



Newsletter

Term 2 - Week 3 - 2019

MHS Students Support Anzac Day 2019

Students from Macksville High School demonstrated considerable citizenship and respect in their participation in various Anzac Day Services this year. The dawn services at both Scotts Head and Macksville were attended by our students. The school captains, Ulysses Roberts and Matiese Trisley and vice captains, Blake Howle and Cassandra Ferris, attended both the dawn service and the march later on in the morning. They contributed to the service and also laid a wreath on behalf of Macksville High School. Ms McGregor was especially proud to see the large contingent of students wearing their MHS uniforms and marching with pride behind the school banner. There were also students who volunteered to serve breakfast and lunch at the Macksville Ex-Services Club. (Jared Howle, Blake Howle, Emily Hall, Cilla Bashforth, Cheyenne Mills and James Collits).

As Anzac day fell in the school holidays our school Anzac Day assembly was held on the 30th of April. Special guest Mr Gary McKay, the president of the Macksville RSL Sub-branch delivered an address. Two Year 12 students, Ruby Moore and Clementine De La Hunty sang the national anthem in a robust and beautiful style and Mr Ian Flarrey from the Macksville town band played the Last Post and the Reveille.



Message from the Relieving Principal

Dear Parents and Community,

I would like to express how very proud I am of our wonderful students at Macksville High and all their achievements since our last newsletter in Term 1.

It was truly wonderful to attend both the Dawn Service and ANZAC March on Thursday 25 April along with a strong representation from our students and staff. Special mention to our Captains, Matisese Trisley and Ulysses Roberts and Vice Captains, Cassandra Ferris and Blake Howle who all presented readings. Matisese and Ulysses also attended the 76th anniversary of the sinking of the AHS Centaur on Saturday 11 May and participated in readings at the event. All the students and staff involved in these moving events do so with pride recognising the importance of these events to Australian ideals and to the history of Macksville and the Nambucca Valley.



On the sporting fields there continues to be amazing achievements by our students. These include the NSW CHS Swimming Championships with outstanding performance by Leah Pickvance, Declan Sutton, 15 girls 4x50m relay team, 13 girls 4x50m relay team, Open boys 4x50 medley team. From here Leah Pickvance and Declan Sutton went on to compete at the NSW All Schools Swimming Championships, where Leah won silver in the 50m and 100m freestyle and a bronze in the 50m butterfly and Declan won bronze in the 50m backstroke.

Our Opens Touch Football girls and boys team who were undefeated in the Lower North Coast knock out competition held on Tuesday 9 April. Both teams have now progressed to play the winner of the Mid North Coast Region.

To our three beautiful gymnasts, Isabella Douglas, Marli Green and Kellie Tsujimoto who competed at the North Coast Gymnastics Trials on 3 May. All three girls have made the team and will now compete at state level as part of the NSW North Coast team.

Blake Howle had again achieved the double header of being chosen in both the NSWCHSSA Union and Rugby League Football teams. Along with David Styles who has been chosen in the Rugby League team.

Arrin Stirrat-Black has been selected in the NSW CHS 15 years State Netball team. Where 120 girls trialled and Arrin was one of 12 girls to make this prestigious team.

Congratulations to all these students and their achievements, again representing Macksville High proudly.

NAPLAN has again come and gone with what appears to be very little pain and suffering. Congratulations to all of Year 7 and 9 who conducted themselves amazing well under the duress of these examinations. Well done! Thank you to all staff involved in ensuring all the students made it through proudly.

Finally a quick mention regarding school uniform. Please see on the following page the expectations of our school uniform. If you have any inquiries or need assistance in the purchase of uniform please contact the school.

