



Newsletter

Term 1 - Week 6 - 2018

Earth Watch Student Fellowship - Ayla Allan -

Each year students from all over Australia apply to join an Earth Watch Expedition with environmental scientist. The fellowship is fully funded allowing a unique experience for students who are selected to take part.

Congratulations to **Ayla Allan**, who after a rigorous application process has been accepted.

Earth Watch connects people with the natural world. Their expeditions and programs provide a deeper understanding of global environmental challenges and inspire people to take personal action.

Ayla will have the opportunity to live and work in the field with leading researchers to help solve some of Australia's most pressing environmental issues. It is an eye opening, adventurous and exciting experience over a 10-day period in South Australia.

The expedition will support the work of scientists in conserving our environment, while providing students an insight into the world of field science.

The experiential "learning through doing" process helps students appreciate and respect the world they live in, respond to challenges, and build confidence and social skills.



WHAT'S ON AT MHS

12 Mar	Under 15's + opens Rugby League Trails, Wauchope
14-15 Mar	SRC Camp, Valla
21 Mar	Year 10 Careers Excursion - Skills & Thrills, Coffs Harbour
21 Mar	MHS EXPO
23 Mar	MHS Kindness Day
29 Mar	Year 7 Excursion, Yarrhapinni

Former student **Brittany Pike** - Full-time Podiatrist based in the Nambucca Valley...See her story via the link

<https://www.nambuccaguardian.com.au/story/5261758/eye-on-health-the-valleys-very-own-foot-doctor/?cs=736>

Macksville High School enjoys excellent facilities and resources at our school farm including our machinery shed, stud Angus herd, orchard, poultry facility, plant nursery and vegetable gardens.

Agriculture is a subject that continues to draw a large number of students to the courses. We have two large Year 9 classes this year and a large Year 10 class. Year 9 Agriculture aims to introduce students to the dynamic nature of Agriculture by giving them the opportunity to become involved in a wide range of experiences associated with Agricultural practices and production. The main focus in Year 9 is on vegetable production, beef cattle, pasture production and tractor operator training.

In Year 10 we start the Primary Industries course. Primary Industries is a competency based VET course where students learn skills (competencies) and are assessed against national industry standards. There are 18 competencies to complete and on completion students are awarded a Certificate II in Agriculture. This is an industry recognised award and is very useful for those students seeking employment. It can also provide a pathway to higher education through TAFE and onward to university.

The primary industries course is a Higher School Certificate subject and by starting the preliminary course in Year 10 allows students to complete 2 units of HSC subjects in their Year 11. Students can then concentrate on their other subjects in the final year. We have achieved excellent results in the past in this subject, performing well above state average.

Cattle Team

The show season is starting soon and the cattle team members have been busy sorting out cattle, show gear and introducing new members to the group. We are hoping that we achieve the same successes that we have done in the past years. This year is the 18th year of the cattle team at Macksville High!

In 2017 we competed at all the local shows including Macksville, Bellingen, Coffs Harbour and Dorrigo as well as taking our team to the North Coast Nationals in Lismore. We were very successful in both stud beef competitions and steer competitions. There were many new team members who performed very well and improved with each show.

The cattle team experience is open for all school students. Being part of the team develops responsibility (you are looking after your cattle at shows), teamwork, decision making and on the way team members develop skills in cattle nutrition, handling, parading, assessment and judging. We encourage any student who is interested in joining the team to come to a meeting or see Mr Smith or I at the ag-farm when we are there.



Remember to thank a farmer for your next meal!

Terry Argent

Message from the Principal

Dear Parents and Community,

Welcome to our new look newsletter. As always it is full of stories about the diverse talents our students possess.

Preparations are well underway for our Expo on 21 March. Please come along and see what is happening in our school with displays and activities across the school.

Congratulations to Ayla Allen for being awarded a scholarship in the Earth Watch Student Challenge Program 2018.

Congratulations also to Declan Sutton who was named Swimmer of the Meet at the recent North Coast Swimming Carnival. Declan was also Age Champion. Declan and Darcy Welsh have made it through to the State Swimming Championships – an outstanding effort!

