



Newsletter

Term 2 - Week 6 - 2019

The Parliament of NSW and Government House Leadership Program

On Wednesday 29 May 2019 our school captains Matiese Trisley and Ulysses Roberts went to Sydney for the 2019 Secondary Schools Student Leadership Program. This fantastic opportunity is designed to develop the students' knowledge of our system of government and parliamentary proceedings, and the role of the Governor. Whilst in Sydney we visited Vivid in and around Sydney Harbour which was an excellent cultural experience for both captains.



Continued on page 2



Photo above: Macksville High School Captains Matiese Trisley and Ulysses Roberts with The Honourable Melinda Pavey, MP.

Left: Matiese and Ulysses in front of Government House

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The Parliament of NSW and Government House Leadership Program

From page 1:

Thursday started at NSW Parliament house, where students gathered in the theatre to hear from many recently elected parliamentarians. Each elected member gave their notions of the qualities of a good leader and the skills that are important with the responsibility of leadership. They also spoke about their roles as leaders within their community and related this back to how school captains can promote issues within their school and wider community. Students also had the time to ask questions about the different pathways that the politicians had taken to become leaders of their community. They all agreed that the desire to become leaders came from a place of wanting to make improvements within their community.



Students then went and sat in the Legislative Council Chambers during question time. This was an eye opening experience for our young leaders. The Member for Education and Early Childhood Learning, The Honourable Sarah Mitchell, MLC, kindly addressed the school captains and discussed ways of encouraging

professionals into teaching, as well as the increased funding for early childhood centres.

After lunch we walked down to Government House, where we had a guided tour throughout the buildings and took some time to look around the grounds. Her Excellency the Honourable Margaret Beazley, AO, QC, then addressed the young leaders. She was very welcoming in encouraging conversation with the school captains about their opinions on leadership and the role that she has within our governance. Her Excellency then took the time to speak with the captains in answering questions about becoming leaders and the skills that she sees as being invaluable. She also discussed issues about being a woman in the legal profession and overcoming hurdles throughout her career.

Both Matiese and Ulysses represented our school proudly and I congratulate them on the efforts they make as leaders within our school.

Mrs T Jones



Individual Members of Parliament then took the time to have individual conversations with their local schools. Mr Gurmish Singh MP, the National's member for Coffs Harbour, kindly invited the captains from the Port Macquarie electorate to join with his group. Mr Singh took us on a tour of Parliament House showing us the

National's and Liberal's offices. He then gave our students the opportunity to meet our local member, The Honourable Melinda Pavey, MP. Mrs Pavey took the time to speak with our captains and took photos with students from Macksville, Nambucca Heads and Bellingen High Schools.



Message from the Relieving Principal

Dear Parents, Carers and Community,

There have been lots of exciting events and activities happening at Macksville High in the last three weeks. Our students are continuing to work hard to produce their personal bests in many areas across the school. In the following pages of our newsletter are many examples of our students in the classroom working hard and engaging in their education. It is such a pleasure to note the success of each of our students across a broad and varied curriculum including academia, sports and cultural pursuits. As teachers and students head into another reporting period it is important to remember that each of our students is supported in achieving their personal best.



This includes ensuring your child comes to school with the right equipment for each day of success. Lately there has been concern that a percentage of students are coming to school without any equipment, some with no bags or food for the day. Please remember we are here to help support the educational and wellbeing needs of all our students and if your household requires assistance please do not hesitate to contact the school. A reminder that the Breakfast Club operates from our Canteen every morning free of charge. Especially important to ensuring a learning and engaging day at school, breakfast is essential for strong minds and healthy bodies. It is hard to focus when we are hungry and the best way to start the day is with breakfast.

Although staff assist students to have equipment for day to day success, we ask parents and carers to ensure their children have the basic needs in the classroom. For students to be successful they do need to be focused on learning and being well organised. We expect that all students come to school prepared each day, starting with reviewing their timetable the night before and packing their bags accordingly. Students need to have pens, blue/black and red, a ruler, pencils both HB and coloured. They will also need an eraser, scissors, glue stick, pencil sharpener, correction tape (not liquid) scientific calculator, apron and safety glasses. Students will need appropriate writing books for each subject. Your assistance with these requirements is greatly appreciated.

At the recent Principals' Network meeting, our director Sue Brown, congratulated the efforts of Macksville High. This was due to being identified by the Centre for Education Statistics and Evaluation (CESE) as an excelling school in value adding (our students learning) from Year 7 to Year 9 in 2017 and 2018, improving since 2015. These results are drawn from our NAPLAN results, which also indicate our students are performing above like schools. Our student attendance has continued to improve since 2015 and now is above like schools. Congratulations to the efforts of staff, students and the wider community in supporting these successes.

I am constantly being told how well received our students are in the wider community due to their exceptional behaviour and pride in representing Macksville High. I would like to congratulate our Year 10 cohort who recently went out and about participating in work experience. They have done themselves and the school proud in the way they have presented themselves in all placing of over 70 students. Well done to Year 10 and a big thank you to our community for supporting this program and to our Careers Coordinator Laura Peisley for her hard work.

Thank you to Kayla Turner with help from our SRC who on Thursday 6 June raised \$690 for Go Pink day supporting Breast Cancer research. Students donated a gold coin to wear pink on the day but by far the success was in the pink cake stand. Thank you to all the staff and students who contributed to help Kayla in this cause.

Thank you to all our parents and carers who continue to support our school uniform policy. There has been a significant improvement in students wearing the correct uniform and it is a pleasure to note this on the playground and assembly. Jumpers are now available at Nambucca T-Shirts. We will still continue to loan jumpers each day if needed.

