one try against them and they had an average of 20 tries scored per game. I don't think it has all fully sunk in just yet. One thing I did want to say is that it was a huge honour to represent our school and get Macksville's name out there and we all said an oath before each game.

The oath was; I will represent my family my school and my state with honour dignity discipline and respect".

A huge congratulation to Matiese and the Trisley family on this massive achievement!!

If anyone would like to view the final this is the link:

<https://livestream.com/accounts/2687950/events/7656418/videos/162852784>

STATE ATHLETICS CARNIVAL, SYDNEY OLYMPIC PARK

The State Athletics Carnival was held in Sydney Olympic park from the 6 - 8 of September. Macksville High School had six students qualify for the state carnival, all of whom should be pleased with their efforts and are to be congratulated on their fantastic representation of Macksville High School. The girls relay team, Arrin Stirrat-Black, Abby Baxter, Wulaaran Walker and Sophie Brabant-Blanch came 9th, Arrin Stirrat-Black came 9th in javelin and Charlotte Cooper was awarded with a bronze medal in discus.

MACLEAY VALLEY SPORT GALA DAY

On Friday 15 September, Macksville High School competed in the Macleay Valley Sport Gala day in Kempsey. The weather on the day was fantastic with no wind or a cloud in sight.

The girl's netball team won 2, drew 1 and lost 1. The girl's soccer team won 3 and lost one (by one point). The boy's touch football team were undefeated on the day and did not have a try scored against them.

We would also like to acknowledge and thank the PASS students; Astrid Smith, Ruby Moore and Jack Rogan who volunteered their time to referee and umpire on the day.

Aaron Parker (Sport Organiser)



WALKING FOR SPORT

The students that have participated in walking for sport each Wednesday afternoon have been blessed with great weather conditions. We have been for walks across the Macksville Bridge and down to the suspension bridge, along the riverbank down toward the new by-pass bridge, out toward the cemetery, up past the water tanks and along Tilly Willy Bridge out into the countryside. The students have been well behaved and have enjoyed the opportunity to stretch their legs. Mr Sheridan accompanied me last term and this term Mr Paix has been the leader of our group, striding out ahead of the group whilst I've kept the stragglers going. Students would be wise to wear a hat or cap and carry a bottle of water whilst out walking. Mrs Liz O'Sullivan



COMING UP

<i><u>SEPTEMBER 2017</u></i>		
21		Year 12 Graduation Assembly
22		Last Day of Term 3 for Students & Staff
<i><u>OCTOBER 2017</u></i>		
9		Start of Term 4 – Students & Staff
15 - 19		Year 10 Katoomba Excursion
16		HSC Exams Commence
19		AIME Program Year 9/10 – CHEC
23		First Aid Group 2 Yr11
30 – 2 Nov		Yr11 Dive – South West Rocks

CANTEEN NEWS



Macksville High School Canteen Needs YOU!

We need **volunteers** to work in the canteen.

This is a vital service we provide, and all volunteers receive a \$7 morning tea and lunch.

SUPPORT YOUR CANTEEN

Please don't hesitate to call April Miller 0455 044 782

Even one day a month would help. If you are able to spare some time please contact the school on 6568 1066 or April. There are great benefits as well as contributing to a strong school community.

MENU TERM 4

CANTEEN MENU TERM 4

SALAD TUBS

COUS COUS SALAD

COUS COUS, SUNDRIED TOMATOES, SPINACH, CARROT, FETTA @ HUMMOS \$7.00

CHICKEN OR HAM SALAD

LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT, ONION, CHEESE & AVOCADO \$6.50