Chloe Northfield represented Macksville in the District Lions Youth of the Year program on Saturday night at Urunga. Her speech on Road Safety was very informative, and although she did not progress to the next round she did herself and the Lions Club proud with her impromptu speeches.

Year 12 are working towards mid-course examinations beginning next week, and should be developing their study regime leading into these examinations. Please remember that support is available in the library with our Senior Mentor Teacher Mrs Robertson. Students can make bookings with her for individual support.

Each month our P&C meets here at the school at 5:30pm in the Hospitality Room on the fourth Tuesday of the month. I would encourage all parents to attend as it is another great way to support our school. The next meeting is 27 March and everyone is welcome.

Erica Lyne Principal



2018 EXPO - What's on and where to find it!



Time	Presentations		
4:30pm	Cattle Parade – Oval and Ag farm		
4:45pm	Programing with Scratch Mr Jordan Photography room T7	Creative writing – 200 word challenge Ms Morris B4	Magnetism experiment Mrs Hughes Lab 4
5:00	Welcome and Merit System Launch in the Hall		
5:30	Gumbaynggir Language Mr Werner A2	Creative writing – 200 word challenge Ms Morris B4	Indonesian Dance in the Language Centre
5:45	Education perfect with Mr Loughland C8	Programing with Scratch Mr Jordan Photography room T7	Magnetism experiment Mrs Hughes Lab 4
6:00	Gumbaynggir Language Mr Werner A2	Education perfect with Mr Loughland C8	Indonesian Dance in the Language Centre
6:15	Cattle Parade – Oval and Ag farm		

Displays to Visit - Drop by and see student work displayed.

- Language Centre
- Art/ Ceramics/screen printing – Art 2
- Music Rooms- Vocal rehearsal
- Science – Lab 2
- Hall – Short Films
- TAS - Textiles Room and Kitchens
- HSIE – Room A4
- PD/Health/PE- B6

People to Meet - Drop by to say hello and pick up some important information

- Laura Peisley and Kerry – Career Pathways in the library
- Melissa Robertson – Senior Mentor in the Library
- Wendy Graham and the Learning Support Team in the Learning Centre
- Deslie, Mel and Therese in the Front Office

Games and Fun

- Kids activities in the Food Lab T10
- Team sports on the Oval
- Maths Challenge
- In C1 and C2

Collect your passport and get it stamped along the way to receive prizes

Refreshments will be served in the Library, Deck and Hall - Join us for a BBQ on the Deck

CREATIVE AND PERFORMING ARTS

Welcome Back - CAPA Report!

So much has been happening in Art and Design so far this year!

Year 8 are learning about the elements and principles of the Visual Arts and are examining line, tone, texture and colour mixing. They are also researching a range of artists and their art making practices, including - Van Gogh, Riley, Kandinsky, Kahlo and Picasso!

Year 9 Ceramics have been using modelling clay to create colourful figurines and are now learning how to make bowls using the pottery wheel.

Year 10 Visual Arts have been busy printmaking, completing a monoprint collage and a watercolour background combined with screen printed images. They are about to move into Photoshop and canvas painting.

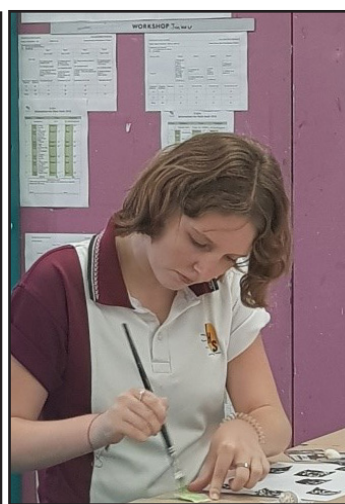
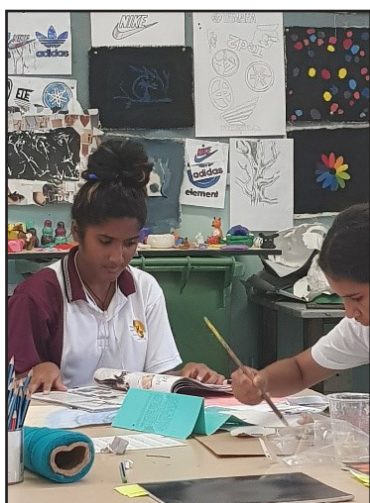
Year 11 Visual Design are creating a range of wearable design based objects including jewellery and accessories which are looking excellent.