Thank you,

Linda McGregor
Relieving Principal



Macksville High School's Uniform Policy

The wearing of our school uniform demonstrates our core value of pride and enhances the school tone. Our uniform is endorsed by the Macksville High School Community and therefore it is an expectation that all students are in uniform every day. **Students out of uniform are expected to bring a note to the Principal before school.**

GIRLS' UNIFORM

Skirt or Tailored Shorts	Regulation maroon check (7-10), green check (11-12).
Pants	Plain maroon long pants (not cropped) same shade as check in skirt (7-10). Plain green long pants (not cropped) same shade as check in skirt (11-12). Black pantyhose or tights can be worn under the skirt.
Jumper or Jacket	Plain maroon (7-10). Plain green (11-12). MHS school sports representative jackets and commemorative jumpers can be worn on Thursdays.
Shirt	Plain white with a short sleeve and collar or MHS sports polo. Logos and artwork should not be visible under white shirts.
PE/Sport	MHS sports polo with black shorts. Black tracksuit pants in colder weather.
Footwear	Leather/waterproof fully enclosed shoe/boot in accordance with WH&S requirements with plain white socks. Thongs and slip on styles are not permitted at any time.

BOYS' UNIFORM

Pants	Plain grey shorts or long pants.
Shirts	Plain white with a short sleeve and collar or MHS sports polo. Logos and artwork should not be visible under white shirts.
Jumper or Jacket	Plain maroon (7-10). Plain green (11-12). MHS school sports representative jackets and commemorative jumpers can be worn on Thursdays.
PE/Sport	MHS sports polo with black shorts. Black tracksuit pants in colder weather.
Footwear	Leather/waterproof fully enclosed shoe/boot in accordance with WH&S requirements with plain white socks. Thongs and slip on styles are not permitted at any time.

Our uniform supplier is **Binalong Clothing Macksville** 02 6568 2578 .

Staff Achievement - Mr Mark Werner



Mr Mark Werner has been offered the opportunity to act as an advisor to the Australian National Maritime Museum (ANMM).

The ANMM is planning a major new permanent gallery called Shaped by the Sea. Mr Werner will represent ideas that are consistent with NESA's current directions regarding representations of Aboriginal and Torres Strait Islander histories and cultures.

Congratulations Mr Werner!

Year 7 - 2020 Transition

On Tuesday 7 May and Thursday 9 May, Macksville High School welcomed our partner primary school Year 6 students for an exciting day of high school lessons as part of our transition program. Year 6 students attended from Macksville, St Patricks, Scotts Head, Eungai, Stuarts Point and Medlow primary schools. Individual students from other surrounding schools were also invited who had completed an expression of interest to attend Macksville High School for Year 7 2020.

Students were divided into three classes each day and followed their timetable to a variety of lessons with the help of their Year 9 leaders. In Science with Mrs Jenny Conway they completed an acid and carbonate reaction, observed a range of preserved invertebrates and measured the swing of a pendulum. Ms Anna Champion presented an engaging Mathematics lesson where students had to budget for their Year 6 farewell. Mrs Denise Alchin took the students on a tour of the great facilities in the TAS department and all students were able to bend a perspex man produced by our laser cutter with the help of some current Year 7 students. A delicious recess of fruit, cakes and juice was served by Mrs Melissa Robertson and her wonderful senior students. After lunch Mr Aaron Parker and our senior sport coaching students ran a range of sporting activities including oz-tag, soccer and ultimate frisbee.

A big thank you to our partner primary school teachers and student for their support of our transition program. Thank you also to the many students of Macksville High who showed great leadership by assisting during the days. Busways and Cavanaghs for their support by providing free transport to Year 6 students to attend this day. Our transition program will continue with various Macksville High School teachers visiting our partner primary schools in the upcoming months. All students enrolled to attend Macksville High for Year 7 2020 will be invited to attend an orientation day in Term 4.

Please contact us on 6568 1066 if you have any queries about Year 7 2020.

Mrs J Conway



SCHOLARSHIP SUCCESS

Elouise Ennis is attending the UBS Finance and Innovation Academy



Year 11 Business Studies student Elouise Ennis has been successful in obtaining a place at the UBS Finance and Innovation Academy for 2019. This will be held at Macquarie University at the Ryde Campus in the July school holidays. Elouise submitted a strong application as she is already working in a School Based Traineeship position at KFC at Nambucca. Her proven ability to manage in the workplace as well as maintaining her academic study load and sporting commitments is commendable.