CHICKEN CAESAR

COS, PARMESAN, EGG, BACON, CHICKEN & CAESAR DRESSING \$7.00

WRAPS - 1/2 LAVISH

SPINACH WRAP, CHICKEN, LETTUCE, AVOCADO & MAYO \$4.50

SPINACH WRAP, CHICKEN, CHEESE, CARROT, LETTUCE, TOMATO & MAYO \$4.50

SPINACH WRAP, HAM, LETTUCE, TOMATO, CARROT & MAYO \$4.50

WRAP - FULL

SPINACH WRAP, CHICKPEA PATTY, LETTUCE, TOMATO, CARROT, SWEET CHILLI & HUMMUS \$7.00

SWEET CHILLI CHICKEN, SPINACH WRAP, LETTUCE, TOMATO, CHEESE, CARROT & MAYO \$7.00

CHICKEN CAESAR ON SPINACH WRAP, COS, PARMESAN, BACON, EGG & CAESAR DRESSING \$7.00

DAILY SANDWICHES

WHITE OR WHOLEMEAL

CHICKEN, AVOCADO, CHEESE & MAYO \$4.50 TOASTED \$5.00

CORNE MEAT, TOMATO, CHEESE & PICKLES \$4.50 TOASTED \$5.00

CURRIED EGG, LETTUCE & MAYO \$4.50

HAM, CHEESE & TOMATO \$4.50 TOASTED \$5.00

SUSHI THURSDAY & FRIDAY

MADE FRESH ON PREMISES

TUNA & CUCUMBER \$3.00

AVOCADO & CARROT \$3.00

CHICKEN TERIYAKI \$3.00

COLD SNACKS

WATERMELON TUB \$2.00

FRUIT SALAD TUB \$2.00

YOGURT \$2.00

CARROT, CELERY & CUCUMBER STICKS & HUMMUS \$3.50

SEASONAL FRUIT \$0.50

HOT FOOD

TIMBERTOWN PIE VARIETY

ANGUS STEAK \$4.00

STEAK & POTATO \$4.50

STEAK CHEESE BACON \$4.50

STEAK ONION TOMATO \$4.50

CURRY CHICKEN \$4.50

CHICKEN MORNAY \$4.50

STEAK & MUSHROOM \$4.50

SAUSAGE ROLLS \$3.50

CHICKEN POPS (4) \$2.00

CHEESY GARLIC BREAD \$1.00

HOT CHEESE ROLL \$2.00

PIZZA BUN \$3.50

MC CAIN HAM & PINEAPPLE PIZZA \$2.50

HOT HAM & CHEESE \$1.00

CHIKO ROLLS \$2.50

CHEESE SPINACH ROLLS \$4.50

SAUCE TOMATO OR BBQ SQUEEZE \$0.20

CHICKEN BURGER

LETTUCE & MAYO \$4.50

CHICKEN BURGER & SALAD

LETTUCE, TOMATO, CARROT CHEESE & MAYO \$5.50

MEAL DEAL #1

SANDWICH, WATERMELON & LIQUORICE \$6.50

MEAL DEAL #2

PIE OF CHOICE, GLEE & WATERMELON TUB \$8.00

MEAL DEAL #3

FRUIT SALAD TUB, WATER & ICY TWIST \$5.00

MEAL DEAL #4

SAUSAGE ROLL, GLEE & WATERMELON \$7.25

DRINKS

300ML FLAVOURED MILK \$2.50

500ML FLAVOURED MILK \$4.00

WATER \$2.00

FLAVOURED WATER \$2.00

GLEE \$2.00

ARIZONA ICED TEA \$3.50

NIPPY'S RANGE \$3.00

GLUTEN FREE

ALMOND MILK VARIETY \$4.00

GLUTEN FREE

UP & GO'S \$2.50

CANS \$3.00

100% JUICE POPPER \$1.00

COMMUNITY NOTICES

Your Health Link

National Photographic Competition

PANORAMA: HEALTHY LIFE HEALTHY YOU

\$45,000
IN PRIZES
TO BE WON

Competition closes
8 October 2017

www.yourhealthlinkphotocomp.com.au

Primary and high school students are encouraged to get ready to grab their trusty camera, mobile phones or tablet and capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with \$13,000 in prizes to support healthy school canteen programs.

Health
NSW Mid North Coast Local Health District

Competition Partners

MACKSVILLE COUNTRY CLUB

204 Wallace Street (PO Box 118) MACKSVILLE NSW 2447
 PHONE NO: (02) 6568 1400 FAX NO: (02) 6568 4044
 EMAIL: office@macksvillecountryclub.com.au
 ACN: 000 715 775 ABN: 86 000 715 775

GOLF MONTH - OCTOBER 2017

Golf Month October is a national campaign to drive golf participation in association with Golf NSW.

Macksville Country Club are offering Golf Lessons to school students in recognition of Golf Month October.