Year 12 Visual Design are trying their hand at digitally manipulating images using Photoshop and how to scale up images to put onto canvas. So far some interesting and unique work is being produced!

Students don't forget the **Macksville Show** is on the 13th /14th of April and they are looking for entries for the art / photography competition - entries are due on the **4th of April**.

Come see me for entry forms!

Ms K Hardingham
Visual Arts Teacher



Music

Over the past six weeks, Year 7 Music students have been developing knowledge and skills in performing, composing and listening. They have been learning about the elements of Music, learning to play the chords A, D, G, C & Em on guitar with the goal of performing a song as a class and with keyboard. During each lesson students complete both theory and practical activities to encourage student engagement. Students had a lot of fun working cooperatively as a small group in creating and performing a composition using percussion and string instruments. At lunch students are encouraged to come to the Music rooms to play a variety of instruments or sing.

Mrs Karolyn Laverty



Macksville High School has registered to participate in the 2018 NSW Premier's Secondary School Sport Challenge.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have more students, more active, more often!

Over a ten week period, class groups will be monitoring the physical activity we do during class time, at recess and lunch as well as during sport. What we do outside school hours will also count towards the Challenge award.

We would especially like to invite all our families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

High School students are encouraged to download the free PSC app for smart phones or desktop, to aide in recording and monitoring their physical activity levels.

Students completing the Challenge will receive a personalised certificate from the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mr Parker who will be pleased to talk further with you.

For more information on the NSW Premier's Sporting Challenge please visit <https://online.det.nsw.edu.au/psc>

I know our students are really looking forward to participating in the NSW Premier's Secondary School Sport Challenge and having fun along the way!

Mr Aaron Parker
School Sport Organiser

NSW PREMIER'S SECONDARY SCHOOL SPORT CHALLENGE
Suggestions for Physical Activity

Aerobics Aussie Rules (AFL) Aquatics Athletics Abseiling	Ballet Basketball (3 on 3) Baseball BMX/Bicycling	Canoeing Circuit Training Circus Skills Climbing Cricket	Delice Diving Dragon Boat Racing	Exercise Bike Riding Equestrian
Fencing Fishing Football Frisbees	Gardening/Lawn Mowing Golf Gymnastics	Hiking Hockey Hopscootch Horseback Sports	Ice Hockey Ice Skating Indoor Bowls Indoor Cricket	Jogging Judo Juggling
Kayaking Korfball	Lacrosse Lawn Bowls Little Athletics	Martial Arts Motor Cross Mountain Biking	Netball	Orienteering
Paddle Tennis Pilates Ping Pong Pony Club	Racquetball Rock Climbing Rollerblading Roller Hockey Rope Jumping	Rowing Rugby League Rugby Union Running	Sailing Sailboarding Skateboarding Skiing Skipping Snorkelling	Snowboarding Softcross Softball Squash Surfing Swimming
Table Tennis Tai Kwon Do Tai Chi Teeball Tenpin Bowling	Tennis Touch Trampoline Triathlon	Unicycling	Volleyball	Walking Washing the car Water Polo Water Skiing Weight Training Wheelchair Sports Wrestling
Yachting Yoga	<p>GET ACTIVE TIPS! Go for a walk with your family or walk the dog. Join a local sport club and try something new. Find a friend and take it in turn to do activities you enjoy. Help with the gardening next weekend. Organise a fun sport day at your school.</p> <p>PLAY SAFELY AND REMEMBER YOUR SUN PROTECTION</p>			

**NSW PREMIER'S SECONDARY SCHOOL
SPORT
CHALLENGE**
2015

STUDENT NAME _____

SCHOOL _____

TEAM NAME _____

LOG BOOK
online.det.nsw.edu.au/psc

YEARS 7-12

S P O R T S D E S K

Lower North Coast Touch Football



Back row (left to right): Kellie Tsujimoto, Tiajuana Rosser, Wulaaran Walker, Abby Baxter, Kira Goodwin, Sienna Harris, Lily Bartlett, Charlotte Vinen