As Year 12 begin to work towards the pointy end of the HSC especially those creating major works, I would like to encourage them to keep up the good work, stay positive and focused knowing that we are here to support you. We are all very proud of you.

Linda McGregor
Relieving Principal

ENGLISH MEETS SCIENCE

Mrs Hughes has Year 8 English for one period a cycle, and during this lesson the class are working with Makey Makeys to create blackout poetry. Conductive graphite paths are drawn to words selected from a page in a novel. Students use computers to record their voices saying a word or passage that relates to each word. Students write a computer program, embedding their recordings in the program. When wired up to the computer via the Makey Makey, the students' recordings play when the word in the book is touched. This activity fosters team work and creativity. Black out poetry has been around for 250 years. Students have enjoyed creating a modern version of this interesting form of poetry.

Mrs A Hughes



Bill and Kobi wire up their Makey Makey



Breanna draws in conductive paths to her chosen words



Elijah and Zach working together to create blackout poetry

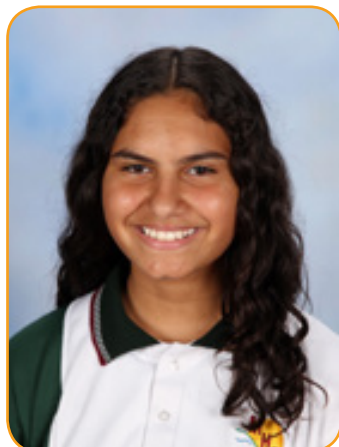


Jonah programs while Connor draws in conductive lines - Lachlan supervises



Libby and Hali blacking out poetry

'Ignite your light and let it shine' - Charlize Blair secures a place in the Nura Gili Indigenous Winter School Program



On 15 July Charlize Blair will be participating in the week long Nura Gili Winter School Program. It is being held at the University of NSW at Kensington and she will be staying in the student accommodation.

Charlize worked extremely hard on her application and she was excited to hear of her acceptance into the program. She will be attending workshops in creative and performing arts and her strong dance background will hold her in good stead for this requirement.

The theme for this year's program is, 'Ignite your light and let it shine', Macksville High School wishes Charlize every success as she embarks on this wonderful opportunity. We look forward to hearing of her progress when she returns.

M A T H E M A T I C S

Year 8 University of New England Maths Day

On Friday 17 May, Mr Smith and I took eight Year 8 students to the annual UNE Year 8 Maths Competition in Armidale. Team 1 consisted of Jonah Werner, Struan Campbell, Hali McFadyen and Hailey Bloomfield. Team 2 was Bowen Fortescue, Nathan Honnery, Alexandra Habgood and Samantha Hamer. They battled teams from schools from far and wide, including local rivals Nambucca High and Bowraville Central, in several rounds that tested their problem solving, team working and Mathematical skills. Once the main competition was over there was the building challenge where the teams had to build a structure out of dry spaghetti and make it solid enough to hold a marshmallow on top. Both teams came in the third quarter of schools attending and we all had a great day doing the best subject in the world... Maths!

Ms A Champion



HEALTHY CANTEEN STRATEGY

Macksville High School Canteen's Success

After a dedicated and extended amount of effort and paperwork, our canteen manager April Miller has achieved a first for Macksville High School.

On Friday 31 May, April was successful in passing the requirements of the new NSW Healthy Canteen Strategy. The minimum requirement of the Strategy is to have a menu that consists of 75% everyday healthy (5 Star) foods and 25% occasional foods. Not only was April successful in achieving this but she has gone above and beyond creating an extraordinary menu of 86% everyday healthy foods and only 14% occasional foods ensuring healthy food options for both students and staff. This is a huge achievement for Macksville High School and thanks to April's hard work we are one of only three high schools in the Mid Coast region to achieve this. We would like to take this opportunity to thank April, her staff and volunteers for all their hard work, preparation of food and dedication to providing a Healthy Canteen.

Please see the last page of our newsletter for our new menu.



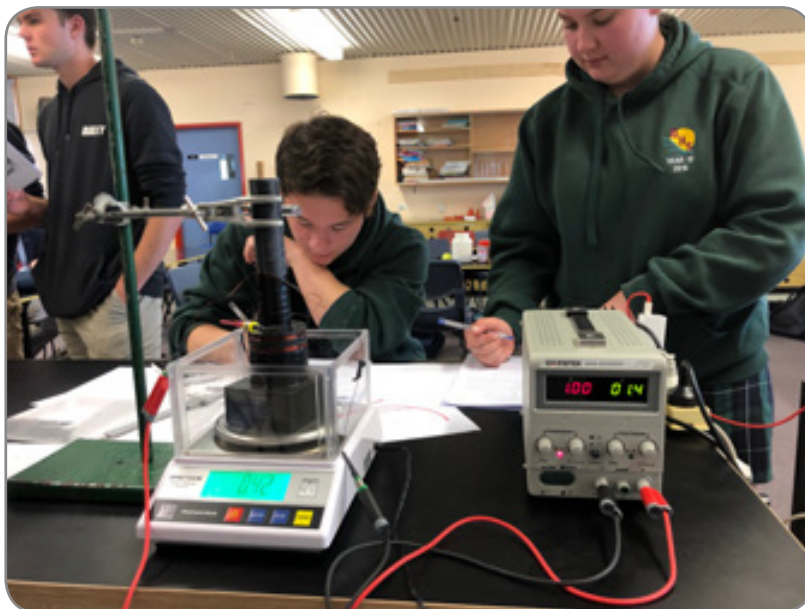
Kickstart Physics

Year 12 Physics students travelled to Coffs Harbour to attend a Sydney University outreach program called Kickstart. This hands on workshop had us calculating the speed of light, exploring Malus' Law of polarisation and investigating relative motion. Students calculated the magnetic permeability constant and the electric permittivity constant which dictates the consistency of the speed of light, the basis of Einstein's theory of special relativity. Students used diffraction to calculate the wavelength of light from a neon laser. There was a lot of brain action happening and a lot of fun was had by all.