An inspiration for Elouise to apply for such a scholarship was her desire to expand her knowledge of the business world and also to meet other students with similar goals.

Macksville High School congratulates Elouise on her success and we look forward to hearing of her experience at the UBS Finance Academy.

CHESS COMPETITION

The chess team travelled to Grafton to play the Clarence Valley Anglican school on Friday 3 May.

Although we lost three games to one, Toby Hill won the first position game which was a great achievement. We had a new female player Ally Kobezda who played really well for her first competition games. Our other players Dusk Burt-Perks played well and Jonah Werner who played a very entertaining game making some great plays to keep his game alive.

A great day had by all.

Mr K Jordan



Jonah (top game) and Dusk working on improving their position.



Toby (top game) and Ally concentrating on the moves.

MACKSVILLE SHOW

Macksville High School shines at 107th Annual Show

These images capture our school's display and highlights the wonderful work of each teaching faculty at Macksville High School. Visitors to the show commented on the array of teaching and learning opportunities offered at Macksville High School and praised the quality of students work on display. Thank you to staff and students for their contributions to this year's display.



Year 12 Artist, Molly Mathew's artwork exhibited at the Show



Congratulations to our Year 12 artist Molly Mathew, who entered her artwork titled 'A Work In Progress' in the Art Section of the Macksville Show. Molly's artwork was proudly displayed alongside the work of other local artists and craftspeople. Molly's intricate series of drawings captures her love of working in lead pencil to complete her detailed artworks.

Well done Molly!



We have a champion amongst us - Congratulations to Hali McFadyen

Hali, pictured below, received an array of awards for her beautiful handcrafted items entered in this year's show. Of note, Hali was awarded first prize and overall 'Champion' for her entry of a pair of 'Baby Converse Booties,' which captured the eye of the judges in the 'crotchet article' section of the show. Hali also achieved First Prize for a handcrafted 'Horse Halter' and was awarded Highly Commended for the 'Minion' she entered in the Crotchet Toys section.

Congratulations Hali, you should be very proud of your achievements!

Miss Y Wallis





WHAT'S ON AT MHS

Important Dates and Information

21 May	Science & Engineering - Kempsey
21 May	Year 12 MySkills
22 May	LNC Open Boys & Girls Touch Knockout - Macksville
23 May	Year 10 Careers Expo - Coffs Harbour Racing Club
23 May	Rugby League U13, U15 & Open Boys - Coffs Harbour
24 May	Zone Cross Country - Kempsey
27-29 May	U15 Netball Knockout Finals - Wollongong
30 May	Year 8 Uni Bound
30 May	HIA Trades Careers Event - Coffs Ex-Services Club
31 May	Rugby League Buckley & University Shield - Coffs Harbour
6 June	ATSI Health Care Careers Expo - Kempsey
6 June	Year 11 Preliminary Biology Field Work - Nambucca V-Wall
7 June	Gaagal Yuuludarla - Year 11 Marine - Scotts Head

Note: dates are subject to change

MHS P&C Meeting Dates

Meetings held on the 4th Tuesday of the month at 5.30pm

Next meeting: Tuesday 28 May

See you there!

Visit our facebook pages...

<https://www.facebook.com/MacksvilleHS/>

<https://www.facebook.com/Macksville-High-School-Careers>





The Year 12 Construction class lead by Mr Sheridan has completed building the kitchen garden that will enable Year 7 Technology Mandatory students to grow fresh produce for our Food Technology classes.

The Construction class has moved onto learning about floor and wall tiling. For this unit the students were required to construct a small mock-up of a bathroom and tile the floor and walls. The students have to display skills in measuring and marking out, planning, cutting and laying tiles and adding grout to acceptable industry standards.