Front Row (left to right): Brin Trisley, Tamsyn Spear, Arrin Stirrat-Black, Kira Atkins



Back row (left to right): Aaron Argent, Connor Lockyer, Blake Spear, Luke Fitzgerald, Lachlan Brookes, Hudson Garzoli, Caleb Wassens, Jake Jones, Jacob Moore

Front Row (left to right): Jai Wassens, Kye Garzoli, Max Thompson, Tommy Martin, Brandon Willer, Blake Sampson, Finn Stephens.

On Friday 23rd February, Macksville High School competed in the 15 and Under Lower North Coast Touch selection day. Both boys and girls teams were well prepared for the day as all players had just finished a successful campaign at the Junior State Cup in Port Macquarie the previous weekend. Both teams were undefeated on the day with many high scoring games.

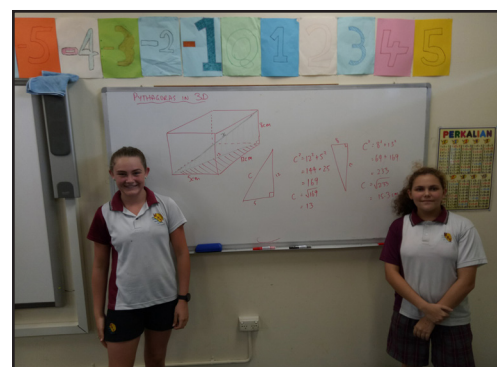
Six players from the girls' team and three players from the boys' team were selected to compete at the North Coast selections on the 10th March at Bowraville. These players are Finn Stephens, Caleb Wassens, Jake Jones, Brin Trisley, Wulaaran Walker, Abby Baxter, Arrin Stirrat-Black, Tamsyn Spear, Sienna Harris and Tiajuana Rosser - **Good luck to all of you!**

We would also like to acknowledge and thank Connor Lockyer and Mitchell Williamson-Roe our two fantastic referees that volunteered their time to referee on the day and to extend our gratitude to the parents that drove and accompanied students for the day.

MATHEMATICS No Problem!!!

This week, students in Year 8 Mathematics went outside their comfort zone and explored **Pythagoras in 3D**. Pythagoras' Theorem is used to calculate lengths of unknown sides in right-angled triangles. While this theorem is introduced to students in Year 8, it is not until Year 10, at the advanced level, that they are asked to solve problems involving three dimensional shapes.

Students attempted the task with vigour and enthusiasm. Some worked on their own and others in groups. The task invoked the students' spatial awareness (how objects interact with space) and required them to visualise the problem and use sketches to help find the solution. It was inspiring to see all students engaged and working towards a solution.



Charlotte Kearney and Zenobia Hicklin
(Year 8 Mathematics)

ZONE SWIMMING CARNIVAL



Left to right: Emily Hall, Sarah Watson, Sophie Sutton, Cheyenne Mills

On Wednesday 21st of February, 33 students from Macksville High School competed in the Zone Swimming Carnival at Macksville Memorial Fitness and Aquatic Centre. The students competing demonstrated exceptional talent and the Macksville High spirit to win. It was particularly great to see students swimming well above their age to make numbers for older age relays. A special mention to Bill Simmonds from Year 7 who swam the butterfly leg in the open boys medley relay.

Congratulations to all the students that qualified for the next round, 12 of the 32 students were successful in making the Regional Swimming Carnival held in Murwillumbah on the 6th March.

We would also like to acknowledge and thank the students that volunteered their time to record time on the day and to extend our gratitude to the parents that also gave up their time to help run the day with time keeping.

A big thankyou to Macksville High Schools hospitality students who catered for the event with a fantastic selection of food for staff and parents. A special mention to Mr Aaron Parker for his organisation of the carnival, which saw it run smoothly and efficiently.