Mrs A Hughes



Bianca demonstrates relative motion

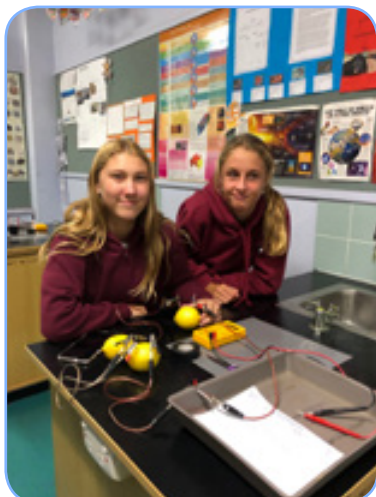


Ben and Bianca calculate the magnetic permeability constant

Year 9 Battery Challenge

Year 9 have been studying electricity. They researched homemade batteries and built them as a part of a battery voltage challenge. High scorers were the ice cube and vinegar team, the triple potato cell team and the triple lemon cell team. It was a race to squeeze the most voltage out of the batteries. The lemon team was coming third with a double lemon cell but raced to first place by adding the third cell with a voltage of 1.75 V.

Mrs A Hughes



Luana and Asher with their lemon triple cell battery 1.75 Volts



Right: Madison, Mackenzie and Erin wiring up their potato battery 1.4 Volts

Left: Jonas, Nash and Baylun with their vinegar icecube tray battery 1.59 Volts



Science and Engineering Challenge

Students from Years 8, 9 and 10 travelled to Kempsey to compete in the Science and Engineering Challenge where they worked in teams to win the most points in eight different challenges. At half-time Macksville High School were in the lead and the pressure was on to stay in first place. At the end of the day we pulled in a close second place. Teachers from other schools commented on how well our students worked together. Their collaborative efforts were a big part of our success on the day.



Bodhi and Struan build the bridge

Some teams had some outstanding results. Eve, Taz, Isabella and Cleo built a fabulous bionic hand which was able to do all the sign language bar one symbol and it picked up all the required objects. They were clear winners in this activity. Lillah, Hudson and Elliot smashed the Future Power challenge, completing all scenarios with outstanding results twice over. Cooper, Jonah and Connor designed and built a Mars Rover suspension system that had the rover over the bumpy track in record time, winning first place in the Return to Mars challenge. Other teams also performed well, with our combined score being something to be proud of.



From Left: Hali, Libby and Hailey build flat pack furniture



Designing suspension for a Mars Rover - Connor, Cooper and Jonah



The bionic hand team - Elliot, Hudson and Lillah

The students had a lot of fun and learned strategies to maximise their results. Participants that are in Year 8 and Year 9 this year are welcome back for the 2020 Science and Engineering Challenge. Perhaps with extra expertise and experience we can win the regional challenge and go onto the State Championship.

Mrs A Hughes



Taz, Isabella, Eve and Cleo won with their fabulous bionic hand

Year 8 Gets a Taste of Robotics

Year 8 Tasters are learning how to build, modify and program LEGO Mindstorms EV3s to perform tasks on a competition board.

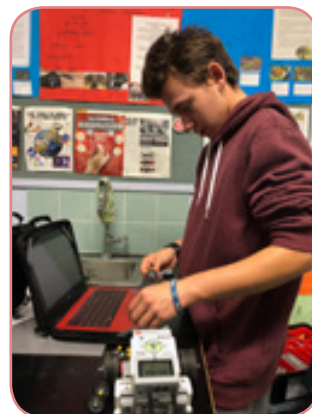
Mrs A Hughes



Jake Blanch & Zoe Ennis



Libby Carter



Jasper Goldthorpe

Year 12 Class Work



Year 12 Physics students calculated the speed of light. First, they needed to calculate wavelength of microwaves by microwaving marshmallows and measuring the distance between the hot spots. A few calculations later they had the speed of Electromagnetic Radiation. This practical had the unfortunate consequence of an entire plate of gooey marshmallows, so in the interest of not letting things go to waste, the Physics crew cleaned them up.

Mrs A Hughes

Left: Ben and Will measure the distance between hot spots

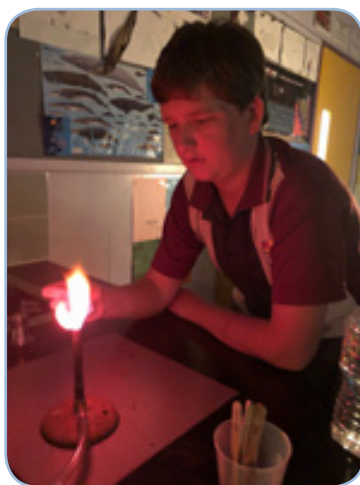
Year 8 Spectroscopy

Year 8 scientists view the characteristic spectra of nine different elements. There is a sense of wizardry when clear solutions can generate flames of spectacular colours. Each element has its own unique colour signature. Using a spectroscope, students can break the light from the flame into different bands on the colour spectrum.