The Year 7 Technology Mandatory students have been completing the new "Crack the Code" course. This course has included basic coding, learning about simple circuits and electronic components and using the Arduino micro controllers. Their final task was to construct a simple box and design an alarm that went off when the box was opened.

Mr D Sheridan

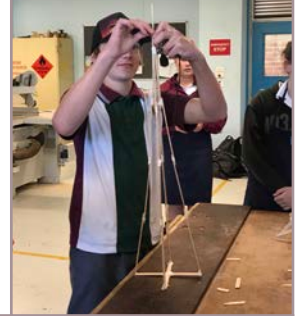




Year 8 Technology Mandatory - Wood

Students were given a design challenge - with limited material they were to create a tower in only 20 minutes that could support the weight of Mr Ally's keys.

These images are some of their design solutions.



Sophie Wicks



Year 11 Food Technology have started to explore the Functional Properties of Food with a focus on food styling and presentation.

This practical lesson - Eggs Benedict - investigated emulsion as well as the coagulation and denaturation of proteins successfully.

Mrs D Alchin



Kayla Turner



Jess Simpson



Mady Muir



The **Year 10 Food Technology** class have been studying Food Selection and Health. This unit incorporates healthy meal choices and has featured recipes that are low in sugar and fat.

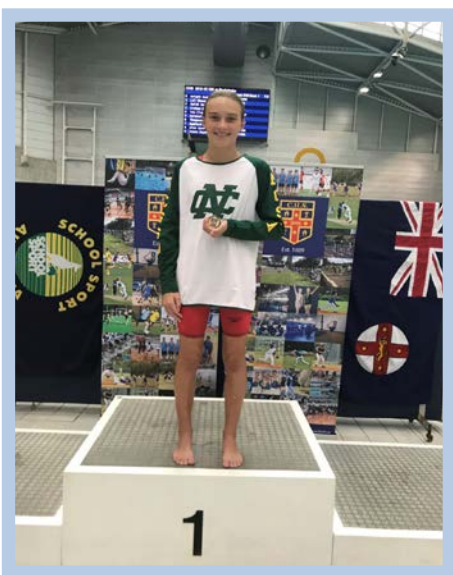
This recipe "Chicken Parcels" is a baked meal that includes chicken breast and vegetables that are steamed in a pastry parcel. The class also had a side challenge to decorate a chocolate vanilla cup cake for dessert whilst their parcels cooked.

Students have researched the Australian Dietary Guidelines and prepared a meal that addressed the dietary needs of teenagers. A diverse range of dishes were prepared as shown below.

Mrs D Alchin



S P O R T N E W S



NSW Combined High Schools Swimming Championships

We are very proud of Leah Pickvance who was the gold medal winner in the 12 years 100m backstroke, 100m breaststroke, 50m freestyle, and bronze medal winner in the 12 years 200m freestyle. Well done Leah!

Congratulations to Declan Sutton for securing the bronze medal in the 17-19 years 100m backstroke.



15 years girls 4x50m relay team were finalists. The proud team members were (from left) Kellie Tsujimoto, Arrin Stirrat-Black, Jazmin Sutton and Rhiannon Cook-Jones.

From left: Bill Simmonds, Declan Sutton, Darcy Welsh and Asha Searle competed in the open medley 4x50m relay and finished 13th in the state. Well done!



From left: Courtney Clark, Stevie-Lee Brown, Montana Ward and Leah Pickvance were members of the 13 girls 4x50m freestyle relay team. The girls finished 14th in the state, well done to all!



S P O R T N E W S

Opens Touch Football

On Tuesday 9 April, Macksville High School competed in the Opens Lower North Coast Touch kwnockout and selection day in Port Macquarie at Tuffins Lane.

The girls team did not have a game where they were less than 8 tries in front. The grand final saw them with a 14-1 win against Wauchope. They demonstrated exceptional sportsmanship and skill on the day.