Feja Lane- Stasionis and Kellie Tsujimoto



Back Row (left to right): Arrin Stirrat-Black, Brin Trisley, Declan Sutton, Darcy Welsh, Aaron Gamer, Wezley Brown
Front Row (left to right): Saule Stasionis, Jazmin Sutton, Kira Atkins, Bill Simmonds
Front: Charlotte Cooper

TECHNOLOGY



Swimming Carnival Catering Crew - Ruby Moore, Elizabeth Laverty, Amy Martin, Mitchell Williamson-Roe, Sophie Ellis, Nikita Hansen-Jones, Ebony Stride, Amy Ralston, Jordan Tout, Maddison Robertson, Chloe Loveday, Sasha Frost - 21st February 2018

2018 Year 11 Hospitality

Year 11 Hospitality have made a positive start to 2018. Twelve of the 32 students recently volunteered to come into school on a Wednesday to cater for the District Swimming Carnival.

This was the first catering opportunity for the year, and even though it was only week 4, these students demonstrated teamwork, enthusiasm and a commitment and understanding of appropriate food hygiene practices.

To say I am proud of their efforts is an understatement, but can I say, watch this space! I would also like to say - ***don't they look fabulous - Well done!***

Mrs Denise Alchin



Hospitality students are currently undertaking Event 1 which incorporates hygiene and safe food handling practices, Workplace Health and Safety as well as basic knife skills and food preparation techniques.

Some examples of student work are below.



Prac 1 - Mise en Place
Knife skills



Prac 2 - Bruschetta
Knife skills - Grilling



Prac 3 - Omelette & stir fry vegetables
Knife skills - stir fry/aeration

The Hospitality kitchen will be open at the Expo on the 21st March, please come by and say hello.

TOMAGO ALUMINIUM NEWS - MACKSVILLE SCHOOL VISIT

THE WORLD IS FULL OF WONDER FOR ENQUIRING YOUNG MINDS AND FOR A GROUP OF INQUISITIVE STUDENTS, VISITING TAC WAS A FASCINATING EXPERIENCE.



Late last year eight Year 11 Engineering students from Macksville High School spent a morning on site as part of a school excursion to Newcastle and the Hunter, visiting local industries.

The students and the three teachers who accompanied them were given a grand tour of Tomago's laboratories and testing facilities. Keen to see the robotics and environmental analysis areas, they were not disappointed.

Macksville High School's Learning and Support teacher, Ian Smith, said TAC was chosen because of its cutting-edge technology.

"The students' focus was on materials testing and Tomago Aluminium is state of the art in that," he said.

Macksville High's Careers Advisor, Laura Peisley, was also able to spend time with Tomago's Human Resources staff to find out about apprenticeship requirements and other career paths with the company.

For Ian Smith the visit to Tomago was a homecoming of sorts. He worked on the Potlines in the early 1980s and was, in fact, the first Potline foreman before leaving in 1988 to pursue a career in education.

Will Tomago Aluminium eventually see former Macksville High School students as part of the workforce?

"A lot of the students were taken with Newcastle," Ian Smith said. "They were blown away by the whole experience so who knows?"



Additionally students visited Newcastle University Engineering Faculty and Fighter World Air Museum at Williamtown

T E C H N O L O G Y

Year 7 Food Technology

The students in 7 Tech 4 have settled in with great enthusiasm this term. They recently prepared a delicious fruit salad, topped with ice-cream and decorated with a beautifully fanned strawberry.

The practical lesson was aimed at developing their precision cutting skills and to enhance their presentation and food photography skills. As you can see from the attached photos, they had a very successful and enjoyable lesson.

Each student worked cooperatively with their partner to produce some delectable desserts ! They collected all their ingredients and utensils and later washed and dried them and put them away again.

The students designed their own sandwich and presented these for assessment before eating them.

Congratulations on a fine effort. Mrs Liz O'Sullivan



International Competitions and Assessments for Schools - ICAS

ICAS is an independent, skills-based assessment program which recognises and rewards student achievement. ICAS is unique, being the most comprehensive generally available suite of academic assessments for primary and secondary school students.

Over one million student entries are accepted from over 6,300 schools in Australia and New Zealand annually. In addition, students from over 20 countries including Hong Kong, India, Malaysia, Singapore, South Africa and the USA participate in ICAS each year.