Mrs A Hughes



Burning potassium salts creates a pink flame



Jack burns strontium salts, turning the flame red



Joel burns copper salt to view the green flame

V I S U A L A R T

An Exciting Time for Our Year 12 Visual Artists

Our Year 12 Visual Artists are enjoying a challenging though rewarding term, as they progress their Higher School Certificate Visual Arts - Body of Works. The images below capture their artworks which have been inspired by their favourite artists, art styles and mediums. It has been rewarding to see their works develop during the term. Our artists are using a range of mediums including pencil, pen, paint, computer graphics and mixed media. Future editions of the newsletter will capture their progress, as they work towards completing their Body of Work for external marking.

Well done to our class of 2019 and wishing you every success as you continue your creative journey.

Miss Y Wallis



Ayla Allan



Molly Matthew



Chilli Perks



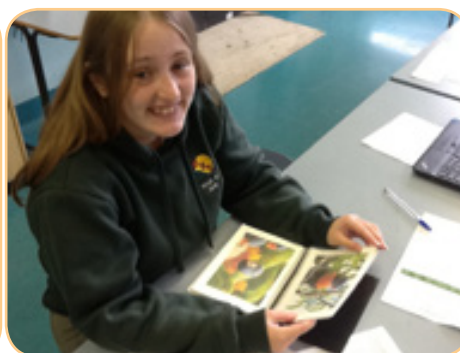
Kamden Walker



Caitlin Reynolds



Amelia Telford



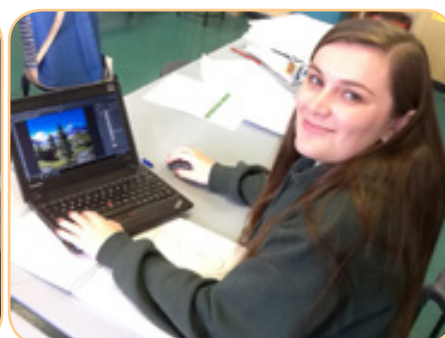
Nikita Hansen-Jones



Cassandra Ferris



Chloe Loveday



Josephine Graham

PRIMARY SCHOOL OUTREACH

Macksville High School ran a robotics workshop at Macksville Public School. Students built a basic robot and programmed it to drive straight, over a crater, and then stop. They found that the rear wheel assembly wasn't up for the job, so they had to redesign it to make a successful crater crossing. Students then extended their program so their robot drove out of base, around obstacles, over the crater and then back to base.

Macksville Public students were a delight to work with, exceeding the aims of the day with their super thinking and problem solving skills. Connor Grace and Jonah Werner from Macksville High School were valuable assets on the day, offering important pointers and advice to Macksville Public engineers.

Mrs A Hughes



DIGITAL THUMBPRINT



Photo Credit: Nambucca Guardian News

On 13 May, Years 7, 8 and 9 attended the Optus Digital Thumbprint workshop. This program provided students with a fun and interactive environment to learn about online safety, responsible and respectful online activities, sharing of materials and how to protect personal information. Students were given an opportunity to examine their social media profiles through the lens of future employees and to learn about the importance of a balanced online/offline life.

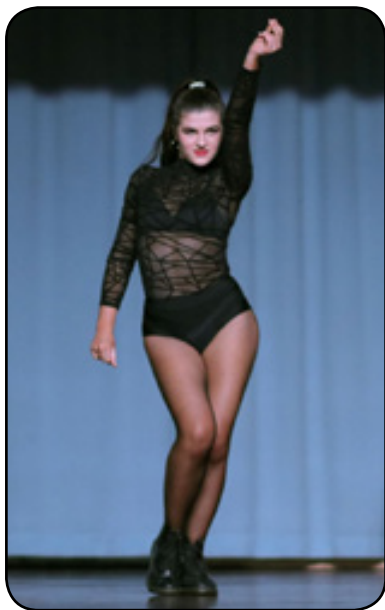
The Digital Thumbprint website offers a number of parent resources that can be accessed via

www.digitalthumbprint.com.au.

C U L T U R E D E S K

Dancing Queen

Congratulations to Clementine De La Hunty for her outstanding achievements at last week's New England Dance Eisteddfod in Armidale. Listed below are her incredible solo results:



First - Senior Variety Championship

First - Modern Expressive

First - Variety Solo

Second - Hip hop

Second - Song and dance

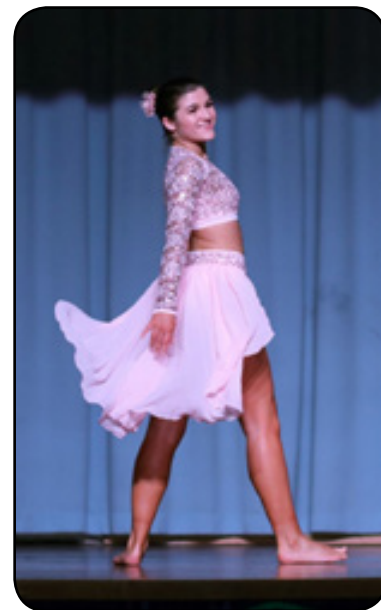
Third - Own Choreography

Third - Contemporary

Third - Contemporary Improvisation

Highly Commended - Modern Expressive Improvisation

Highly Commended - Jazz



Sista Speak and Bro Speak Program

This year Macksville High has been running an Aboriginal and Torres Strait Islander wellbeing and cultural program called Bro Speak and Sista Speak. This program runs every second Friday and aims to develop our Aboriginal and Torres Strait Islander students knowledge, awareness and connectedness to Country. There has been a strong focus on the continuous improvement within the following areas; environment, leadership, behaviour, culture, academia and wellbeing. During the course of the first semester the students have identified additional areas that they would like to investigate in the future. These include visiting local public schools to engage and mentor younger students, learn the Gumbaynggirr language and participate in musical workshops with local Aboriginal artists.