The boys team were also undefeated on the day beating Camden Haven, Melville and Nambucca Heads High Schools. Both teams will progress in the knockout competition to play against the winners of the Coffs Harbour zone early next term. Also, both teams saw many students selected into the LNC teams which will play the other zone in Tweed Heads on May 20th.

We would also like to acknowledge and thank Josh Willer, Connoy Lockyer and Mr Daniel Wassens who volunteered their time to referee on the day. As always we would like to extend our gratitude to the parents that drove and accompanied students for the day, as this would not be possible without their support.

Mr A Parker



Back row: Jai Wassens, Logan Jones, Mitchell Williamson-Roe, Blake Brunsdon, Ryan Atkins, Lachlan Jones, Nathan Fitzgerald, Finn Stephens, Max Thompson and Blake Sampson
Middle row: Elouise Ennis, Kalahni Gray, Jalaara Walker, Astrid Smith, Matiese Trisley, Abby Baxter and Ciara Payne
Front row: Tamsyn Spear, Hope Willer and Brin Trisley

CROSS COUNTRY COLOUR RUN 2019



On Wednesday 1 May, Macksville High School held its third annual Cross Country and Colour Run. Running the cross country as a colour run enables both the competitive and non-competitive students to get involved (and even some willing staff), and has significantly increased the participation rates.

Throughout the history at Macksville High, Graham House has always been considered as the under-dog house. This is generally due to the large number of competitive student in other houses and the level of skill they encompass. For the first time in a very long time, Graham house has graciously won the cross country carnival. This is an outstanding result and we hope many more are yet to come.

Well done Graham House!

Graham	305
Briner	288
Oxley	259
Taylor	190

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 24 May.**

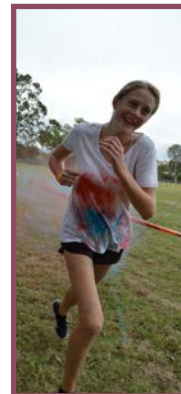
Mr A Parker

Results for 2019

Age Group	Males	Females
12 Yrs	Alfie Walsh	Leah Pickvance
13Yrs	Jace McMurray	Paige Evelyn
14Yrs	Cooper Norris	Jade Summerville
15Yrs	Nicholas Gough	Arrin Stirrat-Black
16Yrs	Husdon Garzoli	Tamsyn Spear
17Yrs	N/A	Tiana Clews-Sorensen
18Yrs	Blake Howle	N/A



CROSS COUNTRY COUNTRY COLOUR RUN 2019



Our annual Athletics Carnival was held on Monday 6 May. This particular day was perfect for the carnival with fine weather and a very gentle cool breeze. The day saw an increase in the number of students competing, leading to the success of the carnival.

As always, our Year 12 students' school spirit shone through with their theme of the day "Athletes & Mathletes". A special thank you to the senior students who put in the extra effort for their final school carnival.

A big thank you to all the staff members for their assistances on the day, allowing the carnival to run safely and efficiently. Macksville High School would also like to express our appreciation to Richie Donovan for inviting us to make use of the Buz Brazel Oval for our annual Athletics Carnival.

All students should be pleased with their efforts and should be congratulated on their high level of participation and excellent sportsmanship. There were a large number of talented athletes on the day who advanced onto the Scotts Head Zone Athletics Carnival on Thursday 20 June.

In an unlikely turn of events, Graham House has won their second sport carnival this year! Twice in the same year sends a strong message toward the other houses that they mean business. Well done Graham, keep up the good work!

Mr A Parker

Total House Points:

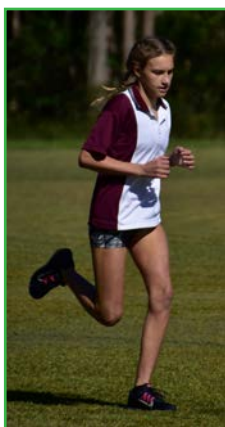
1 st Place – Graham	656 points
2 nd Place – Oxley	550 points
3 rd Place - Briner	522 points
4 th Place - Taylor	459 points

The age championships on the day were:

Year Group	Girls	Boys
12 Years	Leah Pickvance	Alfred Walsh
13 Years	Kalahni Gray	Zach Pacey
14 Year	Charlotte Kearney	Finnian Walsh
15 Years	Arrin Stirrat-Black	Nicholas Gough
16 Years	Tamsyn Spear	Hudson Garzoli
17 Years	Matiese Trisley	Kamden Walker



ATHLETICS CARNIVAL - 2019



CAREERS CORNER



Careers Expo- Year 10

The 14th annual careers day for the Coffs-Clarence region is being organised by Mid Coast Connect for **Thursday 23 May 2019** and will be held at Coffs Harbour Racing Club. The aim of the careers day is to raise the awareness and aspirations of young people about careers. Throughout the day career champions will showcase careers in their industry. These showcases:

- Include activities or displays that assist with interaction/engagement with students
- Demonstrate the range of occupations within the industry
- Provide information on learning pathways and support available

\$5 and note to front office



HIA Trades Careers Event

The HIA Trades Career Event, held on **Thursday 30 May**, is a free event for people interested in careers in the Building and Construction Industry. It is a great program of practical information and expert interaction, with industry professionals talking with attendees about vocational education and training, career pathways and trade and skilled careers.

The event is presented by Trades-Qualified NRL Players, information and motivation combine to give inspirational advice on Goal-setting, Discipline and Commitment towards life success. There will be a panel of Trades Employers, Trainers, Vocational Professionals and Current Apprentices to answer all questions.

Apprenticeship information on the day includes all you need to know about being an Apprentice, different career paths, quality vocational training, industry skills shortage sectors, finances, pay and conditions, how to become an Apprentice and VET School Pathways.

Still places available, see careers office for a note

WHERE ARE THEY NOW?

Britt Atkins

Primary School Teacher - Macksville Public School
Class of 2010

"I absolutely love my profession"

After gaining early entry to University, thanks to Macksville High's Careers Support, I studied a Bachelor of Primary Education at Coffs Harbour's Southern Cross University. In the six months leading up to graduation, I worked as a casual teacher in the Nambucca Valley. I then moved to Canada for two years to travel and snowboard. I worked as a nanny for a Canadian family. Having grown up on the coast, I missed our beautiful weather, family, friends and the beach to bush countryside. I returned to the Valley, teaching casual in schools for another nine months before securing a 2017 temporary position at the beautiful Eungai Public School. I am partway through a Masters of Inclusive Education with specialisation in Leadership, externally with Charles Sturt University.



In late 2017, a permanent position was advertised at Macksville Public School. I was lucky enough to gain permanency here in our lovely community, currently teaching Year One students.

I am all for the Public Education system. Public Educators work hard to ensure inclusivity and quality learning and teaching environments. I am really proud to call myself a Public Educator. I absolutely love my profession and I know that I go above and beyond to ensure the work that I do with children and young people is of value. I am so appreciative to have grown up in a close-knit and caring community, nurtured throughout my educational endeavours by the fantastic teaching staff at Macksville Public and High. I am also stoked I get to call this beautiful part of the world home.



ENGINEERS
AUSTRALIA

Discover Engineering Coffs Harbour

A free forum for all high school students
interested in learning about
engineering as a career choice

- Why be an engineer?
- What do engineers do?
- What is it like to study engineering?
- How do you become an engineer?

Discover Engineering provides the opportunity for high school students interested in an exciting career in engineering to hear real life experiences from young engineers across the various engineering disciplines who will share their career path and practical first hand knowledge. University representatives will also be available to advise on course information.

Tuesday 25 June 2019, 6.30pm - 8.30pm
Coffs Ex-Services Club
1 Vernon Street, Coffs Harbour
Enquiries: 02 4911 7310

This is a free event. Light refreshments will be served.
Registration is essential for catering purposes

[Register online](#)



/EngineersAustralia



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Physie, "It's Not Too Late to Join"

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co-ordination.

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Jo on 0422647214.