PRIMARY SCHOOL STUDENTS - 7 TO 12 YEAR OLDS

- Introduction to Golf
- Chipping Lesson
- Chipping Game
- Great Prize for Winner

Sunday 15 October 2017 at 9.30 am
Cost = \$5.00 per student

HIGH SCHOOL STUDENTS - 13 TO 17 YEAR OLDS

- Lessons on the basics of Golf
- Hitting balls on our Junior Golf Course

Sunday 15 October 2017 at 10.30 am
Cost = \$5.00 per student

TO REGISTER:

- ☒ Go to golfmonth.com.au
- ☒ Enter your postcode
- ☒ Click Search
- ☒ Scroll down & click on Macksville Country Club
- ☒ Register the activity of your choice

Or phone Clive Friedman on 0404 310 650.

We look forward to seeing you!!!

Your Local Friendly Country Club

Spring into Engineering

A Southern Cross University program for aspiring girls

Mystery Tour

The Spring into Engineering program for aspiring girls is on offer again this year, with a first time opportunity to attend a mystery tour into one of our local industries. Only 10 places are available! So we suggest any girls interested in spending a day with us, discovering more about an engineering career, submit their Registration Form as soon as possible. We will confirm the success of their submission as soon as we can. Engineering is certainly a diverse career for young women where they can enjoy:

- seeing their efforts make a real difference in communities
- working creatively with processes that start with designs on paper and go all the way to real life applications
- project management
- working with people and in teams
- leadership responsibilities
- strategizing and problem solving
- using the tools of maths and science to bring about change and predict engineering success

A summary of the details of the program are as follows:

When:	Thursday, 28 September 2017
Where:	Mystery Tour starts at A Block, Southern Cross University, Lismore Campus
Time:	Arrive by 8.45am for the Mystery Tour and University Experience. Event will conclude by 2.45pm - parents/guardians are responsible for the student's travel arrangements
Cost:	There is no charge for attendance
Bring:	Long pants, covered shoes, hat, sunscreen, food, water, hair tie, pen and paper
Age group:	Year 10 - 12 high school students
RSVP:	Wednesday, 21 September 2017

More information and the [Registration Form](http://www.scu.edu.au/engineering) is available at www.scu.edu.au/engineering (Click on Events) or by phoning Maree Savins at 02 6620 3026.

MSHSLSC Nipper Program
2017-2018

Fortnightly Sundays 9:30-11am
Oct 29, 2017 - Mar 25, 2018

Registration days @ the club
Sep 24 & Oct 8 @ 9:30

Compulsory Pool Proficiency
Oct 15 @ 9:30 Macksville pool

See macksvillescottsheadslsc.com or our Facebook page for more details

COMMUNITY NOTICES



Macksville Marlins Swimming Club Registration Night

Getting started in swimming is easier than you think. Swimming clubs are great environments for kids and adults alike. It is a sport for all age groups, skill and fitness levels, and provides many opportunities for those who are in the sport for fun, fitness, recreation and for those who are serious about becoming the best they can be through competition and well structured development pathways.

Come along for a trial swim and see what swimming club is all about!

Date: Wednesday 11 October
Time: Registrations from 5pm, swimming starts at 6pm.
Location: Macksville Memorial Aquatic Centre
Phone: Lyndel Sutton 0409 681 207
Email: macksvillemarlins@gmail.com
Facebook: Macksville Marlins



Department of
Primary Industries



Kids' fishing workshop



Kids 8-14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry & Investment NSW.

The day runs from 10 am-2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

COST: \$40 PER CHILD, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!

BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

LOCATION: Memorial Park, Prince St (next to the rowing club), Grafton

DATE: 5th of October 2017

BOOKING CLOSE: 27th of September 2017

CONTACT: Milan Duwenhogger-Lange
0458 274 876 (please leave a message)
milan.duwenhogger@dpi.nsw.gov.au



Industry &
Investment



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BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

LOCATION: Dutton Trout Hatchery, Point Lookout Rd, Ebor.

DATE: 6th of October 2017

BOOKING CLOSE: 29th of September 2017

CONTACT: Milan Duwenhogger-Lange
0458 274 876 (please leave a detailed message)
milan.duwenhogger@dpi.nsw.gov.au