Mr M Werner



*Right: Students from left:
Diondrae Grilk, Khloe Boney,
Wulaaran Walker, Brodie
Harvey and Malia Pine*

*Left: Sista Speak participants
having their morning surf
session*





WHAT'S ON AT MHS

Important Dates and Information

14 June	Zone Athletics Carnival - Scotts Head Oval
18 June	Year 10 into Year 11 Subject Market
19 June	R/L Country Cup U13, U15 & Opens Regional Final - Port Macquarie
21 June	Regional Cross Country - Nana Glen
25 June	Year 10 into Year 11 Parent Information Evening - 5.30 pm in the Hall
1 July - 5 July	Year 11 Work Placement Week
3 July	University of Newcastle Open Day
3 July	Drama Film Workshop - Hall
4 July	PRESENTATION ASSEMBLY - STADIUM
5 July	Connecting to Country Excursion

Note: dates are subject to change

MHS P&C Meeting Date

**Next meeting:
Tuesday 2 July at
5.30pm**

See you there!

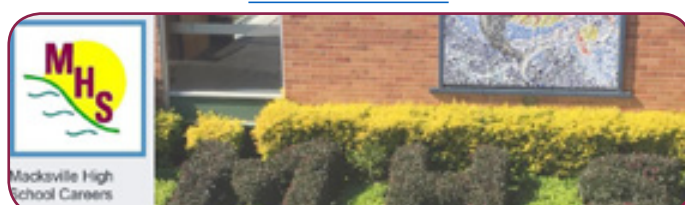


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<https://www.facebook.com/Macksville-High-School-Careers>



Year 10 Work Experience



Amber French and Sienna Harris - Macksville Public School



Lillah Hoffman - UTS Design and Innovation Centre

Week 11 of Term 1 was work experience week for Year 10. Experiences extended across a broad range of industries including beauty, physiotherapy, education, manufacturing, business, construction, hospitality, automotive and agriculture. The program has enabled students to gain an insight into a desired career path and create their own opportunities for employment pathways.

As we head into the subject selection part of the year, students now have a lot to think about.

Macksville High School would like to sincerely thank all the businesses who have supported our Year 10 cohort this year, placing 70+ students near and far. To again place so many students at once demonstrates the strong community support for the development of our young people.

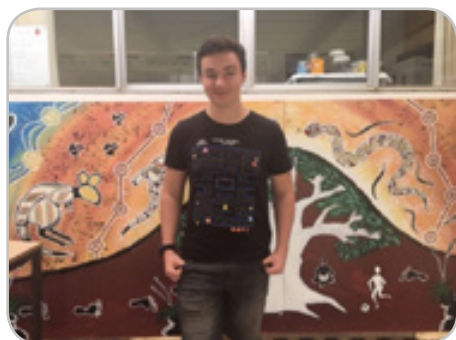
Mrs L Peisley



Tamsyn Spear - Solitude Health



Meg Laverty - Adara



Brendyn Gaymer - Eungai Public School



Elliot Joyce - Star Street Medical Centre



Elijah Cooper - Maybee Honey

HSC Timetable

The HSC timetable for 2019 has been released. Year 12 students can access their individualised timetables by activating their 'students online' account at <https://studentsonline.bostes.nsw.edu.au/>

Please visit the Macksville High School Careers website

<http://www.macksvillehighcareers.com/> is a fantastic site for teachers, parents and students for any career related information. This is the resource we use for career lessons so take a look!

Please visit our Facebook page for the latest information - **Macksville High School Careers**



Year 10 Careers Expo

The Coffs Career Connections Expo was held on Thursday 23 May at Coffs Harbour Race Course. I accompanied sixty Year 10 students to this event which was filled with over 50 exhibitors from apprenticeship organisations, professional service employees, universities and other institutions. Students had a fantastic time asking questions and finding information pertaining to the upcoming subject selection process.

Mrs L Peisley



HIA Trades Career Event

The HIA Trades Career Event held on Thursday 30 May targeted people interested in careers in the Building and Construction Industry. It proved to be a successful day 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 was presented by HIA, former NRL player Gavin Lester and a panel of employers and apprentices providing information and motivation to give inspirational advice on goal-setting, discipline and commitment towards life success. Interesting information included insight into 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.

Mrs L Peisley



Y E A R 8 U N I - B O U N D

On Thursday 30 May, Year 8 students took part in Uni-Bound which was a workshop presented to students introducing them to university. Who goes to uni? How is it different to school? Why do people choose Uni? These concepts were discussed and students were able to listen to current students of Southern Cross University and learn about their university experiences. Students were encouraged to open their minds to new possibilities and consider university as an option for their future career path.

Miss K Hardingham and Mrs L Peisley



Jarred Howle and Ethan Jones with the presenters from Southern Cross University



Year 8 students are all ears listening to their options

W H E R E A R E T H E Y N O W ?

David Pickvance

Owner of Auto Salon, Macksville

Class of 1998

“Since I was born, I was drawn to cars”

Since I was born, I was drawn to cars as my father was the previous owner of the Auto Salon. Both of my parents were rally car drivers which is where I learnt to drive on a rally car track between the ages of eight and nine.

During high school I undertook work experience with a few local automotive trades such as Geoff King Motors and also as an auto electrician. I also tried some work experience for the sports store in Nambucca as well as a brickies labourer which I didn't like.

Upon completing my HSC in 1998, I started my professional Rugby League career playing for the Penrith Panthers for three years. During this time I also completed my Certificate III in Hospitality while working at a club.