In 2017 we had great success with 25 students being awarded results of Credit, Distinction and High Distinction.

All students are encouraged to enter this competition in 2018 and can see Mrs Dykes in the Teaching and Learning Office.

If parents would like additional information you can contact her via email on kelli.dykes@det.nsw.edu.au

2018 ICAS Dates

ICAS SUBJECT	ICAS SITTING DATE	Price
Digital Technologies	Tuesday, 8 May 2018	\$9.00
Science	Tuesday, 29 May 2018	\$9.00
Spelling	Wednesday, 13 June 2018	\$12.00
Writing	Thursday, 14 June 2018	\$18.00
English	Tuesday, 31 July 2018	\$9.00
Mathematics	Tuesday, 14 August 2018	\$9.00

CANTEEN NEWS

As of the 1st March students will no longer be permitted in the canteen to use fridge or microwaves to heat lunches.

This decision was made by Macksville High P & C & complies with WH&S.

Thanks April

COMMUNITY NEWS

Wanted – fit young women with a taste for adventure and a love of the outdoors! You're invited to compete at the Nambucca Valley Cycle Club's "Jills at Jacks" mountain bike race for girls and women, to be held at the Nambucca State Forest on Sunday 18 March. There are categories for all skill levels including those who have never raced, and if you're under 19 years of age you race for free! You must be able to ride a bike with confidence and have access to a mountain bike in good working order. Practice rides are being held weekly up to the event. For more info, visit www.jacksridge.com.au, search for Jills at Jacks on facebook or call Alison on 0413896724.



2018 P&C MEETING DATES

Term 1

27 February

27 March - AGM

Term 3

24 July

28 August

Term 2

01 May

22 May

26 June

Term 4

25 September

23 October

27 November

18 December

Meetings start at 5.30 pm unless otherwise stated.

Look forward to seeing you there!

SRC Role statements

We are happy to congratulate the following elected leaders of the 2018 Student Representative Council.

<i>Role</i>	<i>Requirements</i>	<i>Elected Officer</i>
President	The SRC president acts in a leadership capacity to chair meetings, ensure constitution is followed, encourage members to fulfill their duties and speak publically representing the SRC and wider school body.	Blake Howle Elouise Ennis
Vice President	The SRC Vice president supports the role of the president and accepts duties if the president is absent or is unable to fulfill his/her duties.	Brent Stephens Clementine De La Hunty
Secretary	Takes the minutes of the meetings, composes and responds to mail. Ensures that minutes are correct and distributed and liaises with school staff about organisation or events.	Annalise Robertson
Treasurer	Records expenses and income of the SRC. They provide reports to the SRC and school executive staff about expenditure and income. Helps develop projected costs and budgeting.	Mackenzie Peterkin
Publicity offer Snr	Creates and develops promotional material to be displayed in the school and community. Will liaise with school administration staff to publish newsletter articles along with the local paper. This requires leadership of a team and a mentor role for junior members.	Chilli Burt Perks Cassie Ferris
Publicity Officer Jnr	Creates and develops promotional material to be displayed in the school and community. Will liaise with school administration staff to publish newsletter articles along with the local paper. This requires ability to work as apart of a team.	Kaleb Cooper Brodie Schmidt

SRC CAMP
14-15 March at
Valla Beach
Departing MHS at 9.15am Tuesday
Returning to MHS by 3pm Wednesday

MHS Kindness Day
Friday 23 March
- Launch of the New Merit System Award
Ceremony Years 7-12
- BBQ and Music Mashup



Junior Members of the SRC headed to the main street of Macksville promoting the MHS Expo.

2018 EXPO



Come and see what your local high school has to offer!



Wednesday 21st March 2018

4:30 - 6:30pm

There will be faculty displays and activities including:

- drama performances
- Indonesian dance
- cattle handling
- light refreshment served by hospitality students
- a BBQ on the deck
- games and challenges

The Principal's welcome will take place at 5:00pm in the hall.
We will also be launching the Macksville Way Positive Student Recognition Program - in the hall at 5:10pm.