In 2003 I returned home to Macksville and started playing football for the Macksville Sea Eagles, and working for Express Coaches bus builders where I stayed for nine and a half years before taking over the family business in 2012.

S P O R T N E W S

U15 North Coast Touch Football



Left is a photo of the Macksville High students who competed on the U15 North Coast Touch Football team. They travelled to Wollongong on 4 and 5 May to trial for the U15 NSW CHS Touch Football team. After playing over the weekend Wulaaran Walker was then selected in the U15 NSW CHS Touch Football team. She will travel to Narrabeen on 3 August for a chance to make the U15 NSW All Schools Touch Football team.

Pictured L to R: Finnian Walsh, Jai Wassens, Max Thompson, Abby Baxter, Wulaaran Walker, Ciara Payne and Brin Trisley

Lower North Coast Cross Country - Kempsey

On Friday 24 May, Macksville High School students went down to Kempsey Racecourse to compete in the Lower North Coast Cross Country race. I am very proud and congratulate all students on their fantastic effort and excellent behaviour whilst representing MHS.

There were eight students that qualified on the day to compete in the North Coast Cross Country race in Nana Glen at the Sport, Recreation and Equestrian Centre on 21 June. These students were Courtney Clark, Asha Richards, Alfie Walsh, Leah Pickvance, Jade Summerville, Ivy Taylor, Nick Gough & Tamsyn Spear. Good luck to all of you!

As always, we would like to acknowledge and extend our gratitude to the parents who drove and accompanied students for the day.

Mr A Parker

From left: C Kearney, L Lawson, J Summerville and T Spear



From left: P Evelyn, C Clark, J McMurray and L Azzopardi



CATCH (AND RELEASE) OF THE WEEK

Sid Cooper



Levi Skinner



S P O R T N E W S

Rugby League Buckley Shield - Coffs Harbour

Macksville High School played Ballina Coast in the opening round of the Buckley Shield competition. The boys had warmed up well and were further excited after watching the Open Boys team win their opening game against Melville High.

Liam Cuffe scored a runaway try in the third minute of the game. Kurt Stennett kicked the conversion. Macksville High 6 – Ballina Coast 0.

Ballina Coast soon scored, however they missed the conversion. Macksville High 6 – Ballina Coast 4.

Just prior to halftime, Ballina Coast scored out wide. They missed the conversion. Ballina Coast were now leading 8 points to Macksville High 6.



Back (L to R): B Cuffe, W Brown, L Cuffe, Z Sutton, K Stennett, B Moore, J Welsh, B Luffman, J Mulvihill-Espaz Front: J McMurray, B Ledger, A Walsh, A Brown, J Willer, F Walsh, L Azzopardi

Mr White let the U14 boys know that they had to switch on and focus on their goal of winning the gala day.

The boys must have listened and Finnian Walsh scored in the first minute. Kurt Stennett kicked the conversion. Macksville High 12 – Ballina Coast 8.

Ballina Coast scored five minutes later, but missed the conversion. The scores were now locked up at 12 points all with eight minutes to go.

Finnian Walsh showed great skill after previous experience playing at this level last year as a 13 year old with a runaway try. Kurt Stennett kicked the conversion. Macksville High 18 – Ballina Coast 12. This ended up being the final score.

The second game was against Kyogle High. Kyogle started the game running with a great try under the posts. They kicked the conversion. Kyogle High 6 – Macksville High 0.

Finnian Walsh scored his third try for the day in the ninth minute. Kurt Stennett kicked the conversion. Scores were now locked up at 6 points all.

Liam Cuffe scored out wide a few minutes later. Finnian Walsh missed the conversion. Macksville High 10 – Kyogle High 6. This was the score at half time.

Macksville High came out with a mission. They hit hard in the tackles and made big metres when they had the ball. Wez Brown made a huge run and scored under the post. Kurt Stennett kicked the conversion. Macksville High 16 – Kyogle High 6.

Wez Brown continued making big metres and scored again. Kurt Stennett kicked the conversion. Macksville High 22 – Kyogle High 6.

Alfie Walsh scored after a kick from his older brother Finnian. Brodie Moore missed the conversion. Macksville High 26 – Kyogle High 6. This ended up being the final score.

Macksville High is now the North Coast Buckley Shield Champions, making them in the final 16 teams in the state-wide competition. The next game to be confirmed will be against a team from the Hunter.

Mr N White

S P O R T N E W S

Rugby League University Shield - Coffs Harbour



*Back (L to R): Mr White, Z Rolff, R Mylrea, A Howard, B Howle, D Styles, C Craig
Front: J Rogan, L Jones, S Bekis, L Jones, F Stephens, B Brunsdon, R Atkins,
M Williamson-Roe, J Moore*

The Macksville High School Open Boys team played Melville in their opening game of the University Shield. The boys were waiting on Ulysses Roberts to hopefully make it in time for the game. He was flying in from Sydney after representing the school as School Captain at the NSW Parliament.

Melville High started the best possible way scoring in the opening minute. They converted the try. Melville High 6 – Macksville High 0.

It was end to end footy, but Macksville High could not convert it to any points. Halftime score remained Melville High 6 – Macksville High 0. The talk at half time was positive from Macksville. They needed to be the first to score in the second half and complete their sets.

Ulysses Roberts arrived soon after the halftime had kicked off. He straight away inspired the team with several blockbusting runs. Blake Howle scored the much needed try. Logan Jones kicked the conversion. The scores were now level at 6 points all.

Jack Rogan was the next to score out wide. Logan missed the conversion. Macksville High 10 – Melville High 6.

Logan put the game away with a great solo effort to score. He missed the kick from out wide. Macksville High 14 – Melville High 6. This was the final score.

The second game was against Tweed River High School. Mitchell Williamson-Roe scored the first try out wide after some great ball work from Jordan Moore and Ryan Atkins. Logan Jones missed the conversion.

Tweed River High scored straight away and kicked the conversion. Tweed River High 6 – Macksville High 4. The game went from end to end with both teams nearly scoring. This ended up being the half time score.

Macksville High had to lift to ensure they would advance through this university shield competition. Tweed River High soon put a dampener on that with a try in the fourth minute after the half time break. They kicked the conversion. Tweed River High 12 – Macksville High 4.

Macksville High now started to go into overdrive. The majority of the team had played together for all their school life. Ryan Atkins scored with four minutes to go. Logan Jones kicked the conversion. Tweed River High 12 – Macksville High 10.

Macksville nearly scored twice but could not get over the try line. Unfortunately time was against them. Tweed River High 12 had beaten Macksville High 10.

Tweed River now played Melville High in the final game. If Melville High can win the game by 6 points or less, Macksville High were going through. It was a tough game, but the final result ended up with Tweed River High winning 8 points to 6.

Well done to all our Open Boys team, who played their hearts out.

Mr N White

COMMUNITY NEWS



PCYC SAFER DRIVER COURSE

If you hold a valid NSW Learner Licence, are under 25 years of age and have completed a minimum of 50 hours actual on-road driving then you are eligible to attend the Safer Driver Course run by PCYC Kempsey.

The course's aim is to help young people develop safer driving practices and skills so they are better prepared for when they transition to solo driving. The Safer Driver Course counts towards 20 hours of Learner Driver Logbook time and provides strategies for dealing with road risks and provides guidance to prevent risk taking behavior. Topics covered include safe driving distances, crash avoidance, speed management and hazard identification. These strategies are a great asset for young drivers who are transitioning to unsupervised driving, better preparing them for the potential situations and conditions that may face them during their driving. The course is educational, enjoyable and will help you drive more safely.

Our dates for the new year are as followed:

- June 15th 2019– 10am - 1pm for Module 1
- Module 2 is a 2 hour in car session - this will be on a different day (day slots will be given after booking)

Contact PCYC Kempsey 6562 8399 for information and booking details or you can visit online at <https://saferdrivers.org.au/>

MACKSVILLE RAILWAY CENTENARY CELEBRATION

Be a part of railway history. 100 years on, at the station.

Sunday 30 June 10am
Fun for all the family

BBQ & refreshments
Static train display
Working steam engine
Town Band
and more

Monday 1 July 9.30am
Official opening
with
Musical performances

The official opening of the north section of the north coast line, Kempsey to Macksville, opened 1 July 1919.

Contact: Graham Whelan on 0407 684 519,
Garry Whelan on 0408 5455,
or Pat Hume on 0458 958 035 for details.

1000 Heritage Railfans of the Sporting Communities, Macksville to have their 100th birthday. The new and exciting 100th birthday celebration is a great event to the community.

Building a legacy
group 'The Great Wall of China'

For those who do not have internet or mobile access, visit www.pcyc.org.au for more information or contact PCYC Kempsey on 0458 958 035 for details.

Transport NSW TrainLink

NAMBURRA RAILWAY

LOWES

Let's tackle BRAIN CANCER

Warm up this winter while raising awareness and funds for brain cancer.

COMING SOON!

\$25 EACH

Mark Hughes Foundation - Beanies for Brain Cancer
On sale June 1st. While stocks last.

AVAILABLE INSTORE & ONLINE JUNE 1st

WWW.LOWES.COM.AU

HOPE
WHERE IT'S NEEDED MOST

FREE Community Lunch
Please Join Us
12pm - 2pm

All welcome, come along and join us for lunch. We extend this invitation to our community, so that we may get to know you and offer you some company, a meal to share and a listening ear, or just a chat. We hope to see you there, and look forward to getting to know you and your family. If you know others that could also benefit from these days or future lunches please bring them along or share with them this flyer. Our wish is to provide hope and understanding to our community regardless of circumstances.

WWW.SALVOS.ORG.AU/NAMBUCCA

2019

June

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THE SALVATION ARMY

NRC Salvos
21 River St,
Macksville NSW 2447
02 6568 2684

Macksville High School Canteen Menu – HEALTHY CANTEEN

E – Everyday O –Occasional MO – Must Order V – Vegetarian GF – Gluten Free HM – Homemade

SNACKS

APPLE \$1.00 (E)
ORANGE \$1.00 (E)
PEAR \$1.00 (E)
BANANA \$1.00 (E)
MANDARIN \$1.00 seasonal (E)
NECTARINE \$1.00 seasonal (E)
FRUIT SALAD small \$3.00 large \$5.00 (E)
WATERMELON small \$3.00 large \$5.00 (E)
GREEK YOGHURT & OATS \$2.50 (E) (HM)
CHOBANI YOGHURT \$3.00 (E)
Flavours: plain, raspberry, blueberry, passionfruit, mango, or vanilla
POPCORN \$1.00 (E) Monday & Thursday
GRAIN WAVES \$1.00 (O)
BLISS BALLS \$1.00 (HM) (E) Vegan
RICE CAKES (2) (E) cheese & tomato \$2.00
ROASTED FAV-VA BEANS \$1.00 (E) Vegan

HOT FOOD

SPICY CHICKEN WING \$1.50 (E)
CHICKEN BREAST POPS (4) \$2.50 (E)
SWEET CHILLI CHICKEN TENDERS \$1.50 (O)
PIZZA \$4.00 (HM) (E)
Filling: chicken, onion, cheese, bbq sauce
TRAVELLER FOUR N TWENTY PIE \$2.50 (O)
LEAN SPAGHETTI BOLOGNESE & VEG \$5.00 (HM) (E)
CHICKEN CURRY & RICE \$5.00 (HM) (E)
LEAN BEEF OR VEGETABLE LASAGNE \$4.50 (HM) (E)
LEAN BEEF BURGER \$6.50 (HM) (E) (MO)
Filling: beef, lettuce, tomato, carrot, beetroot, bbq sauce
CHEESE BURGER \$5.00 (HM) (E) (MO)
Filling: beef, cheese, tomato sauce
TACO BOAT (HM) (E) (MO) (V) small \$3.50 large \$6.50
Filling: tortilla boat, beans, salsa, lettuce, tomato, carrot, cheese
FRITTATA SLICE \$3.50 (HM) (E) (V)
Filling: Egg, zucchini, carrot, onion, tomato

SALAD TUBS Cheese - \$1.00 extra

SALAD (E) V small \$5.00 large \$8.00
Filling: lettuce, tomato, cucumber, carrot, beetroot, onion
EGG SALAD (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: egg, lettuce, tomato, cheese, cucumber, carrot, beetroot
FALAFEL (HM) (E) (MO) V small \$5.00 large \$8.00

Filling: falafel, baby spinach, sundried tomato, carrot, cucumber, red onion, beetroot, feta, hummus
MOROCCAN LENTIL (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: lentils, baby spinach, sun-dried tomato, carrot, cucumber, red onion, beetroot, feta, hummus
GREEK (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: baby spinach, olives, tomato, cucumber, carrot, feta

SANDWICHES – WHOLEMEAL or

WHOLEGRAIN
SALAD (E) V \$5.00
Filling: lettuce, tomato, cucumber, carrot, beetroot, onion
CHICKEN BREAST & SALAD (E) \$5.00
Filling: chicken, lettuce, tomato, cucumber, carrot, beetroot, onion
TUNA (E) V \$5.00
Filling: tuna, lettuce, mayonnaise
HAM SALAD (E) \$5.00
Filling: ham, lettuce, tomato, cucumber, carrot, beetroot, onion
CHICKEN BREAST, AVOCADO, CHEESE, LETTUCE (E) \$5.00
HAM, CHEESE, TOMATO (E) \$5.00
HAM, CHEESE, TOMATO (E) \$5.00
HAM, CHEESE, TOMATO & LETTUCE (E) \$5.00
CHICKEN, LETTUCE, AIOLI (E) \$5.00

WRAPS

FISH WRAP (O) (MO) V small \$5.00 large \$8.00
Filling: lettuce, aioli, crumbed fish
MOROCCAN LENTIL (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: lentils, spinach, sundried tomato, carrot, cucumber, onion, beetroot, feta
FALAFEL (HM) (E) (MO) V small \$5.00 large \$8.00
Filling: falafel, baby spinach, sundried tomato, carrot, cucumber, red onion, beetroot, feta, hummus
CHICKEN BREAST SALAD (HM) (E) small \$5.00 large \$8.00
Filling: chicken, lettuce, tomato, carrot, cucumber, onion, beetroot, feta
HAM SALAD (E) small \$5.00 large \$8.00
Filling: ham, lettuce, tomato, carrot, cucumber, onion, beetroot, cheese

SALAD (E) small \$5.00 large \$8.00
Filling: lettuce, tomato, carrot, cucumber, onion, beetroot
EGG SALAD (E) small \$5.00 large \$8.00
Filling: egg, lettuce, tomato, carrot, cucumber, onion, beetroot

DRINKS

WATER (E) small \$1.00 large \$2.00
UP & GO (E) \$2.50
Flavours: chocolate, vanilla or banana
NORCO MILK (E) – 300mls \$2.50
Flavours: FM chocolate or FM strawberry
NORCO MILK (E) – 500mls \$4.50
Flavours: NATURAL, REAL chocolate, REAL strawberry, or FM chocolate
NIPPY'S COFFEE (O) GF – 375mls \$3.00
NIPPY'S CHOCOLATE (E) GF – 250mls \$2.00
GLEE (E) – 250mls \$2.00
Flavours: raspberry, apple blackcurrent, tropical
ORCHY (E) – 100% juice – 250mls \$2.50
Flavours: orange, or pineapple
LIPTON LITE ICED TEA (O) – 500mls \$4.00
Flavour: Peach
BUNDY POP TOP 100% - 200mls (E) \$2.00
Flavours: apple or apple blackcurrent

FROM THE FREEZER

BULLA LIGHT ICE CREAM CUPS (O) - \$1.00
QUELCH (E) - \$0.70
Flavours: raspberry, strawberry, apple, apple blackcurrent
MILO CUPS (E) - \$3.00
Frozen Milo – Nestle
FROZEN PINEAPPLE (E) - \$0.50
FROZEN WATERMELON (E) - \$0.50
100% JUICE ICE CUPS (E) - \$0.70
Flavours: orange, apple & blackcurrent
ICEMONY (E) - \$1.00
Flavours: blue raspberry, chocolate, or lemon ice

WEEKLY SPECIALS

MONDAY - SUSHI & WATER \$5.00
Filling: tuna, carrot, cucumber or avocado & aioli
THURSDAY - STIR FRY & RICE NOODLES BOX \$7.00 & WATER
Filling: rice noodle, onion, bean, carrot, capsicum, garlic & soy sauce